

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><i>[Signature]</i> Freshman Engineering Department PVP Siddhartha Institute of Technology KANURU, VIJAYAWADA-520 007.</p> <p><i>[Signature]</i> HEAD Mechanical Engineering Department PRASAD V. POTLURI SIDDHARTHA INSTITUTE OF TECHNOLOGY KANURU, VIJAYAWADA-520 007</p>
Name & Signature of the co-ordinators	<p>Dr.S.Lakshmi Tulasi Dr.T.Preethi Rangamani</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/BxDCUqhlWciurkPjZ>

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 Anitha	Associate Professor	PVP SIDDHARTHA INSTITUTE OF TECHNOLOGY					
2	Dr Pavani Peddi	Asst Professor	PVP SIDDHARTHA INSTITUTE OF TECHNOLOGY					
3	Dr. M. Rajyalakshmi	Assistant Professor	PVP SIDDHARTHA INSTITUTE OF TECHNOLOGY					
4	Dr. Podila . Padmaja	Asst. Professor	PVP SIDDHARTHA INSTITUTE OF TECHNOLOGY					
5	Dr. K I Vishnu Vandana	Assistant Professor	PVP SIDDHARTHA INSTITUTE OF TECHNOLOGY					
6	Dr N Usha Rani	Assistant professor	PVP SIDDHARTHA INSTITUTE OF TECHNOLOGY					
7	Yarlagadda pavani	Asst. Prof	PVP SIDDHARTHA INSTITUTE OF TECHNOLOGY					
8	V Siva Naga Malleswari	Assistant professor	PVP SIDDHARTHA INSTITUTE OF TECHNOLOGY					
9	Radhadevi M	Asst. Professor	PVP SIDDHARTHA INSTITUTE OF TECHNOLOGY					
10	SVATHI DAS:	Assistant professor	PVP SIDDHARTHA INSTITUTE OF TECHNOLOGY					
11	Dr Sreedevi Gogula	Asst Professor	PVP SIDDHARTHA INSTITUTE OF TECHNOLOGY					
12	Vidya Chaparala	Assistant Professor	PVP SIDDHARTHA INSTITUTE OF TECHNOLOGY					
13	A.Madhuri	Assistant Professor	PVP SIDDHARTHA INSTITUTE OF TECHNOLOGY					
14	Sri Vijaya kondapalli	Assistant professor	PVP SIDDHARTHA INSTITUTE OF TECHNOLOGY					
15	Deepa T	Assistant Professor	PVP SIDDHARTHA INSTITUTE OF TECHNOLOGY					
16	SRIDEVI SETTIPALLI	ASSISTANT PROFESSOR	SIDDHARTHA ACADEMY OF HIGHER EDUCATION, DEEMED TO BE UNIVERSITY					

