

PVP SIDDHARTHA INSTITUTE OF TECHNOLOGY
Department of Freshman Engineering
A Five - Day Women Faculty Development Program On
HEALTH, HAPPINESS AND WELLBEING
Summary Report On Event Organized
 Date: 9.3.2025 to 13.3.2025

ACADEMIC YEAR : 2024-25

Date of event organized	9.3.2025 to 13.3.2025
Name of the program	Health, Happiness And Wellbeing
Title of the program	Five Day FDP on “ Health, Happiness And Wellbeing
Resource persons	Mr.Anoop .G.R Trainer, Art of Living
Brief report on the event	<p>The Five-Day Women Faculty Development Program on Health, Happiness, and Well-being is designed to help women faculty recognize and nurture the key aspects necessary for thriving both personally and professionally. Balancing teaching, research, mentorship, and administrative duties often requires intentional self-care. This program emphasizes the importance of mental and emotional well-being through practices such as mindfulness and therapeutic interventions, which in turn foster creativity, effective decision-making, and stronger interpersonal relationships. By promoting a healthy work-life balance, the program aims to prevent burnout, enhance job satisfaction, and support long-term career fulfillment. Ultimately, the well-being of faculty members contributes significantly to the overall success and vitality of academic institutions.</p> <p>In this program, participants will explore the principles of Pranayama for physical and mental well-being, experience Yoga Nidra for enhancing organ health, and practice Sudarshan Kriya to manage physical and mental stress—along with many other transformative techniques."</p>
Year/Semester	Faculty
No. of the participants	50
Consolidated Feedback	Good
Suggestions if any	---
Name of the conveners	Dr. M. Srilakshmi, HOD, FED Dr. B. Raghu Kumar, HOD, ME & IQAC
Signature of the conveners	<p style="text-align: center;">Freshman Engineering Department PVP Siddhartha Institute of Technology Kannur, Vijayawada - 520 007.</p> <p style="text-align: center;"><i>[Signature]</i> HEAD</p>
Name & Signature of the co-ordinators	<p style="text-align: center;">Dr.S.Lakshmi Pulasi Dr.T.Preethi Rangamani</p> <p style="text-align: right;">Mechanical Engineering Department PRASAD V. POTLURI SIDDHARTHA INSTITUTE OF TECHNOLOGY KANURU, VIJAYAWADA-520 007</p>

Resource Person:

Anoop GR



- Mr. Anoop is an accomplished instructor at the Art of Living Foundation with over 15 years of experience.
- His Teaching Integrates insights from extensive experience at Infosys and entrepreneurial ventures into his teachings.
- Specializes in conducting diverse workshops on Intuition, Happiness, and Meditation Programs.
- His Impact spans across various demographics, reaching professionals, scientists, students, homemakers, and children and the Workshops serve as catalysts for profound self-discovery and resilience, going beyond traditional teachings.
- Renowned in premier institutes in India, Anoop is a sought-after figure in holistic well-being and personal development, with a reputation for fostering balance amid life's complexities.

Chief Patrons

Sri. M. Rajayya

President, Siddhartha Academy

Sri. P. Lakshmana Rao Secretary,

Siddhartha Academy

Sri. V. Naga Bhushana Rao

Convener, PVPSIT & Vice-President, SAGTE

Chairman

Dr. K. Sivaji Babu,

Principal, PVPSIT

Convenors

Dr. M. Srilakshmi, HOD, FED

Dr. B. Raghu Kumar, HOD, ME & IQAC

Coordinator

Coordinators

Dr. S. Lakshmi Tulasi, Asst. Prof.

Dr. T. Preethi Rangamani,

Asst. Prof.

Who can register?

Women faculty from Universities,
Engineering Colleges and Degree Colleges

Registration Fee:

Rs. 500/- for faculty members of the host institution.

Rs.1000/- for faculty from outside institutions.

