



**CHAITANYA BHARATHI
INSTITUTE OF TECHNOLOGY**

An Autonomous Institute | Affiliated to Osmania University
Kokapet Village, Gandipet Mandal, Hyderabad, Telangana-500075, www.cb.it.ac.in

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COMMITTED TO
RESEARCH,
INNOVATION AND
EDUCATION

46
years

INTERNATIONAL DAY OF YOGA

EVENT REPORT

EVENT DETAILS

Event Name: Meditation Sessions for Students

Date: 04-09-2025

Venue: Sports Block -Aerobics Hall

Number of Participants: 69

ABOUT THE EVENT:

The Department of Physical Education, Chaitanya Bharathi Institute of Technology (CBIT), Hyderabad, in collaboration with the Isha Foundation, successfully organized *Meditation Sessions* for students on 04-09-2025, from 3:00 PM to 5:00 PM at the Sports Block. A total of 69 first-year students actively participated in the program.

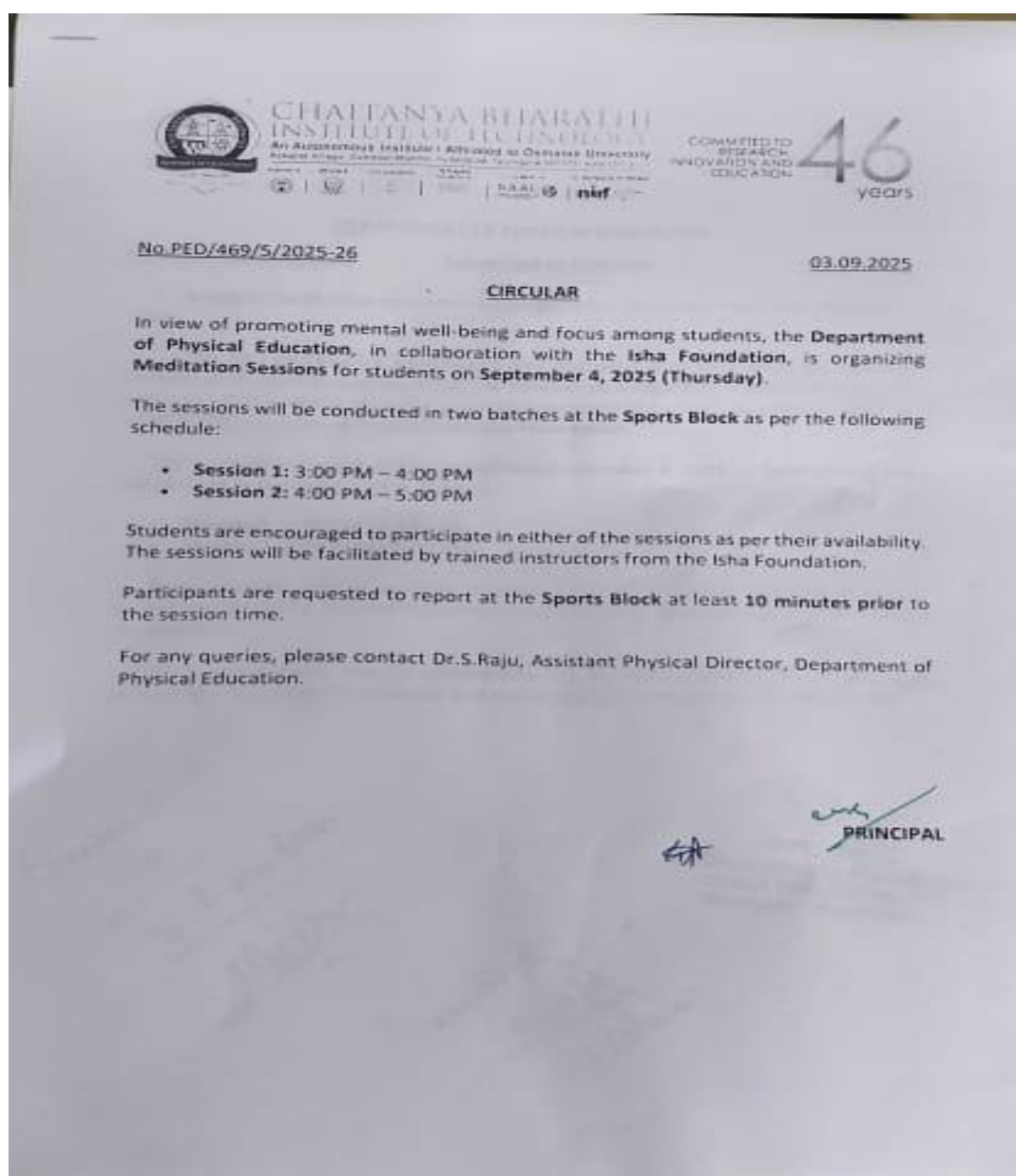
The sessions were conducted by Smt. Sandhya and Ms. Preethi from the Isha Foundation, who guided the students through various meditation practices aimed at improving focus, inner calm, and overall well-being.

