

# GLIMPSE OF HAPPINESS

Be the best  
from the best

*the  
power  
swag!*

**JOY OF  
ENGINEERING**

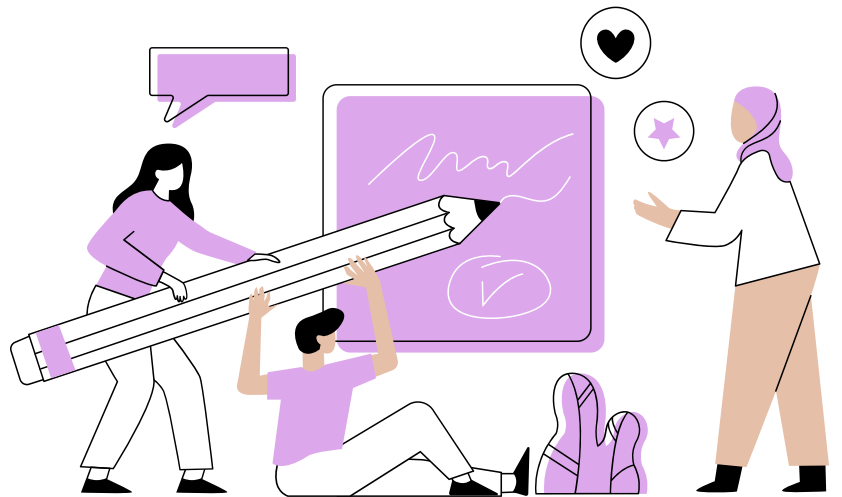




**WHEN THE MIND  
RELAXES, THE  
INTELLECT BECOMES  
SHARP**



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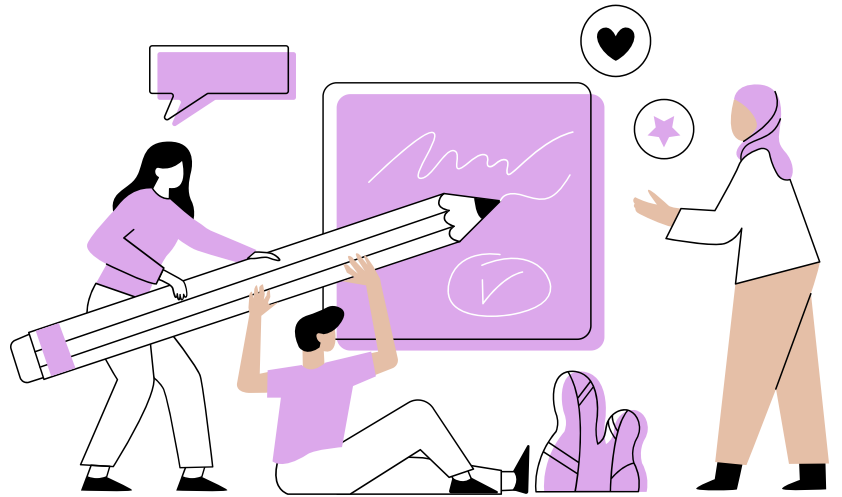
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## About SRKREC



Sagi Rama Krishnam Raju Engineering College, established in 1980, is one of the earliest self-financing Engineering Colleges in the state of Andhra Pradesh. Established with a noble cause to empower rural students through technical education, the institution today has evolved as one of the pioneering technical institutions in the country. Spreading over 30 acres of green land, the institution has set in state-of-the-art facilities for science and technology and created a conducive environment for inclusive and culturally responsive teaching-learning process. Alongside education and research, it established a history of work ethos that supports students in developing a creative, confident and logical approach to nation building, making them highly valued graduates and opening doors to a wide range of exciting careers. Sri S. Prasad Raju, the President of the institution, carries forward the vision of his father Late Sri Sagi Rama Krishnam Raju, a philanthropist, driving the institution on the academic path of excellence. Technological endeavors combine science, creativity and critical thinking to solve significant challenges in society.

# **About PAIE CELL**

## **PAIE - People Association for Inner Engineering**

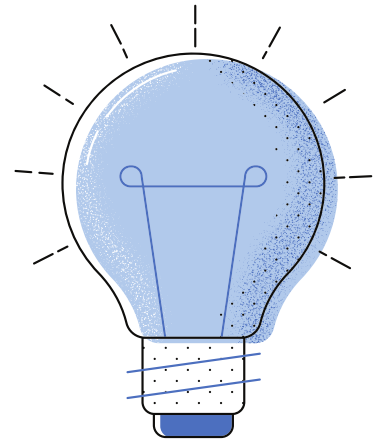
The People Association for Inner Engineering at SRKR Engineering College is a dynamic community dedicated to promoting holistic well-being, personal growth, and self-realization among its members and aims to provide a platform for students, faculty, and staff to explore inner transformation through various practices and teachings. We offer workshops, seminars, meditation sessions, and yoga practices to empower individuals with tools and techniques that enhance their physical, mental, and emotional health and wellness.