Account Details:

Canara Bank

A/C No.: 33672200058424

IFSC Code: CNRB0013367

QR Code:



Link For The Registration

<https://forms.gle/BxDCUqhLWciurkPj7>

Contact Address:

Dr. S. Lakshmi Tulasi – 8247288609

Dr. T. Preethi Rangamani – 9885029497

**100 % Attendance is mandatory to
receive Certificate**



**Golden Jubilee Year
of SAGTE**

**A FIVE – DAY WOMEN FACULTY
DEVELOPMENT PROGRAM
ON
HEALTH, HAPPINESS AND
WELLBEING**



9th to 13st March 2025

Organized by

**Freshman Engineering
Department and IQAC
in collaboration with
The Art of Living**

**Prasad V. Potluri
Siddhartha Institute of Technology**

(Autonomous)

Kanuru, Vijayawada-520007

About PVPSIT

Prasad V. Potluri Siddhartha Institute of Technology is one of the 19 institutions sponsored by Siddhartha Academy of General and Technical Education (SAGTE). The Institution is established in the year 1998 in the city of Vijayawada in the state of Andhra Pradesh. with a strong Mission of imparting quality technical education through continuous non-compromising interactive teaching. The Institution offers six graduate programs, 4 post graduate programs and MBA. The college is approved by AICTE and has been granted Autonomous status by UGC. Departments of CSE, ECE, EEE, IT, Civil and ME have been accredited thrice in the years 2007, 2012 and 2016 by NBA under Tier-II subsequently accredited under Tier-I in 2019. The institute got permanent affiliation to JNTUK, Kakinada. NAAC has bestowed A+ grade in the year 2019.

About The Department:

The Freshman Engineering Department provides foundational knowledge to first-year students across all engineering branches, offering essential courses in English, Mathematics, Physics, Chemistry, and Engineering Sciences. The department is supported by a highly qualified team of 25 teaching staff and 6 non-teaching staff. The department's strength lies in its vast expertise, with 17 faculty members holding doctoral degrees and an additional 7 staff members currently pursuing their Ph.Ds. Faculty members have a strong research background, with publications in renowned journals such as Scopus, SCIE, ESCI, and UGC CARE. With highly experienced faculty, the department delivers engaging lessons that shape the next generation of engineers. Beyond academics, the department emphasizes holistic development through activities that enhance soft skills, leadership, and teamwork. Certification courses in technology and innovation, along with events on entrepreneurship, provide students with additional learning opportunities. The department is committed to preparing well-rounded individuals who are ready to meet the challenges of the evolving engineering field.

About the FDP:

The *Five Day Women Faculty Development Program* by The Art of Living focuses on promoting the health, happiness, and well-being of women faculty, recognizing that these aspects are essential for thriving in both personal and professional lives. Women faculty often balance teaching, research, mentorship, and administrative responsibilities, which requires prioritizing self-care. The program emphasizes maintaining mental and emotional well-being through practices like mindfulness and therapy, which enhance creativity, decision-making, and interpersonal relationships, ultimately benefiting teaching and research.

The program also highlights the importance of a healthy work-life balance to prevent burnout, promote job satisfaction, and ensure long-term career fulfillment. By prioritizing their well-being, women faculty can contribute to a supportive and inclusive academic environment, fostering collaboration and empathy. This not only benefits their personal success but also enhances the overall success of the academic institution. Ultimately, the well-being of women faculty is crucial for both personal growth and institutional achievement.

Objectives of the FDP are to

- **Enhance Self-Awareness and Purpose** through listening skills, pranayama, and meditation techniques.
- **Manage Stress and Improving Mental Clarity** with breathing exercises, decision-making strategies, and relaxation practices.
- **Promote Personal Growth** by exploring the Knowledge Sutras Game, attitudinal shifts, and the nature of the mind.

- **Develop Consciousness and Self Organization** through mindfulness practices, pranayama, and understanding the levels of existence.
- **Explore the Eternal Nature of Life** with teachings on immortality, yoga, and holistic well-being techniques.

The Women Faculty Development Program (FDP) aligns closely with **Sustainable Development Goals (SDGs) 3, 4, and 5**, emphasizing their significance in creating a well-rounded, progressive academic environment:

SDG 3: Good Health and Well-Being – The FDP focuses on promoting the physical and mental well-being of women faculty through stress management, wellness activities, and mindfulness practices, ensuring they maintain a balanced and healthy lifestyle to excel in their professional and personal lives.

SDG 4: Quality Education – Health, happiness, and well-being enable women faculty to deliver high-quality education, fostering an inclusive and effective learning environment that benefits students across disciplines. When women faculty are supported in maintaining their well-being, they are better equipped to engage with students, enhance their teaching methods, and contribute positively to the academic community.

SDG 5: Gender Equality – The program emphasizes the importance of gender equality by creating a supportive platform for women faculty to grow, advance, and contribute equally within the academic community. It encourages leadership roles, empowerment, and equal opportunities for all genders.

