AVANTHI INSTITUTE OF ENGINEERING AND TECHNOLOGY

Tamaram, Makavarapalem, Visakhapatnam-531113

Date: 10-12-2020

CIRCULAR

All the students are hereby informed that Avanthi Institute of Engineering & Technology Tamaram, Makavarapalem (M), Narsipatnam (RD) Visakhapatnam (District) is organizing "**STRESS MANAGEMENT SESSION**" on 11-12-2020. Hence, all the students are informed to attend the session without fail.

PRINCIPAL

Principal
Avanthi Institute of Engg. & Technology
Tamaram, Makavarapalem Md.,
Visakhapatnam District., Pin: 531113

Copy to:

1. All HODS's and Class In charges.
2. Department Notice board.

AVANTHI INSTITUTE OF ENGINEERING & TECHNOLOGY
TAMARAM (V), MAKAVARAPALEM (M), VISAKHAPATNAM (Dist).
STRESS MANAGEMENT (2020-2021)

S.NO	NAME OF THE STUDENT	REGISTER NUMBER	YEAR&BRANCH	NAME OF THE INSTITUTE	SIGNATURE
1	ADARIUMA MAHESH	17811A0401	IV th ECE	AIET	Uma mahesh
2	AKKENA SOMASEKHAR	17811A0402	IV th ECE	AIET	Somu
3	A. Lokesh Kumar	17811A0403	IV th ECE	AIET	Lokesh Kumar
4	A.B.Naveen	17811A0404	IV th ECE	AIET	Naveen
5	AMIREDDI. SIVAJI	17811A0405	IV th E.C.E	AIET	Sivaji
6	ANGINA VAMSI	17811A0406	IV th ECE	AIET	Vamsi
7	A. Sai Santhosh	17811A0407	IV th ECE	AIET	Sai
8	B. Prema kumar	17811A0408	IV th ECE	AIET	Prema
9	BOBBILI Anuvela	17811A0409	IV th ECE	AIET	Anuvela
10	BODDU SWAMI NAIDU	17811A0410	IV th ECE	AIET	Swamy
11	Bommali REVATHI	17811A0411	IV th ECE	AIET	Revathi
12	C. Santhosh	17811A0412	IV th ECE	AIET	Santhosh
13	DODDI RAMAKRISHNA	17811A0413	IV th ECE	AIET	Ramakrishna
14	Dubasi Teja Sruthi	17811A0414	IV th ECE	AIET	Teja
15	DUBASI YOGITHA NANDINI	17811A0415	IV th ECE	AIET	Nandini
16	Gali madhu kishore	17811A0416	IV th ECE	AIET	MD
17	G. Ramakrishna Teja	17811A0417	IV ECE	AIET	Ramakrishna
18	G. naga sudha	17811A0418	IV th ECE	AIET	Sudha
19	G.G. Rajya lakshmi	17811A0419	IV ECE	AIET	Rani
20	GOLUSU SUSHMANJALI	17811A0420	IV th ECE	AIET	Sushmanjali
21	Gopasang, prudhvi	17811A0421	IV th E.C.E	AIET	prudhvi
22	G. Jitendra	17811A0422	IV th ECE	AIET	Jitendra
23	INDALA POOJITHA	17811A0423	IV th ECE	AIET	Poojitha
24	J. Jirumala	17811A0424	IV th ECE	AIET	Jirumala
25	K. Manoj Naidu	17811A0425	IV th ECE	AIET	Manoj
26	KOLLATI NAVYA	17811A0426	IV th ECE	AIET	Navya
27	K. Harish Babu	17811A0427	IV th E.C.E	AIET	Babu
28	KONDURU Srinivasulu	17811A0428	IV th E.C.E	AIET	Srinivasulu
29	K. Bala Venkata Sai	17811A0429	IV ECE	AIET	Bala Venkata Sai
30	KUDELI DIVYA	17811A0430	IV th ECE	AIET	Divya
31	Krupabani	17811A0431	IV th ECE	AIET	Krupabani
32	KOSURI. INDIRA	18811A0416	III rd E.C.E	AIET	Indira
33	M. Niharika	18811A0417	III rd ECE	AIET	Niharika
34	NAMBARU MADHUKANTH	18811A0418	III rd ECE	AIET	MADHU
35	NANEPALLI BHAGAVAN	18811A0419	III rd ECE	AIET	Bhagavan
36	N. Manoj	18811A0420	III ECE	AIET	Manoj
37	PAMPANA SAI SRAVANI	18811A0421	III rd ECE	AIET	Sai Sravani
38	PAMPANA SYAmala	18811A0422	III rd ECE	AIET	P. Syamala
39	PEDIREDLA. BHARGAVI	18811A0423	III rd E.C.E	AIET	bhargavi