Headed by Dr. P. Bhavani, Professor, Head of the Department of Engineering Chemistry.

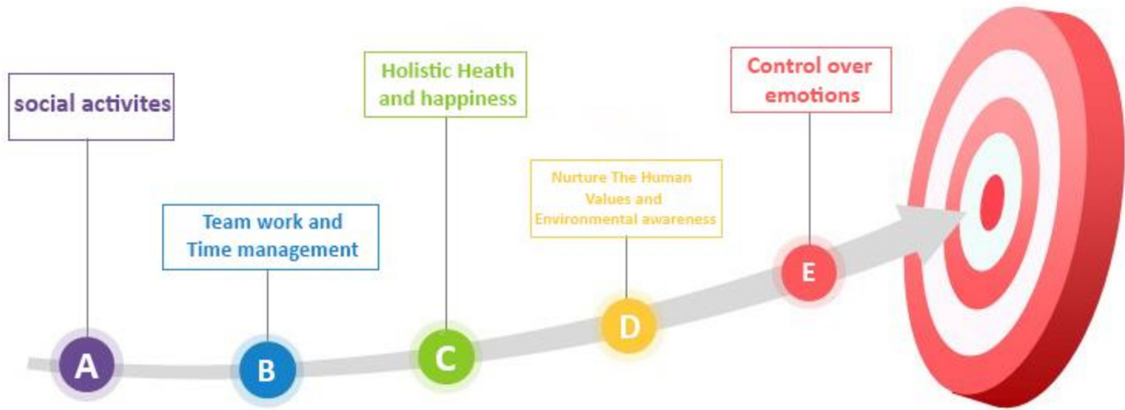
It is formed with a vision to bring awareness about one's self. Under PAIE (SRKR) we have been organizing YOGA training programs with the association of "The Art of Living Foundation" for the past 10 years.

# OBJECTIVES

- 1.To energize the inner capabilities of the students in various aspects like studies,fears,control over emotions,developing interpersonal skills..etc.
- 2.Empowering the youth on getting awareness on various issues which are prevalent in the society.
- 3.To enhance sportiveness among the students by conducting several competitions.
- 4.Delivering messages related to the social issue which are currently seen through seminars,flash mobs,street plays...etc..
- 5.Conducting stress free,relaxation and meditation program in the college for both the students and the staff in order to make them manage things.
- 6.Encouraging the students who are actively taking part in activites by organizing level courses.







## **A Social Activites**

Social Activites are the one's which enables to promote safety for the society and also makes oneself to integrate inner peace

## **B Team work and Time management**

For any task to be succeeded there are two factors which will act as path breakers they are team work and time management. Time management gets into action through team work. Team work makes all understand the importance of several opinions through which we can see things in different directions..

## **C Holisitc Health and Happiness**

Holistic health is nothing but the complete well being of a person. Holistic health and happiness are interrelated as it can be built with happiness.

## **D Nuture the human values and Environmental awareness**

For a human to be good or bad values are the basement for a responsible society one needs to possess human values. And most importantly one who has them can be aware of everything including environmental awareness like how to protect our surroundings,resources available,the air we breathe and many..

## **E Control over emotions**

The most important for any person is the inner peace and it comes with the control over emotions. One who can control emotions can rule the world..

## **Events organised by PAIE CELL**

- Youth Empowerment Skills+. (YES!+)
- Induction Program for Freshers.
- Clean and Drive Program.
- Project Pavitra.
- Universal Human Values.
- Advanced Meditation Course. (AMC)
- Divya Samaj Ka Nirman. (DSN)
- International Day of Yoga
- International Day of Happiness.
- Save the Girl Child.
- Sahaj Samadhi Course.
- Yoga Dance.
- Mana Ooru Mana Neeru.
- Prajna Yoga. (Intuition)
- Know Your Mind.
- Yoga For Humanity.

## PAIE CELL ACTIVITIES

- In order to increase the available skill set in the students, PAIE has initiated conducting YES+ courses by providing them with wide area of benefits.
- To enable students communicate and improve interaction with the faculty induction program was conducted every year under PAIE cell.
- After YES+ workshop as an integration to it AMC (Advanced Meditation Course) and DSN (Dynamism for Self and Nation) are held under PAIE cell.
- For creating awareness among students on fitness PAIE cell has initiated FIT INDIA challenge in association with AICTE.
- Every year international YOGA day is celebrated for paying tribute to the ancient practice called Yoga.
- PAIE cell has given basic idea on preserving water bodies through a program called Mana Ooru Mana Neeru.
- Many people wanted to get into the stream of spirituality for those PAIE has paved a way for getting idea on it through conducting SAHAJ SAMADHI Meditation.
- Other activities such as art and craft works, providing counselling, plastic free drive etc...are also held under PAIE cell.