Through these goals, the Women FDP contributes to building a sustainable, equitable, and empowering academic ecosystem for women faculty.

PRASAD V. POTLURI SIDDHARTHA INSTITUTE OF TECHNOLOGY
(AUTONOMOUS)
DEPARTMENT OF FRESHMAN ENGINEERING
REGISTRATION FORM
HEALTH, HAPPINESS AND WELLBEING

S.NO	NAME OF THE STAFF	Designation	NAME OF THE INSTITUTION	09.03.2025	10.03.2025	11.03.2025	12.03.2025	13.03.2025
1	Komma Antha	Associate Professor	PVP SIDDHARTHA INSTITUTE OF TECHNOLOGY	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
2	Dr Pavani Peddi	Asst Professor	PVP SIDDHARTHA INSTITUTE OF TECHNOLOGY	<i>Tavani</i>	<i>Tavani</i>	<i>Tavani</i>	<i>Tavani</i>	<i>Tavani</i>
3	Dr. M. Rajyalakshmi	Assistant Professor	PVP SIDDHARTHA INSTITUTE OF TECHNOLOGY	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
4	Dr. Podila . Padmaja	Asst. Professor	PVP SIDDHARTHA INSTITUTE OF TECHNOLOGY	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
5	Dr. K I Vishnu Vandana	Assistant Professor	PVP SIDDHARTHA INSTITUTE OF TECHNOLOGY	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
6	Dr N Usha Rani	Assistant professor	PVP SIDDHARTHA INSTITUTE OF TECHNOLOGY	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
7	Yarlagadda pavani	Asst. Prof	PVP SIDDHARTHA INSTITUTE OF TECHNOLOGY	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
8	V Siva Naga Malleswari	Assistant professor	PVP SIDDHARTHA INSTITUTE OF TECHNOLOGY	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
9	Radhadevi M	Asst. Professor	PVP SIDDHARTHA INSTITUTE OF TECHNOLOGY	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
10	SWATHI DAS:	Assistant professor	PVP SIDDHARTHA INSTITUTE OF TECHNOLOGY	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
11	Dr Sreedevi Gogula	Asst Professor	PVP SIDDHARTHA INSTITUTE OF TECHNOLOGY	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
12	Vidya Chaparala	Assistant Professor	PVP SIDDHARTHA INSTITUTE OF TECHNOLOGY	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
13	A.Madhuri	Assistant Professor	PVP SIDDHARTHA INSTITUTE OF TECHNOLOGY	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
14	Sri Vijaya kondapalli	Assistant professor	PVP SIDDHARTHA INSTITUTE OF TECHNOLOGY	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
15	Deepa T	Assistant Professor	PVP SIDDHARTHA INSTITUTE OF TECHNOLOGY	<i>Deepa</i>	<i>Deepa</i>	<i>Deepa</i>	<i>Deepa</i>	<i>Deepa</i>
16	SRIDEVI SETTIPALLI	ASSISTANT PROFESSOR	SIDDHARTHA ACADEMY OF HIGHER EDUCATION, DEEMED TO BE UNIVERSITY	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>

