



Sri Venkateswara College of Engineering & Technology
(Autonomous)

Date: 04/06/2025

Yoga Sessions for Students and Public- Event Report

Yoga sessions were organised at Puligundu, Chittoor, on 04 June 2025 for students and the general public. Participants included students from the Engineering College, Pharmacy College, and Nursing College, along with local residents.

The programme aimed to promote physical fitness, mental well-being, and awareness of yogic practices. Qualified instructors conducted sessions covering warm-up exercises, basic asanas, pranayama, and guided relaxation suitable for beginners.

Students and public members participated enthusiastically. The sessions created a positive atmosphere, helping attendees feel relaxed and motivated to adopt regular yoga practice. The event successfully fostered health awareness and community engagement among the college students and residents of the area.





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Date: 21/06/2025

International Yoga Day – 2025-Event Report

SVCET observed International Yoga Day on 21.06.2025 to promote physical fitness, mental relaxation and overall wellbeing among students and members of the institution. The programme was conducted with the guidance of Mrs. K. Neeraja, Yoga Trainer and Spiritual Trainer, C. Ramachandra Mission, Heartfulness Foundation, Chittoor. The session emphasized the importance of incorporating yoga and mindful practices into daily life for maintaining a healthy balance between physical and mental wellbeing. Participants were introduced to the positive role of yoga in improving concentration, relaxation and emotional balance. The programme also encouraged students and staff to develop healthy lifestyle practices and regular physical activity. The initiative provided an opportunity for participants to understand yoga as a holistic practice supporting both physical health and mental wellbeing. The celebration reflected SVCET's commitment to promoting healthy lifestyles, stress management, emotional wellbeing and a positive campus environment.





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Date: 02/08/2026

Periodic Yoga Sessions at Girls' Hostel Campus-Event Report

SVCET conducts periodic yoga sessions at the Girls' Hostel Campus as part of its continuing efforts to promote the physical, mental and emotional wellbeing of students. The sessions provide hostel residents with an opportunity to engage in regular yoga and relaxation practices within their residential environment. The programme focuses on developing healthy lifestyle habits and encouraging students to include physical activity and mindful practices in their daily routines. Regular participation in yoga helps create a calm and positive environment and provides students with a constructive approach to managing academic pressure and day-to-day stress. The sessions also encourage students to maintain a healthy balance between their academic responsibilities, personal wellbeing and residential life. By providing wellness activities within the hostel campus, the institution makes wellbeing support more accessible to students and encourages sustained participation. These periodic sessions demonstrate SVCET's commitment to preventive wellbeing, stress management, healthy living and holistic development of students, particularly within the residential campus environment.





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Date: 19.08.2025

Physical Activities to Control Mental Stress -Event Report

SVCET conducted a wellbeing programme on **“Physical Activities to Control Mental Stress”** on 19.08.2025. The session was led by **Dr. M. Radha, Clinical Psychologist**, who highlighted the importance of physical activities and healthy lifestyle practices in managing mental stress. The programme focused on the role of **yoga and meditation** as simple and practical approaches for promoting mental calmness and emotional balance. Students were encouraged to incorporate regular physical activity, yoga and meditation into their daily routines to manage stress associated with academic responsibilities and personal challenges. The session created awareness about the importance of maintaining a healthy balance between physical activity and mental wellbeing. The programme provided students with practical awareness of positive lifestyle practices that can contribute to improved concentration, relaxation and emotional wellbeing. The initiative reinforced the institution’s commitment to promoting **mental health, stress management and holistic student development**.