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

36	Dr B Kannamba	Assistant Professor	Siddhartha Academy of Higher Education, V.R. Siddhartha School of Engineering	<i>B Kannamba</i>	<i>B Kannamba</i>	<i>B Kannamba</i>	<i>B Kannamba</i>	<i>B Kannamba</i>
37	Kusumakeerthi kollar	Assistant professor	Kvssr siddhartha college of pharmacy	<i>K Kusumakeerthi</i>	<i>K Kusumakeerthi</i>	<i>K Kusumakeerthi</i>	<i>K Kusumakeerthi</i>	<i>K Kusumakeerthi</i>
38	Dr M. Sri Lakshmi	Assistant professor	SAHE university, vr siddhartha school of engineering	<i>M. Sri Lakshmi</i>	<i>M. Sri Lakshmi</i>	<i>M. Sri Lakshmi</i>	<i>M. Sri Lakshmi</i>	<i>M. Sri Lakshmi</i>
39	Dr K SARALA	Lecturer	SRI DURGAMALLESWARA SIDDHARTHA MAHILA kalasala	<i>K Sarala</i>	<i>K Sarala</i>	<i>K Sarala</i>	<i>K Sarala</i>	<i>K Sarala</i>
40	DR INAVOLU MANJULA	Lecturer	Sri durgamalleswara Siddhartha mahila kalasala	<i>Inavolu Manjula</i>	<i>Inavolu Manjula</i>	<i>Inavolu Manjula</i>	<i>Inavolu Manjula</i>	<i>Inavolu Manjula</i>
41	Dr. Kode Srividya	Associate Professor	Prasad V potluri Siddhartha Institute of Technology	<i>Kode Srividya</i>	<i>Kode Srividya</i>	<i>Kode Srividya</i>	<i>Kode Srividya</i>	<i>Kode Srividya</i>
42	Dr. Sk Rehena	Assistant Professor	PVP SIDDHARTHA INSTITUTE OF TECHNOLOGY	<i>Sk Rehena</i>	<i>Sk Rehena</i>	<i>Sk Rehena</i>	<i>Sk Rehena</i>	<i>Sk Rehena</i>
43	Dr. P. Lakshmi Lavanya	Assistant Professor	PVP SIDDHARTHA INSTITUTE OF TECHNOLOGY	<i>P. Lakshmi Lavanya</i>	<i>P. Lakshmi Lavanya</i>	<i>P. Lakshmi Lavanya</i>	<i>P. Lakshmi Lavanya</i>	<i>P. Lakshmi Lavanya</i>
44	Mrs. T. Krishna Sree	Assistant Professor	PVP SIDDHARTHA INSTITUTE OF TECHNOLOGY	<i>T. Krishna Sree</i>	<i>T. Krishna Sree</i>	<i>T. Krishna Sree</i>	<i>T. Krishna Sree</i>	<i>T. Krishna Sree</i>
45	Dr. V. Sita Maha Lakshmi	Assistant Professor	PVP SIDDHARTHA INSTITUTE OF TECHNOLOGY	<i>V. Sita Maha Lakshmi</i>	<i>V. Sita Maha Lakshmi</i>	<i>V. Sita Maha Lakshmi</i>	<i>V. Sita Maha Lakshmi</i>	<i>V. Sita Maha Lakshmi</i>
46	Mrs S Hanika	Lab. Technician	PVP SIDDHARTHA INSTITUTE OF TECHNOLOGY	<i>S Hanika</i>	<i>S Hanika</i>	<i>S Hanika</i>	<i>S Hanika</i>	<i>S Hanika</i>
47	Mrs P. Swajala	Lab. Technician	PVP SIDDHARTHA INSTITUTE OF TECHNOLOGY	<i>P. Swajala</i>	<i>P. Swajala</i>	<i>P. Swajala</i>	<i>P. Swajala</i>	<i>P. Swajala</i>
48	Mrs M Vijitha	Assistant Professor	P. B SIDDHARTHA COLLEGE OF ARTS & SCIENCE	<i>M Vijitha</i>	<i>M Vijitha</i>	<i>M Vijitha</i>	<i>M Vijitha</i>	<i>M Vijitha</i>
49	Dr D. Sri Lakshmi	Assistant Professor	P. B SIDDHARTHA COLLEGE OF ARTS & SCIENCE	<i>D. Sri Lakshmi</i>	<i>D. Sri Lakshmi</i>	<i>D. Sri Lakshmi</i>	<i>D. Sri Lakshmi</i>	<i>D. Sri Lakshmi</i>
50	Mrs D Lakshmi Sailaja	Office Assistant	PVP SIDDHARTHA INSTITUTE OF TECHNOLOGY	<i>D Lakshmi Sailaja</i>	<i>D Lakshmi Sailaja</i>	<i>D Lakshmi Sailaja</i>	<i>D Lakshmi Sailaja</i>	<i>D Lakshmi Sailaja</i>

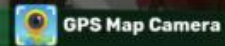


Vijayawada, Andhra Pradesh, India

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

Lat 16.488064° Long 80.69346°

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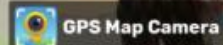
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Vijayawada, Andhra Pradesh, India

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Lat 16.487885° Long 80.693484°

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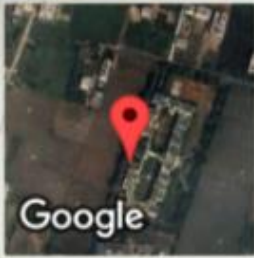
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Vijayawada, Andhra Pradesh, India