41	P. Ravalika Devi	188 11A0425	III rd ECE	AIET	Devi
42	RAJANA . MOUNICA	1881 A0426	III rd E.C.E	AIET	Mounica.
43	RONGALA SUGANA	1811A0427	III rd ECE	AIET	SUGUNA
44	RUTTALA PRASAD	1881 1A0428	III rd E.C.E	AIET	P. Prasad.
45	SAPPA DURGAPRASAD	1881 1A0429	III rd E.C.E	AIET	S. DURGAPrasad.
46	S.S. Sriram	1881 1A0430	III ECE	AIET	Sriram
47	SURLA . SUNITHA	1881 1A0431	III rd E.C.E	AIET	Sunitha
48	T. Vennela Sri Sai	1881 1A0432	III rd ECE	AIET	[illegible]
49	VANTU SATYA SRAVANI	1881 1A0433	III rd ECE	AIET	Sravani
50	V. Yerrianna	1881 1A0435	III rd ECE	AIET	Yerra.
51	Y. Venkata Satya	1881 1A0436	III E.C.E	AIET	Satya
52	YERRA. ANUSHA	1881A0436	III rd E.C.E	AIET	Anusha
53	SAKA Sheeba Anjanam	1881 1A02437	III rd E.C.E	AIET	S.S.A. Anjanam
54	DONDA ANUSHA	1881 1A0437	III ECE	AIET	ANUSHA
55	B. Prasanna Gowri	1981 5A0401	IV ECE(LE)	AIET	Gowri
56	B. Bala Bhaskar	1981 5A0402	III E.CE(LE)	AIET	Bala
57	Ch. Durga Rao	1981 5A0403	III E.C.E(LE)	AIET	Rao.
58	Ch. Satya	1981 5A0404	III ECE(LE)	AIET	Satya.
59	CHITIKELA SAI BALAJI	1981 5A0405	III rd E.C.E (LE)	AIET	Balaji
60	D. Taya Sree	1981 5A0406	III rd E.C.E(LE)	AIET	Taya
61	G. Sai Kumar	1981 5A0407	III rd ECE(LE)	AIET	Sai Kumar
62	GANDEPALLI AJAY	1981 5A0408	III ECE(LE)	AIET	AJAY
63	ADATRAVU BHARGAVI	1981 1A0401	II nd ECE	AIET	Bhargavi
64	ALLU . Roopa	1981 1A0402	II nd E.C.E	AIET	Roopa
65	B. Yamini	1981 1A0403	II nd ECE	AIET	Yamini
66	B. Divya Sree	1981 1A0405	II nd E.C.E	AIET	Divya
67	B. Bhavana	1981 1A0406	II nd ECE	AIET	Bhavana
68	B. Samu Sri	1981 1A0407	II nd E.C.E	AIET	Samu Sri
69	Bylapudi Vinith	1981 1A0408	II nd E.C.E	AIET	Vinith
70	KANTIPAMU SAI KALA	1981 1A0409	II rd ECE	AIET	SAI KALA
71	C. Pradeep Chandra	1981 1A0410	II nd ECE	AIET	Chandra
72	CHITRADA. RAMESH	1981 1A0411	II nd E.C.E	AIET	Ramesh
73	C. Kusumalath	1981 1A0412	II nd ECE	AIET	Kusuma
74	CHUA BALAJI	1981 1A0413	II nd E.C.E	AIET	C. Balaji
75	DANDA SNEHA	1981 1A0414	II nd ECE	AIET	Sneha
76	D. Gopal Raju	1981 1A0415	II nd ECE	AIET	Raju
77	Deepthi Pedapati	1981 1A0416	II nd E.C.E	AIET	Deepthi
78	G. Divya Jyothi	1981 1A0417	II nd ECE	AIET	Jyothi
79	G. Bhaskar kumar	1981 1A0418	II nd ECE	AIET	Bhaskar
80	G. Devi	1981 1A0419	II nd ECE	AIET	Devi
81	GEDDAM TEJASWI	1981 1A0420	II nd ECE	AIET	Tejaswi
82	K. Pydiraju	1981 1A0421	II nd ECE	AIET	Pydi
83	KEERTHI ROHINI	1981 1A0422	II nd EEE	AIET	ROHINI
84	KEMBURU SAISREE	1981 1A0423	II nd E.C.E	AIET	SaiShree
85	K. Sai Kamayya	1981 1A0424		AIET	Sai
86	KODA. MANIKANTA	1981 1A0425	II nd E.C.E	AIET	Manikanta