The event was successfully coordinated by the Department of Physical Education and Chaitanya Kreedha, contributing to the holistic development of students.

OUTCOMES OF THE EVENT

The meditation sessions had a positive impact on the participating students. The guided practices helped them experience improved relaxation, better concentration, and reduced stress levels. Students expressed that the session provided them with practical techniques to manage academic pressure and enhance emotional balance. The program also encouraged participants to adopt meditation as a part of their daily routine for holistic well-being.

CIRCULAR



PHOTOS





NEWS PAPER CLIPPINGS

సీబీఐటీలో మెడిటేషన్



మెడిటేషన్ చేస్తున్న విద్యార్థులు

నార్సింగ్, సెప్టెంబరు 4 (ఆంధ్రజ్యోతి): సీబీఐటీ కళాశాలలో వ్యాయామ విద్యావిభాగం, ఇషా ఫౌండేషన్ సమన్వయంతో గురువారం విద్యార్థులకు మెడిటేషన్ కార్యక్రమాన్ని చేపట్టారు. ఈ కార్యక్రమానికి ముఖ్య అతిథులుగా ప్రొఫెసర్ సీవీ నరసింహులు హాజరై మాటాడుతూ, ఇషా ఫౌండేషన్ వారి సహకారంతో మెడిటేషన్ ఏర్పాటు చేశామన్నారు. ప్రతిఒక్కరూ మెడిటేషన్ చేయాలని ఆయన సూచించారు. కార్యక్రమంలో డాక్టర్ రాజేశ్వరి, చైతన్య శ్రీదా సోఫ్ట్ క్లబ్ మెంబర్లు, విద్యార్థులు పాల్గొన్నారు.

ATTENDANCE



CHAITANYA BHARATHI
INSTITUTE OF TECHNOLOGY
An Autonomous Institute Affiliated to Osmania University
Wardhannagar, Hyderabad - 500071, India
NAAC | NAAT | NIRF

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DEPARTMENT OF PHYSICAL EDUCATION MEDITATION SESSION FOR STUDENTS On 04.09.2025(3Pm-5Pm) , Venue: Sports Block

S.No	Name of the Student	Department	Signature
1.	Agush Gellankhi	AI&DS	Agush
2.	Sumla Chirag Abhinav	ABDS	Sumla
3.	Meer Ahmed Khan	AI & DS	Meer
4.	A. Sreshtha	AI & DS	A. Sreshtha
5.	O. Laxsya Sri Sai Naga Adithi	AI & DS	O. Laxsya
6.	M. Druti Tejasree	AI & DS	Druti
7.	Tantrika.K	AI & DS	Tantrika
8.	B. Akshara Ruddy	AI & DS	B. Akshara
9.	S.N.S. Hasini	AI & DS	Hasini
10.	K. Sharanya	AI & DS	Sharanya
11.	P. Gayathri	AIDS	Gayathri
12.	P. Mithil	AIDS	P. Mithil
13.	B. Arun Saih	AIDS	B. Arun
14.	D. ARUN	AIDS	D. ARUN
15.)	A. Sai Krishna	AIDS	A. Sai Krishna
16.)	Y. Vishwateja	AIDS	Y. Vishwateja



