

Date: 22nd February, 2022

**Five Day International Faculty Development Programme on
"Yoga and Meditation for Human Excellence"**

(14th – 18th February, 2022)

DEPARTMENT OF MASTER OF BUSINESS ADMINISTRATION



Faculty Development Programme





**FIVE DAY INTERNATIONAL FDP ON
YOGA AND MEDITATION
FOR HUMAN EXCELLENCE**

Convener
Prof. P. Narayana Reddy
Director, SVIM

Coordinators
Prof. N. Gurunatha Naidu
Prof. D. Sudarsana Murthy

Co-Coordiators
Dr. K. Balaji, Dr. C. Rani, Ms. Ghaya



 Digital Platform Zoom	 Date 14 th – 18 th Feb, 2022	 Venue Online	 Time 2:00 PM to 5:00 PM (IST)
--	---	---	--

NO REGISTRATION FEE

Meeting ID : 969 606 1568

Passcode : 6FJvwT

Join Zoom Meeting

<https://zoom.us/j/9696061568?pwd=TUQyRVNVQ2h5b0plcDVSUElQMnZYUT09>

Registration link

<https://forms.gle/6QYDuJKU2Yuoycfm9>



WHO CAN PARTICIPATE?

Faculty, Research Scholars,
Students and other Professionals



ORGANIZED BY

Sree Vidyanikethan Institute of Management - 517 102

Follow us :   / iVidyanikethan  / SreeVidyanikethanInstituteofManagement

A **Five Day International Faculty Development Programme on "Yoga and Meditation for Human Excellence"** was organized from 14th to 18th February, 2022 by Department of MBA, Sree Vidyanikethan Institute of Management, A.Rangampet, Tirupati. There were 1437 registrations received from all states of India which include seven countries. The participants were from different streams like students, Professionals faculty, research scholars and industry executives. The platforms used for conducting of International Faculty Development Programme were Zoom live streaming.

14.02.2022 [Day 1)

The Inaugural session started at 02.00 PM by **Ms.K.Ghaya**, Assistant Professor, Department. of MBA, Sree Vidyanikethan Institute of Management. The opening remarks were given by **Prof.P.Narayana Reddy**, Director, SVIM and convener of the IFDP. The profile of the **Rani Sadasiva Murthy**, Keynote speaker and resource person and **Acharya Dr.M.Praveen Kumar, U.K.** International Speaker was presented by, Mr.S.Haris and Ms.Naga Syam III Semester Students of SVIM respectively. **Prof.N.Gurunatha Naidu and Prof.D.Sudarsana Murthy** Coordinators, Addressed the session. Dr.C.Rani, Ms K.Ghaya and Dr.K.Balaji are the co-ordinators of the workshop.

Rani Sadasiva Murthy, Professor, National Sanskrit University, Tirupati was the resource person. On the first day the resource person concentrated on giving awareness about Yama and Niyamas. Sir focused on Yoga and Meditation.

Acharya Dr.M.Praveen Kumar, U.K., was another resource person started at 3.30PM who delivered his expert talk on "Introduction to Yoga Darshana". Explained all the contents in 'Darshana' and also conducted meditation session for all participants. All the participants' meditation and experience the essence. The session was closed at 05.00 PM.

15.02.2022 [Day 2)

The session started at 02.00PM with brief recap of the 14th October 2022 session by **Prof.N.Gurunatha Naidu**. The resource person **Dr.VG Sivasankar Reddy**, delivered talk on "**Ashstanga Yoga of Patanjali**" covered about Ashstangas of Patanjali in Yoga etc.,

The second session by **Prof.N.Gurunatha Naidu, SVIM, Tirupati**, stated at 3.30, topic entitled **"Power of Meditation & Chanting"**, explained about the power of Meditation in human body, how the human beings come out from stress through chanting explained. By chanting he made participants to experience. Later the session went on with anecdotes examples. practical work outs. The session was closed at 05.00 PM by answering the queries of the participants.

16.02.2022 [Day 3)

The session started at 02.00 PM with brief overview about the last day session by Dr.D.Sudarsana Murthy. In this session, Dr.Usha Jaiswal, DSVV, Haridwar, begins her lecture on the topic **"Prerequisites for meditation"** at 2.10 PM. The resource person enlightened about prerequisites for meditation and focused 10 steps to follow for effective meditation.

Further session started by Prof.D.Harshavardhan Reddy, Corporate Trainer, Tirupati on the topic titled **"The Impact of Music on Meditation"**. *He created awareness to the participants about the music of heart beat and some other music for meditation etc.,* At the end of the session the queries from the participants on Zoom streaming chat box were answered by the resource person. The session was closed at 04.30 PM.

17.02.2022 [Day 4)

The session started at 02.00 PM with a brief overview about the last day sessions by Prof.N.Gurunatha Naidu,

Dr. CA. M. C. Venkatanath, in his talk **"Yoga and discipline"** covered an important and useful topics under Yoga and discipline. He explained self disciplined can manage better always. Who is good with self management can manage others well has been stressed.

Mr.Sree Ram Babu Bojja, Life Skills Trainer, Tirupati covered, **"Yoga for personal transformation"** starting from 3 PM to 4 PM. Under this topic he recovered many aspects.

Dr.Kodali Sujatha, RVR & JC, Guntur, covered **"Conscious Living for Holistic Well Being"**, exactly at 4PM, in this title, she covered many aspects under this topic. The session was closed at 05.00 PM.

18.02.2022 [Day 5)

The session started at 02.00 PM with brief overview about the last 4 days sessions by Dr.N.Gurunatha Naidu. Dr.Sreenivasa Krishna Reddy, National Sanskrit University, Tirupati He covered the area of **"Making Purusha Purushottama"**.

Dr.D.Jyothy, Associate Professor, National Sanskrit University, Tirupaty, handled a session on the topic **"Samathvam Yoga Uchhaayate"**. She enlightened on mind set and equanimity with balancing of request thoughts. Madam was also Guest of honour for valedictory function. At the end of the session the queries from the participants on Zoom, chat box were answered by the resource person. The session was closed at 04.40 PM.

The Valedictory Session started at 04:40 PM, Welcoming guests by Ms.K.Ghaya, Assistant Professor. The Closing remarks were given by **Prof.P.Narayana Reddy**, Director, SVIM and convener of the IFDP. All the resource persons connected virtually for valedictory session. The key note speaker and few resource persons addressed in the session, feed back shared by participants from Tripura, Kerala and North India and expressed their happiness about IFDP and also requested to conduct of much programmes in future if possible on offline. **Prof.N.Gurunatha Naidu and Prof.D.Sudarsana Murthy Coordinators** thanked the participants and resource persons. The session ended at 05.00 PM with vote of thanks by **Dr.K.Balaji**, Co-coordinator of the workshop.

1.Prof.N.Gurunatha Naidu
Co-ordinator

2.Prof.D.Sudarsana Murthy
Co-ordinator

Prof.P.Narayana Reddy
Director