17	Dr.Silpa Mandava	Assistant professor	PVP SIDDHARTHA INSTITUTE OF TECHNOLOGY	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
18	bhavana kadiyala	Assistant professor	PVP SIDDHARTHA INSTITUTE OF TECHNOLOGY	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
19	Sri Lakshmi Chandana	Assistant professor	Prasad V Potluri Siddhartha institute of technology	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
20	Dr.T.Mahalakshmi	Assistant Professor	PRASAD V POTLURI SIDDHARTHA INSTITUTE OF TECHNOLOGY	T.Mahalakshmi	T.Mahalakshmi	T.Mahalakshmi	T.Mahalakshmi	T.Mahalakshmi
21	Dr S Parvathi Vallabhaneni	Assistant Professor	Prasad V Potluri Siddhartha Institute of Technology	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
22	Dr. K Jyotsna Devi	Assistant Professor	PVP SIDDHARTHA INSTITUTE OF TECHNOLOGY	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
23	Dr.J.RamaDevi	Sr.Assistant Professor	PVP SIDDHARTHA INSTITUTE OF TECHNOLOGY	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
24	Appikatla Naga Pravallika	Assistant Professor	PVP SIDDHARTHA INSTITUTE OF TECHNOLOGY	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
25	Dr Ch Baby Rani	Associate professor	V R Siddhartha School of Engineering, SAHE	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
26	Dr.C L MONICA	Assistant Professor	V.R SIDDHARTHA SCHOOL OF ENGINEERING	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
27	Dr.M.Durga Bhavani	Assistant Professor	SAHE university,V.R.School of Engineering ,deemed to be university	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
28	Dr.Swetha polagani	Assistant professor	KVSR Sidhartha college of pharmaceutical sciences	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
29	Dr.Ch Kavitha	Assistant professor	SAHE University,V.R Siddhart school of Engineering, vijayawada	Ch. Kavitha				
30	Viswa Srujani Kanagala	Assistant Professor	KVSR Sidhartha College of Pharmaceutical Sciences	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
31	Dr. M Rucrama Devi	Associate professor	PVP SIDDHARTHA INSTITUTE OF TECHNOLOGY	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
32	Lakshmi Sowjanya Koneru	Assistant Professor	Siddhartha Academy Higher Education(Deemed to be University)	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
33	KANAKA DURGA DEVI NELLU	PROFESSOR	KVSR SIDDHARTHA COLLEGE OF PHARMACEUTICAL SCIENCES	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
34	Hareesha Dandamudi	Assistant Professor	PVP SIDDHARTHA INSTITUTE OF TECHNOLOGY	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
35	Swati Lakshmi Boppana	Assistant professor	PVP SIDDHARTHA INSTITUTE OF TECHNOLOGY	Swati Lakshmi				

36	Dr B Kannamba	Assistant Professor	Siddhartha Academy of Higher Education, V.R. Siddhartha School of Engineering	<i>B Kannamba</i>				
37	Kusumakeerthi kollu	Assistant professor	Kvsr siddhartha college of pharmacy	<i>K</i>	<i>K</i>	<i>K</i>	<i>K</i>	<i>K</i>
38	Dr M. Sri Lakshmi	Assistant professor	SAHE university, vr siddhartha school of engineering	<i>M. Sri Lakshmi</i>				
39	Dr K SARALA	Lecturer	SRI DURGAMALLESWARA SIDDHARTHA MAHILA kalasala	<i>K Sarala</i>				
40	DR INAVOLU MANJULA	Lecturer	Sri durgamalleswara Siddhartha mahila kalasala	<i>I Manjula</i>				
41	Dr. Kode Srividya	Associate Professor	Prasad V potluri Siddhartha Institute of Technology	<i>Kode Srividya</i>				
42	Dr. Sk Rehena	Assistant Professor	PVP SIDDHARTHA INSTITUTE OF TECHNOLOGY	<i>Sk Rehena</i>				
43	Dr.P. Lakshmi Lavanya	Assistant Professor	PVP SIDDHARTHA INSTITUTE OF TECHNOLOGY	<i>P. Lakshmi Lavanya</i>				
44	Mrs. T. Krishna Sree	Assistant Professor	PVP SIDDHARTHA INSTITUTE OF TECHNOLOGY	<i>T. Krishna Sree</i>				
45	Dr. V. Sita Maha Lakshmi	Assistant Professor	PVP SIDDHARTHA INSTITUTE OF TECHNOLOGY	<i>V. Sita Maha Lakshmi</i>				
46	Mrs S Hanika	Lab. Technician	PVP SIDDHARTHA INSTITUTE OF TECHNOLOGY	<i>S Hanika</i>				
47	Mrs P. Swajala	Lab. Technician	PVP SIDDHARTHA INSTITUTE OF TECHNOLOGY	<i>P. Swajala</i>				
48	M's M Vijitha	Assistant Professor	P. B SIDDHARTHA COLLEGE OF ARTS & SCIENCE	<i>M Vijitha</i>				
49	Dr. D. Sri Lakshmi	Assistant Professor	P. B SIDDHARTHA COLLEGE OF ARTS & SCIENCE	<i>D. Sri Lakshmi</i>				
50	Mrs D Lakshmi Sailaja	Office Assistant	PVP SIDDHARTHA INSTITUTE OF TECHNOLOGY	<i>D Lakshmi Sailaja</i>				



