

YOGA AND MEDITATION CLUB

About Yoga and Meditation Club:

A yoga and meditation club helps students manage stress, improve concentration, and enhance physical and mental well-being through practices like asanas, pranayama and guided meditation sessions. These clubs offer a balanced approach to holistic development, integrating physical health empowerment, emotional wellness, and mental clarity by providing a peaceful environment through expert-led sessions. The key benefits include boosting self-discipline, achieving mental stability, and fostering a more compassionate community.

Role of Yoga and Meditation Club:

- Promote Holistic Health through practice sessions of Yoga & Meditation.
- Cultivate Mental Hygiene
- Enhance Self-Awareness & Mental Stability
- Instill Discipline and Values
- Encourage Social Connection
- Promote Positive Mindset
- Celebration of International Day of Yoga (IDY)
- Arranging Visits to Yoga/Meditation centers

Frequency of Meeting : The members of the club meet twice or thrice in a semester or as required to meet accordingly for planning and organizing of sessions.

List of Members in the Club

S.No	Name of the Faculty	Designation	Nature of Responsibility
1	Dr. G.Janardhana Raju	Professor & Dean, SoE	Convener
2	Mrs. N. Aravinda	Asst. Prof., SoP	Co-Convener
3	Mrs. Y. Ramani	Asst. Prof., H&S	Member
4	Mr. S. Hemanth Sai	Asst. Prof., CE	Member
5	Mrs. N. Lavanya Reddy	Asst. Prof., ECE	Member
6	Mrs. K. Madhavi	Asst. Prof., ECE	Member
7	Mrs. P. Shanthi Priya	Asst. Prof., CSE	Member
8	Mrs. M. Uma Devi	Asst. Prof., AI&ML	Member
9	Mrs. Ch. Srivalli Revathi	Asst. Prof., CSE	Member
10	Mr. K. Venkata Raju	Asst. Prof., SoMS	Member