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GPS Map Camera

Women's special Happiness Program

Feedback and Reviews Report

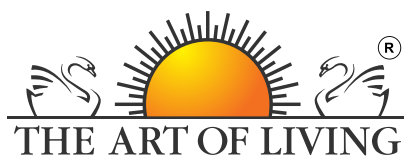


50 Participants

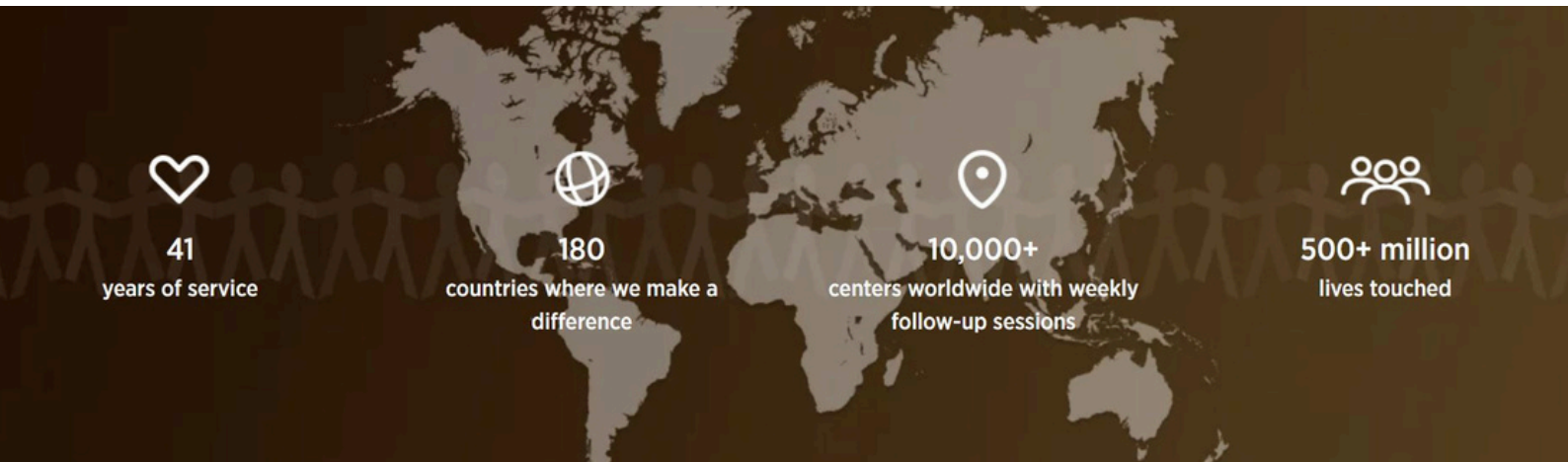
Dates: 9th March to 13th March

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.

Glimpses from the program.

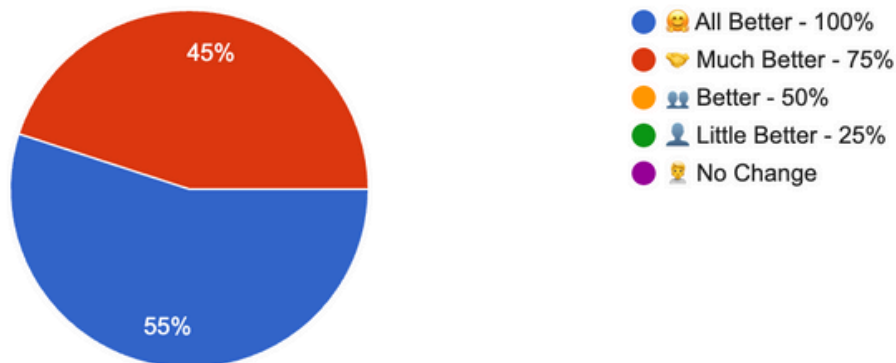


Transformation Post Happiness Program

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

[Copy chart](#)