# MAJOR PAIE ACTIVITIES



To make them understand the need of water bodies we have organised event **Awareness program on Mana vuru Mana neeru.**

## Yes+ workshop

It is wonderful workshop which was introduced by the art of living which will make the people to excel their overall personality and also inculcates many powerful qualities within them.



To make people aware of drug monster prevailing in our nation, we've organised **Drug Free India Campaign.**

**Daily Yoga** primary goal is to bring harmony in the body, mind and environment.

Yoga enhances the holistic health of a person and it paves the way to spirituality.



# MAJOR PAIE ACTIVITIES



## International Day of Yoga

We celebrate the international day of yoga in SRKR in association with PAIE cell for paying tribute to the ancient practice called **Yoga.**

To make our nation hygiene with plastic free made accessories. We have pulled out sock up for **Plastic Free Drive** in our campus.



According to Ayurveda the symptoms on a girl during menstrual cycle varies according to their body nature. To make each and every girl child aware of menstrual hygiene we have conducted **Project Pavitra**

To make students aware of their role in the college, home and to a whole society. We conducted **Induction Program.**

It has become a grand success and improved communication with new ones, seniors and also the faculty.



# PAIE CLUBS

## 1. Yoga Club

As a part of Yoga club a program named YES!+ is conducted in campus. YES!+ is an entry level program conducted by reputed organisation founded in 1981 by Sri Sri Ravishankar named "Art of Living". We screen students who excel in these programs and promote them to further levels which is proven to change the personality in a positive manner .



## 2. Dance Club

Dance club is introduced to improve and know students hidden talents. In order to achieve this club provides training in all forms of dance. Dance also offers an activity for students who may not consider themselves as "sporty". Dance can open new opportunities in careers. The skills developed in dance can also be valuable transferable skills that can be applied to any career path.



# PAIE CLUBS

## 3. Photography Club

Photography captures a memory that we can have forever. This interest changes the way you see things. It's actually quite an incredible transformation to experience for students. It also helps students to forget worries, share memories, document your family, capture adventure and it is an art form which involves great challenge.



## 4. Music Club

Music club offers an activity for students who may not consider themselves as "Sporty". Music can open new opportunities in careers. The skills developed by students in music can also be valuable transferable skills that can be applied to any career path. Students who have interest to learn will be identified and provided with required training in singing and playing an instrument as a part of this club.



# PAIE CLUBS

## 5. Nature Club

Nature club takes care of nature because as students we believe that environment is our life. Nature club encourages students to take up projects like clean and green, Swachh Bharat, Plantation, saving environment. Students have also extended their work to use paper instead of plastic.



## 6. Art Club

Art is an idea of imaginative or technical skill stemming from creation. Art club focuses on various art forms like painting, crafts, ceramic works & sculpture, mehendi art, Rangoli & jewellery making, Designing. Students who are talented are encouraged to exhibit their talents in arts by providing them a platform on campus, at various other colleges and online stores





# Testimonials from PAIE CELL Workshops.

## 1.YES!+

This workshop has facilitated a serene state of mind for me, fostering clarity of thought and enhancing my overall perspective. It has aided me in harmonizing my day-to-day tasks with extracurricular pursuits, resulting in a more balanced lifestyle.

\_Likitha Korla

The workshop predominantly alleviated my stress and tension, enabling me to heighten my focus. It significantly contributed to my ability to make precise decisions and provided me with a clearer perspective and enhanced vision moving forward.

\_Dasi Charishma

## 2.DSN

It completely transformed me into a new individual by eliminating all obstacles, allowing for a fresh beginning and a completely revitalized start.

\_Teja Simma

This program was instrumental in helping me recognize the qualities that hindered my productivity. Upon completing it, I experienced a newfound freedom from these inhibitions. I highly recommend this program to anyone seeking to eliminate their barriers and progress towards their desired goals.

\_Haneef Shaik

# Testimonials from PAIE CELL Workshops.

## 3. Induction Program

In the orientation program, I learned about the on-campus placement prospects and various opportunities available. Hearing the experiences shared by seniors was truly inspiring, motivating me to consider mentoring and guiding juniors as my seniors did for me

\_Indu Kethireddy

Throughout the Induction program, I familiarized myself with the campus and engaged with several seniors. Our interactions helped establish a strong rapport among us, fostering confidence in my ability to achieve success here.