Career Counselling – Campus Placement Opportunities-Event Report

SVCET conducted a Career Counselling Programme on “Campus Placement Opportunities” on 20.08.2025, led by Dr. Jhony James, Trainer and Placement Officer. The programme focused on creating awareness among students about available campus placement opportunities and the importance of career preparation. The resource person guided students on the significance of understanding career opportunities and preparing themselves appropriately for recruitment processes. The session encouraged students to take an active approach towards their career planning and professional development. Students were motivated to make effective use of campus placement opportunities and develop the necessary readiness to participate in recruitment activities. The programme also contributed to reducing uncertainty related to career progression by providing students with appropriate guidance and direction. Such career counselling activities support students in making informed career decisions and developing confidence towards their professional future. The programme formed an important component of the institution’s efforts towards student wellbeing, career development, employability and holistic personality development.





Implication of Right Understanding in Life and Profession-Event Report

SV CET conducted a session on **“Human Values & Professional Ethics-II: Implication of Right Understanding in Life and Profession”** on 21.08.2025. The session was delivered by **Dr. Chittaranjan, Professor, Department of Civil Engineering**. The programme focused on the importance of **right understanding in personal life and professional practice**. Students were sensitized to the role of human values and ethical thinking in developing responsible attitudes towards life and their future professions. The session emphasized the relevance of understanding values and applying them appropriately in professional and personal situations. It encouraged students to reflect on their responsibilities and the importance of ethical conduct in their future careers. The programme contributed to the development of responsible professional attitudes and holistic personality development among students. By integrating human values and professional ethics into student development, the institution promotes a supportive educational environment that addresses not only academic and career development but also **ethical, personal and social wellbeing**.





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Date: 10.10.2025

World Mental Health Day 2025 – Mental Health and Students’ Performance-Event Report

SVCET observed World Mental Health Day 2025 on 10.10.2025 by organizing a session on “Mental Health and Students’ Performance.” The session was delivered by Dr. B. Usha Rani, Mental Health Nurse, who highlighted the importance of mental health in supporting students’ academic performance and overall development. The programme created awareness among students about the relationship between mental wellbeing and their ability to perform effectively in academic activities. The session emphasized the importance of recognizing mental health concerns and maintaining positive mental wellbeing while managing academic responsibilities. Students were encouraged to give appropriate attention to their mental health as an essential component of their educational journey. The programme provided an opportunity for students to understand the significance of mental wellbeing in achieving better academic outcomes and maintaining a balanced student life. The initiative reflected SVCET’s commitment to promoting mental health awareness, student wellbeing and holistic development.

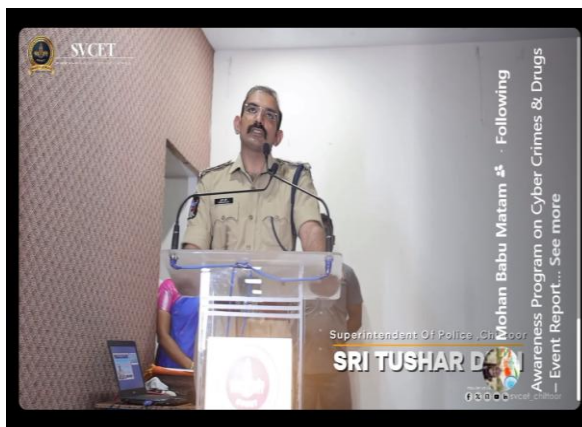


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Date: 21/11/2025

Awareness Program on Cyber Crimes & Drugs – Event Report

SVCET (Autonomous) successfully organized an impactful “Awareness Program on “Cyber Crimes and Drugs” for students on 21 November 2025. We were honoured to have Sri Tushar Dudi, IPS, Superintendent of Police, Chittoor District, as the Chief Guest. Sir addressed the students on critical issues related to online safety, responsible digital behaviour, drug abuse, and youth protection, sharing real-time insights and precautionary measures. His powerful message inspired students to stay alert, make informed choices, and contribute to a safer society. The event witnessed the presence of our Principal, Vice-Principal, Dean Academics, HoDs, faculty members, and students, making it a meaningful and engaging session. The institution extends heartfelt thanks to Sri Tushar Dudi, IPS, for his valuable time and guidance



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