

Happiness Program by Art of Living Team

The Yoga and Meditation cell of the institution have organised an introductory session of HAPPINESS PROGRAM by ART OF LIVING team on 17th August as per the suggestions received from Shri V. V. Lakshminarayana garu, Former ADGP, Maharashtra during his interaction with Civil Services aspirants of our university on 15th August 2019 post Independence day celebrations that the “SUDHARSHANA KRIYA YOGA” helps to develop focus for the students on their goal setting and also aids them to lead a stress free life. On this regard, our Honourable chairman, Dr. L. Rathaiah has suggested to organise an introductory programme for students on 17th August 2019 i.e, Saturday as a pilot program to create awareness among the students regarding the course.

The introductory session for HAPPINESS PROGRAM by ART OF LIVING have been conducted at convocation hall for which Mr. Ajay Anne, a close associate of Shri VV Lakshmi Narayana, NRI member of Art of Living in USA chapter along with Mr & Mrs. Srinivasa raju, senior teachers of Art of Living from Vijayawada have taken the session for 240 students from I year.

The session started with practicing few relaxation exercises demonstrated by Mr. Ajay Anne and then followed by “SUDHARSHANA KRIYA” breathing exercise, later Mr. Raju stressed on the significance of positive thinking and urged students to distinguish between the materialistic happiness and mental happiness. In the present fast moving world youth are investing their energy in materials in search of happiness, through this they are getting in deep trouble rather than finding happiness he added.

Stress free life is very much important to the every living being, in our daily life we are finding it difficult to breathe as well due to the pollution. Mr. Srinivasa Raju and his team provided some breathing techniques for students to relieve stress and focus on a particular activity. Student’s active participation is well seen in hall and they found the session to be very informative and helpful as they were able to get rid of stress just by following few simple breathing techniques. The guests have suggested to organise the “HAPPINESS PROGRAM” especially for the Civil services academy students as this helps them to improve their memory power and focus.