Vijayawada, Andhra Pradesh, India

Fmqv+6mh, Chalasani Nagar, Kanuru, Vijayawada, Andhra Pradesh 520007, India

Lat 16.488064° Long 80.69346°

13/03/2025 04:28 PM GMT +05:30

Google

GPS Map Camera



GPS Map Camera

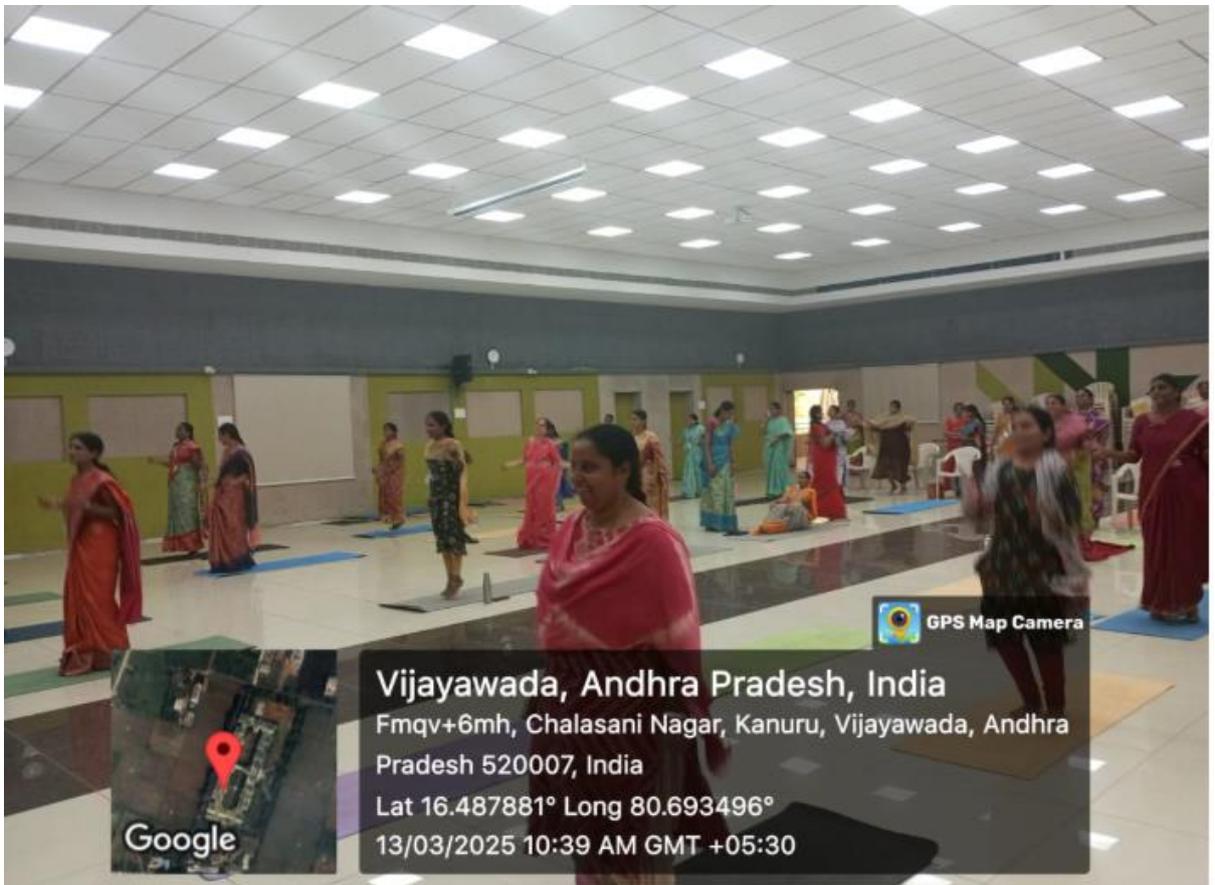


Vijayawada, Andhra Pradesh, India

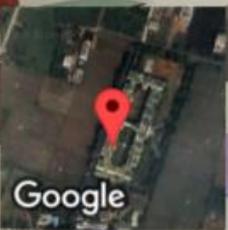
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Lat 16.487885° Long 80.693484°

13/03/2025 10:21 AM GMT +05:30



GPS Map Camera



Vijayawada, Andhra Pradesh, India

Fmqv+6mh, Chalasani Nagar, Kanuru, Vijayawada, Andhra Pradesh 520007, India

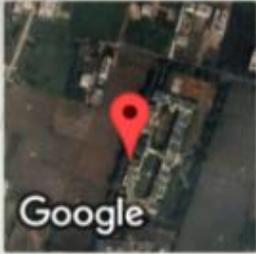
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GPS Map Camera

