



Estd: 1860

Mrs. A.V.N. COLLEGE

(NAAC Re-Accredited with 'A' Grade)

21-1-17, Velampeta, Visakhapatnam - 530 001

PERMANENTLY AFFILIATED TO ANDHRA UNIVERSITY-VISAKHAPATNAM, RECOGNISED UNDER UGC ACT SECTION 12(B) AND 2(F)

M. Simhadri Naidu,
M Com., M.B.A., APSET, NET
PRINCIPAL

Date :

MEMORANDUM OF UNDERSTANDING

Mrs. A. V. N. COLLEGE

162 Years Old Premier Institute of Higher Learning, Permanently Affiliated to Andhra University - Visakhapatnam,
Recognized Under UGC Act Section 12(b) and 2(f), NAAC Accredited with "A" Grade in 2017 (3rd cycle)
Chairman: Collector and District Magistrate of Visakhapatnam, Dr. A. Mallikharjun, I.A.S.,

And

PRAJAPITA BRAHMA KUMARIS ISHWARIYA VISHWA VIDYALAYA

D. No. 16-6-13, Official Colony, Maharanieta, Visakhapatnam-530 002

This letter of Academic Collaboration is entered on this 15th December, 2021 by and between Mrs. A. V. N. College, Visakhapatnam and Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, D. No. 16-6-13, Official Colony, Visakhapatnam agree that cooperation in all academic collaborations and student and faculty exchange would be mutually beneficial. The areas of cooperation may include any desirable and feasible activities that would strengthen of the students' mindset to achieve their goals and also to become a responsible citizen of the Nation. Such interaction sessions may include cooperation in a variety of meditation activities such as:

- **Increase mind power, thought process and taking right decisions**
- **Overcome the stress and facing exams with a good memory and concentration**
- **Power to forgive & forget by accepting the weakness of others**
- **Maintaining good relationships and caring for others by overcoming the ego**
- **Power to tolerate and adjust**

The parties anticipate that a number of these initiatives will occur during the period of this collaboration. However, neither party is obliged to agree any minimum number of activities nor is this collaboration intended to preclude either part from entering into similar agreements with other institutions.

This letter of collaboration shall be identified as the parent document for any programme agreement executed between the parties. Further, agreements concerning any programme shall provide details concerning the specific commitments made by each party and shall not become effective until they have been reduced to writing, executed by the duly authorized representatives of the parties.

For agreed upon activities, both the Institution and the Meditation centre will make available their facilities, staff and students. This collaboration will take effect on and will be valid for **Five (5) years** from the dated noted in the first line of this document unless terminated by one of the parties. Either party may withdraw from this agreement provided written notification of the withdrawal is given to the other party at least three months prior to the desired withdrawal date. This collaboration may be renewed for another period of **Five (5) years** upon mutual written consent of the parties before the expiry date. Each parties will have copies of this agreement.

The following authorized individuals have signed the present academic collaboration on behalf of their respective institutions.

FIRST PARTY


Sri. Simhadri Naidu

Principal
Mrs. A. V. N. College
Visakhapatnam
PRINCIPAL
Mrs. A. V. N. COLLEGE
VISA KHAPATNAM

SECOND PARTY

Prajapita Brahma Kumaris
Ishwariya Vastava Vidyalaya
Bk. Shri va ...

Manager Asst. Manager

Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya – Report

Different programs were organized by Prajapita Brahma Kumaris Rajayoga meditation centre to college students both at College and the meditation centre. Students were counselled by the sisters about how to manage stress during examination and how to develop concentration on studies. Besides, tips were given on self-discipline.