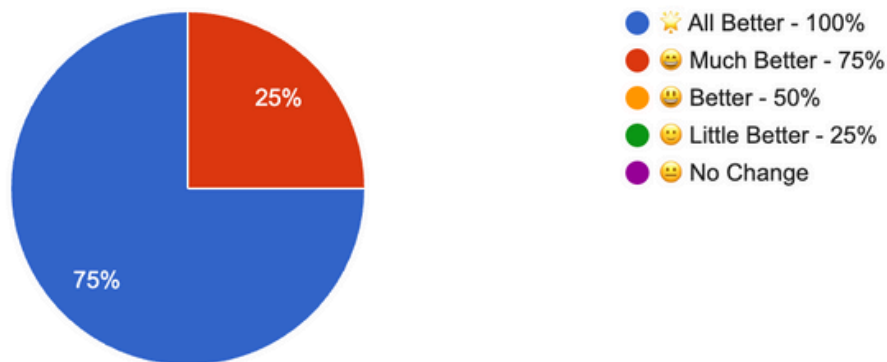
20 responses



How has the program influenced your state of mind?

[Copy chart](#)

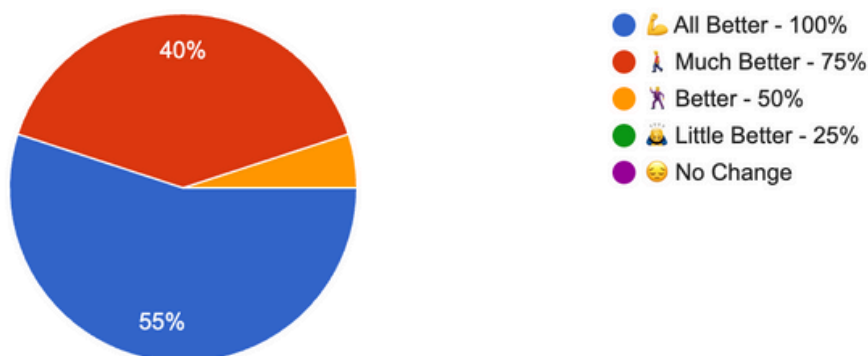
20 responses



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

[Copy chart](#)

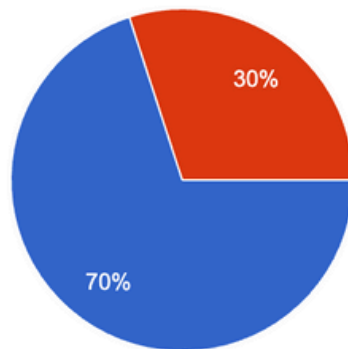
20 responses



How has the program impacted your energy levels?

 [Copy chart](#)

20 responses

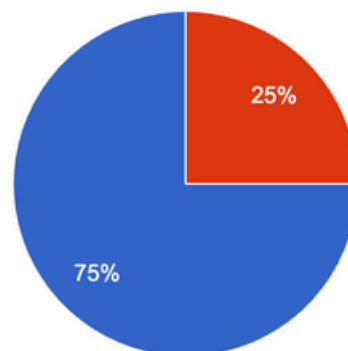







-  All Better - 100%
-  Much Better - 75%
-  Better - 50%
-  Little Better - 25%
-  No Change

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

 [Copy chart](#)

20 responses

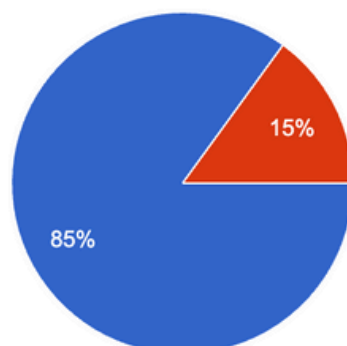






-  All Better - 100%
-  Much Better - 75%
-  Better - 50%
-  Little Better - 25%
-  No Change

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



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"



Harvard Health Publications
HARVARD MEDICAL SCHOOL
Trusted advice for a healthier life

WHY THIS COURSE? • WHAT YOU'LL LEARN • RESEARCH • REVIEWS • FAQs • MEDIA • REGISTER NOW