

DEPARTMENT OF PHYSICAL EDUCATION

Report on the Guest Lecture on 'Sushumna Kriya Yoga Meditation' on 13.10.2025



Koneru Lakshmaiah Education Foundation

(Deemed to be University estd. u/s. 3 of the UGC Act, 1956)

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Ref: KLEF/RO/SA/Sports & Games/Guest Lecture/2025-26

Dt. 11-10-2025

Orders of the Hon'ble Vice-Chancellor dt. 11-10-2025

CIRCULAR

Sub: Organizing Guest Lecture on "Sushumna Kriya Yoga Meditation" on 13-10-2025 in KLEF Vaddeswaram campus by Department of Physical Education – Communication – Reg.

Ref: Letter received from Dr. K. Hari Kishore, Associate Dean (Sports & Games) and forwarded by Dr.K.R.S. Prasad, In-charge Dean (Student Affairs)

This is to bring to inform that the Department of Physical Education is organizing a **Guest Lecture on "Sushumna Kriya Yoga Meditation"** for the benefit of both Staff and Students.

The session is scheduled to be held on **13th October 2025**, from **7:30 a.m. to 8:30 a.m.** at the **New Seminar Hall**.

Mrs. Guruma, a Spiritual Guru and an Ocean of Compassion, will be delivering the lecture.

This programme is expected to create great awareness among students and staff about the significance of meditation and holistic well-being.

The HoDs / Functionaries / In-charges of Offices are requested to ensure that this information is brought to the notice of all faculty members / Non-Teaching Staff & Students of their respective departments.

REGISTRAR

Dr. K. SUBBA RAO
REGISTRAR

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Dr. K. Hari Kishore, Associate Dean (Sports & Games)
All Faculty members of Vaddeswaram campus
All Students of Vaddeswaram campus

The guest lecture on "Sushumna Kriya Yoga Meditation" was held on October 13, 2025, at KLEF Vaddeswaram campus, organized by the Department of Physical Education. The event began at 7:30 AM with Mrs. Guruma, a spiritual guru, as the guest speaker. She discussed Sushumna Kriya Yoga Meditation as an ancient and powerful technique that balances physical, mental, and spiritual well-being by channeling energy through the central spinal channel, or Sushumna Nadi. This meditation technique emphasizes breathing exercises and chanting to manage stress and improve focus, potentially leading to emotional balance and blissful states.

Mrs. Guruma highlighted the benefits of Sushumna Kriya Yoga Meditation, including:

- Improved Focus and Memory: Enhancing mental clarity and ability to learn.
- Reduced Stress and Anxiety: Managing stress through controlled breathing and meditation.
- Enhanced Holistic Well-being: Balancing physical, mental, and spiritual health.

She also demonstrated how yoga can provide instant relief from stress and serve as a cure for many diseases, raising awareness about yoga's essence. The session covered various health issues at different ages and ways to mitigate their impact through regular yoga and meditation practices.

The event concluded with a vote of thanks by Dr. KRS Prasad, Dean (SA) and a memento presentation to Mrs. Guruma. Over 200 students and physical education staff attended, benefiting from the insightful session.

Photo Gallery:





