



ESTD: 1860

# Mrs. A V N COLLEGE

21-1-17, I Town

Visakhapatnam 530001

150+ 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 "A" Grade with CGPA 3.07 / 4.00 (3<sup>rd</sup> Cycle) in 2017,  
Chairman: Collector and District Magistrate of Visakhapatnam,

Vision: QUALITY EDUCATION FOR ALL

Mission: TO CREATE A THRIVING COMMUNITY FOR THE DEVELOPMENT OF EDUCATION, CULTURE AND SOCIAL VALUES

## Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya

As signed in MOU between Mrs. A.V.N College and Prajapita BrahmaKumarisIshwariyaVishwaVidyalaya activities were conducted to strengthen student's mindset to achieve their goal. Programs were conducted to overcome stress and develop good memory power and concentration. As a part of the program Raja yoga meditation sessions were taken 16-12-2022 to 31-01-2022 on various topics. The session lasted for one to two hours.

**Raja yoga meditation sessions: 16-12-2022 to 31-01-2022**

Date	TOPIC
16-12-2022	Power of Thoughts
17-12-2022	Change your Mindset
19-12-2022	Increase your Mind power
20-12-2022	How to have calm mind
21-12-2022	How to think positive in negative situations
22-12-2022	How to silence over thinking minds
26-12-2022	How to end your sadness and worries
27-12-2022	How to be happy with your self and others
28-12-2022	Accepting weakness of others
29-12-2022	Don't let people disturb you
30-12-2022	How to get good vibes from people
02-01-2023	How to change your mood
02-01-2023	I can't do it change the thought
03-01-2023	How to stay light
04-01-2023	How to settle Karmic accounts
05-01-2023	How to overcome Stress
06-01-2023	How to overcome jealousy
07-01-2023	How to overcome ego
09-01-2023	How to change my wrong habits
10-01-2023	Problems can be opportunities
11-01-2023	How to receive god's help and power

Prajapita Brahma Kumaris  
Ishwariya Vishwa Vidyalaya

Manager

*BK Madhuri*  
Asst. Manager

*M. S. S.*  
PRINCIPAL  
Mrs. A.V.N. COLLEGE  
VISAKHAPATNAM

12-01-2023	Power of words
13-01-2023	Power to tolerate
17-01-2023	Power to adjust
19-01-2023	Power to forgive and forget
20-01-2023	Power to take right decision
21-01-2023	Power of unity
23-01-2023	Caring for others
24-01-2023	Good relationships
25-01-2023	Power of concentrations
27-01-2023	Power of good memeory
30-01-2023	Facing exams -1
31-01-2023	Facing exams -2

### Y20 program 17-07-23

Another event held was Y20 program in AVN college on 17-07-23. In this program awareness on importance of yoga was conducted. 120 students attended the session. The session was taken by Madhuri sister and Jyotsna sister. The event was presided by principal M.SimhadriNaidu. The event was attended by Swarjyalaksmi H.O.D library and P. Rajani H.O.D of English and DR. A.Archana H.O.D of Zoology.

### Rakhi program 30-08-23

On the Rakhi day Brahmakumaris visited our college and told importance of Rakhi day to students and tied Rakhi to staff and principal.

Besides they organized plantation program on forest day by planting trees in the college.

Prajapita Brahma Kumaris  
Ishwariya Vishwa Vidyalaya

Manager

*BK Madhuri*  
Asst. Manager

*M.S. Naidu*

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## Activity Report-1

Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya

16-12-2022 – 31-01-2022







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## Activity Report - 2

Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya

Y20 PROGRAM

17-07-2023





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## Activity - 3

Rakhi program

30-08-2023