Vijayawada, Andhra Pradesh, India
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13/03/2025 04:20 PM GMT +05:30



Women's special Happiness Program

Feedback and Reviews Report



50 Participants

Dates: 9th March to 13th March

Venue: PVP siddhartha institute of technology

The Art of living Team



Art of living's impact



Happiness Program Benefits

- Stress and Anxiety Management
- Better relationship with with Peers
- boost immunity, Improved Sleep Quality
- lower stress and depression levels
- Inner peace
- Ability to manage your mind
- Consistent energy through out the day
- Emotional Intelligence and Holistic Personal Growth

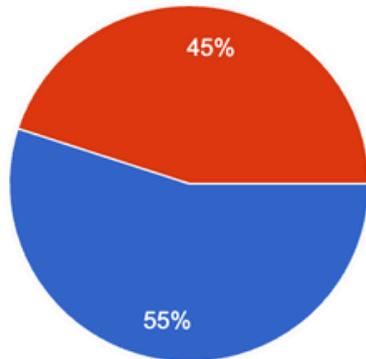
A deeper understanding of the mind's tendencies empowers faculty to enhance their teaching effectiveness while also fostering essential skills such as teamwork, effective communication, and sound decision-making. By gaining these insights, educators are better equipped to support students' holistic development and navigate challenges with confidence, creating a more engaging and impactful learning environment.

Transformation Post Happiness Program

How did you feel after practicing Sudarshan Kriya and other techniques?

[Copy chart](#)

20 responses

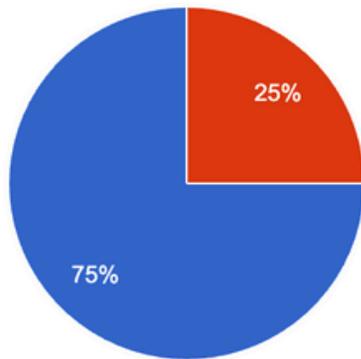


- All Better - 100%
- Much Better - 75%
- Better - 50%
- Little Better - 25%
- No Change

How has the program influenced your state of mind?

[Copy chart](#)

20 responses

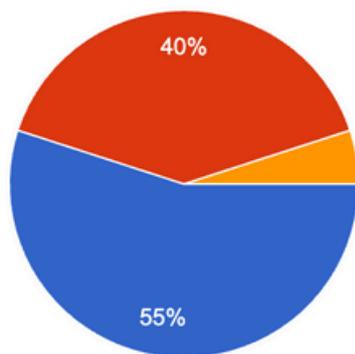


- All Better - 100%
- Much Better - 75%
- Better - 50%
- Little Better - 25%
- No Change

Did the program help you better manage stress and improve your emotional well-being?

[Copy chart](#)

20 responses

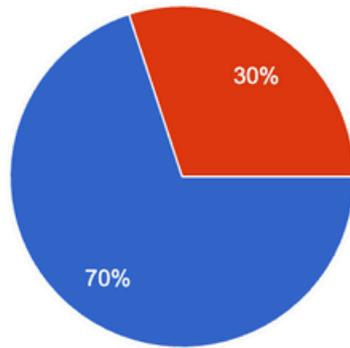


- All Better - 100%
- Much Better - 75%
- Better - 50%
- Little Better - 25%
- No Change

How has the program impacted your energy levels?

[Copy chart](#)

20 responses

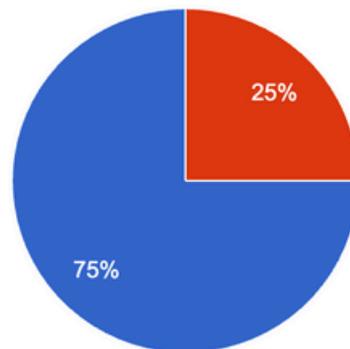


- 🔥 All Better - 100%
- 🔪 Much Better - 75%
- ⚡ Better - 50%
- 📦 Little Better - 25%
- 👤 No Change

Did the program enhance your in focus, patience, or interpersonal relationships at work ?