CHAITANYA BHARATHI
INSTITUTE OF TECHNOLOGY
An Autonomous Institute Affiliated to Osmania University
Warananagar, Hyderabad - 500 075
Ph: 01-2635 5555, Fax: 01-2635 5556, Email: info@chaitanyabharathi.ac.in
Website: www.chaitanyabharathi.ac.in

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DEPARTMENT OF PHYSICAL EDUCATION

MEDITATION SESSION FOR STUDENTS

On 04.09.2025(3Pm-5Pm) , Venue: Sports Block

S.No	Name of the Student	Department	Signature
217	K. Nanditha Reddy	AIDS - 2	Nanditha
218	M. Maanvika A	AIDS - 1	Maanvika
319	B. Soanvi deefak	AIDS - 1	B. Soanvi deefak
420	Sini Chandana Sauri	AIDS - 1	Sini Chandana Sauri
521	M. Hasi Sarjana	AIDS - 1	Hasi
622	M. RANI	AIDS - 1	Rani
723	KALLEM CHOBHA	AIDS - 1	F. Ch
824	Y. BHAVYA	AIDS - 1	Y. Bhavya
925	D. Gopita Harshitha	AIDS - 1	D. Gopita
1026	T. Sushma Sree	AIDS - 1	T. Sushma Sree
1127	K. Kaveri	AIDS - 1	Kaveri
1228	R. Bhanu	AIDS - 1	R. Bhanu
1329	B. Bhargavi	AIDS - 1	B. Bhargavi
1430	T. N. Pranati	AIDS - 1	T. N. Pranati
1531	V. Lakshmi Prasanna	AIDS - 1	V. Lakshmi Prasanna
1632	Ch. Geetha	AIDS - 1	Ch. Geetha

MEDITATION SESSION FOR STUDENTS

On 04.09.2025(3Pm-5Pm) , Venue: Sports Block

S.No	Name of the Student	Department	Signature
33	K.CHARITH REDDY	AIDS	K. Charith
34	U. Harsha Vardhan	AIDS	U. Harsha
35	D. Prashanth Reddy	AIDS	D. Prashanth
36	N. Avinash	AIDS	N. Avinash
37	K. Lokith Reddy	AIDS	K. Lokith
38	Rachuri Gnaneshwar	AIDS	Rachuri
39	Gaurav Mittal	AIDS	Gaurav Mittal
40	T. Sathwik	AIDS	T. Sathwik
41	Dhanurajay	AIDS	Dhanurajay
42	T. Jashwanth	AIDS	T. Jashwanth
43	K. Harsha Vardhan	AIDS	K. Harsha Vardhan
44	D. Rohan Reddy	AIDS	D. Rohan
45	M. Suchith Reddy	AIDS	M. Suchith
46	P. Sai Prakash	AIDS	P. Sai Prakash
47	Sameer Shakil	IC	Sameer
48	Mayank Nandekar	IC	Mayank



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INSTITUTE OF TECHNOLOGY
An Autonomous Institute Affiliated to Osmania University
K. J. Somaiya Institute of Management Studies & Research, Hyderabad 500 075
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DEPARTMENT OF PHYSICAL EDUCATION

MEDITATION SESSION FOR STUDENTS

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S.No	Name of the Student	Department	Signature
44	Ethorn Vaibhav	AIDS	
45	V. Ujjwal Sai	AIDS	
46	Vasist chitka	AIDS	
47	B.Sathvik Kiran	AIDS	
48	P. Shiva	AIDS	
49	Abdul Wasay	AIDS	
50	M.Hruday sham Krishna	AIDS	
51	T. kumara naga sridatta	AIDS	
52	Shaik Rihaan	AIDS	
53	M.Praveen Reddy	AIDS	
54	S. Shreyas	AIDS	
55	N. Deepak	AIDS	
56	B. Shrivani	ECE	
57	K. Spandana	ECE	
58	B. Navya	ECE	
59	T. Angel	ECE	

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