\_Sravanthi Mallipudi

## 4. Sahaj Samadhi

I still remember my Sahaj Meditation vividly. The happiness I feel when I meditate with my own special mantra is incredible. It helps me clear my mind and deal with everyday stress and restlessness.

\_Varshit Tangudu

Earlier I used to be a little skeptical about meditation. Now, I find meditation much easier, and it helps me get rid of negative and unnecessary thoughts effortlessly. It has boosted my breathing and mental strength by almost ten times compared to before.

\_Sriram Gandrothu

# Testimonials from PAIE CELL Workshops.

## 5.UHV

The significance of universal human values in today's world is undeniable. It made me more aware of society's dynamics, encouraging me to actively engage with and contribute to society. Consequently, I began prioritizing environmental conservation and took steps to implement it in my actions.

\_Mahitha Ikkurthi

The aspect I adore most about UHV is its emphasis on maintaining peace and appreciating the beauty in the world. Since then, I've found joy in exploring the world's beauty. UHV has broadened my perspective and brought inner harmony, making me a more open-minded individual.

\_Sairam Chaganti

## 6.Prajna Yoga

The course is absolutely enchanting. We enjoyed numerous lively games that were energizing. When I meditate, it feels like being in a heavenly state. I was surprised by my ability to recognize colours, and numbers. I'm excited to see how much more I can recognize after 40 days. This course is truly fantastic!

\_Blindu Bikkina

It's beyond description! On the first day, everything seemed unclear and my mind was scattered. Listening to my intuition required a lot of effort. Despite this, guessing the colour, number, or animal felt almost magical; they suddenly came to mind as if I already knew them!

\_Sarayu Mandhapati

# **PAIE FACULTY MEMBERS**

Dr.P.Bhavani(Incharge)

Dr.D.Chandra Sekhar(Faculty Coordinator)

Dr.Ch.Rambadri Raju(ME)

Dr.VMNSSVKR Gupta(CSE Dept)

Sri.P.Kanka Raju (ECE Dept)

Smt.A M S Sushma(EEE Dept)

Sri.N.Veerraju(EM&H Dept)

Ms.K.Bala Geeta(Engg.Chemistry)

Ms.U.Venkata Lakshmi(Engg.Chemistry)

Sri.N.Bangarraju(SRKR Stores)

# **ADVISORY COMMITTEE**

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Sri.P.V.Narasimha Raju

Sri.K.S.S.Prasad Raju

Sri.B.Sudarshan

Smt.Ch.Keerthi

Sri.L.Deepak

## **STUDENT MEMBERS**

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A.S.K.Mani Kumari(4/4CSBS)-Coordinator  
D.Charishma(3/4 ECE)-Secretary  
T.Varshit(3/4 AIML)-Treasurer  
P.VenkataRamana(2/4 ECE)-Member  
M.Sravanthi(2/4 ECE)-Member  
I.Mahitha(2/4 CSE)-Member  
K.Anil Kumar(2/4 AIDS)-Member  
P.Nikhileshwar(2/4 AIDS)-Member  
M.Harish(2/4 MECH)-Member

## **STUDENT ADVISORY MEMBERS**

D.Sai Swaroop  
Y.Vamsi Krishna Sai





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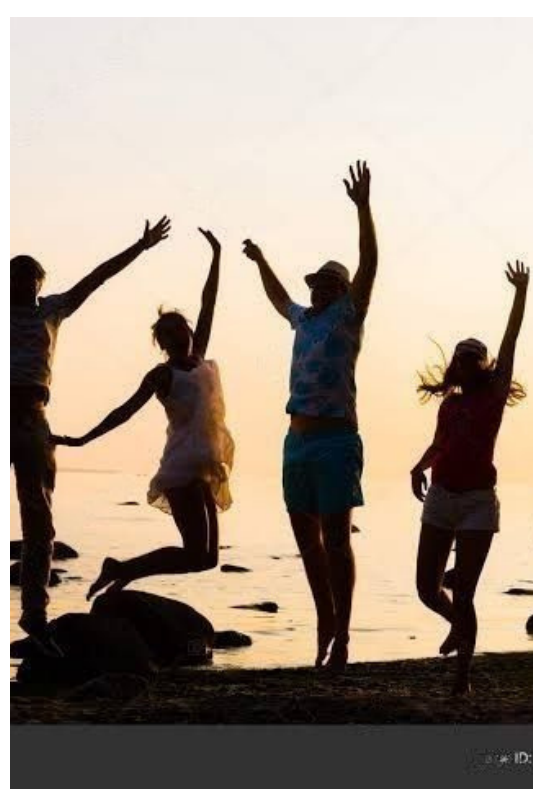
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# PAIE CLUB





SRKREC



# PAIE CLUB

PREPARED BY  
PAIE STUDENTS BODY