[Copy chart](#)

20 responses

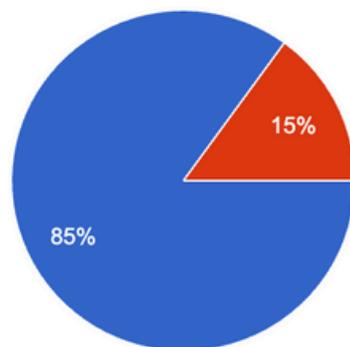


- 😊 All Better - 100%
- 👍 Much Better - 75%
- 👉 Better - 50%
- 📦 Little Better - 25%
- 👤 No Change

How is your overall well-being ?

[Copy chart](#)

20 responses



- 🌈 All Better - 100%
- 😊 Much Better - 75%
- 👉 Better - 50%
- 📦 Little Better - 25%
- ☁ No Change

Overwhelming Faculty Response to the Happiness Program

The Art of Living class was an insightful and transformative experience. The meditation techniques and breathing exercises were particularly impactful, helping me feel more centered and focused. I appreciated the holistic approach to stress management and personal growth. The teachings on mindfulness and inner peace provided practical tools that I can incorporate into daily life. The instructor's warmth and clarity made the concepts accessible and engaging. Overall, the class fostered a sense of well-being and offered valuable perspectives on how to live with more joy and less stress. I feel motivated to continue this practice in my routine.

Dr Pavani Peddi

.....

It improved our energy levels and reduced the anxiety. It also motivated to accept people and situations as they are. We have also learnt how to improve our efficiency

M. Rajyalakshmi

.....

Attending the 5-day basic course on the Art of Living was a truly transformative experience for me. The Sudharshan Kriya breathing technique helped me feel rejuvenated, reducing stress and increasing my inner calm. The sessions on mindfulness, meditation, and positive thinking gave me practical tools to handle daily challenges with clarity. The interactive activities and wisdom shared by the trainers were inspiring, fostering a deep sense of gratitude and joy. I felt a remarkable shift in my energy levels and mental well-being. Overall, this course was a refreshing journey toward self-awareness, balance, and a more peaceful life.

N usha rani

Yoga is useful for women's health.definately we did all those days daily

MAGAM.VIJITHA

The session is very good and teach us how we behave as a human being.

A. Naga Pravallika

I fell very happy to take this program.

SRIDEVI SETTIPALLI

Truly helpful in improving the efficiency of life

T.Krishna Sree

Wonderful workshop. Everyone need to practice...

M. Radhadevi

WORLD HEALTH ORGANIZATION
Regional Office For South-East Asia

ORGANISATION MONDIALE DE LA SANTE
BUREAU REGIONAL DE ASIE DU SUD-EST

I discovered that they really do teach the Art of Living - an integrated, wholesome and stress free attitude to life, work, relationships, responsibility.

I believe this workshop has been directly contributing to the cherished values of Professionalism, Perseverance and Respect.

Dr M. Ojgon, Md, PhD
Regional Fellowships Officer
SEARO

SULTANATE OF OMAN
MINISTRY OF HEALTH

Students of Institute of Health Sciences have really appreciated what they have learned. I look forward to continued collaboration of mutual benefit to both organizations

Alysa Mohammed Msallem Al-rawahy
Dean

Saudi American Bank
samba

Our employees come from different countries and from different cultural backgrounds and the program has been well received throughout. 90% of the workshop participants gave the course the highest rankings across all dimensions of effectiveness.

Vivek Vig
General Manager
Saudi Arabia, SAMBA

Google

We conduct the Art of Living workshop of our googlers once per quarter. Students report an increase in their sense of community, confidence and clarity of mind. Such plaudits map well to our objectives of team building, leadership development and concentration respectively.

Mark Ball
Sr. Associate, Training
Google, Inc.

UNITED NATIONS
United Nations Interim Administration Mission in Kosovo

NATIONS UNIES
Mission d'Administration Interimaire Des Nations Unies en Kosovo

UNMIK

110 officers of Special Police Units of U.N. Mission in Kosovo attended the Art of Living workshop. It has tremendously helped these officers to improve their mental alertness and reduce mental tension especially when they are working in highly tense situations for international peace keeping.

Col. A. M. Muhammad
Indian Special Police Units
United Nations Mission In Kosovo

IBM

Raman G Vishwanathan
Manager, IIS

I recommend this workshop to anyone in the academic, management, and industrial community. In a world facing the challenges of globalization, Art of Living's apex offers the tools necessary to build a harmonious and productive environment.

THE WORLD BANK
INTERNATIONAL BANK FOR RECONSTRUCTION AND DEVELOPMENT
INTERNATIONAL DEVELOPMENT ASSOCIATION

We first decided to offer the art of living workshop when stress and work-life balance emerged as the major concern in our staff survey. Two reported outcomes from staff have been:

(i) sustained reduction in stress, and consequent increase in productivity, from continued practice of the breathing techniques taught in the course; and
(ii) significant improvement in teamwork as a result of innovative processes embedded in the workshop.

The workshop has now become a regular offering in the staff learning program.

Sanjay Pradhan
Director, Public Sector Governance
PREM

The workshop participants were Albanians, Serbs and Roma people who went through war traumas. They had experience of peacefulness, relief from negative emotions and improved health during and after the workshop. Mother Teresa Association fully supports the Art of Living workshop and wishes you success.

The Krishna Humanitarian And Charitable Society
Mother Teresa

National Institute of Fashion Technology
(Ministry of Textiles, Govt. of Maharashtra)

It was indeed wonderful experience for all the students, faculty members and staffs of national institute of fashion technology, (NIFT) Kolkata who attended the "Art of Living workshops". The positive changes in their physical health, mental attitude and degree of cheerfulness are quite visible and tangible.

Shantmanu, IAS
Director

Indian Institute Of Technology Bombay
Powai, Mumbai

The visit of our NSS students to villages in maharashtra experience first hand, the immense transformation in the quality of life of the villagers through rain water harvesting and chemical free farming.

Prof V M Gadre Prof Prasanna Gandhi
Coordinators, NSS, IIT Bombay

Indian Institute of Technology Bombay

YES! workshop does not teach quick-fix solutions, theoretical concepts nor preaches religion or the superficial success formulas but offers practical tools to the young potential minds for a creative and productive life.

Dr. Prof Pragati Mukhopadhyay
CRNTS, IIT Bombay

Humboldt University, Berlin

The observed results are: heightened awareness, better concentration, heightened ability to relax. Also there is a visible improvement in the social behaviour of the students through the group processes.

L. Schulte
Responsible for health sports

BOSTON COLLEGE
Department of Human Resource

YES! workshop incorporates the sudharan kriya and all of the breathing techniques, it also addresses challenges facing students. The special presentations on issues of time management, decision-making, leadership, and on taking initiative and responsibility as well as particular techniques to improve concentration and energy when studying were effective and well received.

Pat Touzin, LICSW
Director, Faculty & Staff Assistance Program

Indian Institute of Technology Kanpur

YES! workshops seem to have proved to be very effective in eliminating stress and depression amongst students who work in a high powered academic environment. The program is expected to become a great tool in helping a youth to empower themselves and to make them responsible citizens who would contribute to the society.

Prawal Sinha
Dean

Cornell University
Office of the Dean of Students

The workshop far exceeded my expectations and I have since experienced a new level of peacefulness, clarity of thoughts, joy, physical energy and reduction of everyday stress.

Sophie Siddhu
Assistant of Dean of Students

Florida Gulf Coast University

We offered this workshop for 2 hours of credit through the occupational therapy department in the college of health professions. The workshop was always filled with a waiting list.

Kathy Kleist
Executive Director
Florida Gulf Coast University

Indian Institute of Management Vadodra, Ahmedabad

I see many of hope in the Art of Living for the future of corporate sector. I have benefitted a lot from this workshop and I recommend this to all the people I meet. Art of Living workshop teaches you to manage your own self, your life and your environment.

Vinod V Mathur

Virginia Tech
College of Engineering

The YES! workshop was taught to a group of students, faculty and staff not long after the recent after the tragedy that occurred on our campus, although the workshop was especially good in helping us deal with our emotions related to the shootings, it also had great value in teaching us how to deal with everyday stress and emotions. It was fun taking the class with a wide variety of people - students, staff and faculty members in a large range of ages. I also encourage you to promote the art of living courses on your campus in support of the foundation's campaign for a violence-free, stress-free world.

Linda Vick
Academic And Career Advisor,
MELD, Virginia Tech

HIGH SCHOOL OF TELECOMMUNICATION ARTS AND TECHNOLOGY
Brooklyn, NY

YES! workshop teaches tools that are not easily learned inside of school, but that can enhance the abilities and quality of work for students and teachers alike.

Philip Weinberg,
Principal

Recommended by Premium Institutes around the world!

"Life Changing"

"May be the fastest-growing spiritual practice on the planet"

"Like Fresh Air to Millions"

"Show promise in providing relief for depression"