89	M. Naga Sravani	19811A0428	IInd E.C.E	AIET	Sravani
90	MENDI. DENILL	19811A0429	IInd E.C.E	AIET	denil
91	MUNASALA Hema LATHA	19811A0430	II nd E.C.E	AIET	Hema
92	M. Venkata Sai	19811A0431		AIET	Sai
93	ADAPUREDDI Hema Kiran	20811A0401	I st ECE	AIET	Kiran.
94	A. G. S. Sai Prakash	20811A0402	I st ECE	AIET	Prakash
95	ANNAMREDDY RENUKA	20811A0403	I st ECE	AIET	Renuka
96	A. Raj Justina	20811A0404		AIET	Raj
97	AZAD TEPPALA	20811A0405	I st ECE	AIET	Azad
98	B. Gangadhar	20811A0406	I st ECE	AIET	Gangadhar
99	BANDARU HARIKA	20811A0407	I st ECE	AIET	HARIKA
100	B. Uday Kamal	20811A0408		AIET	Uday
101	BANTUBILLI SIRISHA	20811A0409	I st ECE	AIET	Sir
102	B. Lokesh	20811A0410	I st ECE	AIET	Lokesh
103	Beara Mahesh Babu	20811A0411	I st year ECE	AIET	Mahesh
104	BHEEMUNI. VASASWANI Naranma	20811A0412	I st year ECE	AIET	Vasaswani
105	BODDETI PRASANTHI	20811A0413	I st year ECE	AIET	PRASanthi
106	B. Nikhil Teja	20811A0414	I st year	AIET	Teja
107	BOTTA. TULASI	20811A0415	I st year E.C.E	AIET	Tulasi
108	CHANDAKA PAVANI	20811A0416	I st year ECE	AIET	PAVANI
109	C. Gowri Parvathi	20811A0417	I st year ECE	AIET	Parvathi
110	EARLAGNRUPRATHAP	20811A0418	I st year EEE	AIET	GURU
111	Ch. Gowri	20811A0419	E.C.E	AIET	Gowri
112	GEMBALILAHARI	20811A0420	I st year ECE	AIET	LAhari
113	GIRIJALA VENUMADHAV	20811A0421	I st ECE	AIET	Venu
114	G. Shyam	20811A0422	I st CSE	AIET	Sh
115	GOLLAPALLI DEVAHANJI	20811A0423	I st ECE	AIET	Devi
116	GONTHINA. DEEPTHI	20811A0424	I st E.C.E	AIET	Deepthi
117	G. Tanmayee Satya	20811A0425	I st ECE	AIET	Satya
118	JADDU SRIMANNARAYANA	20811A0426	I st E.C.E	AIET	SRIMANNARAYANA
119	J. Srinivas Sarat Chandra	20811A0427	I st ECE	AIET	Sri
120	Kothavarapu Bhargavi	20811A0428	I st ECE	AIET	Bhargavi
121	K. Prasanna	20811A0429	E.C.E		Prasanna
122	K. Mohan kartheek	20811A0430	I st ECE	AIET	Mohan
123	KORATANA TEJA	20811A0431	I EEE	AIET	TEJA
124	A. Leela Kaveri	17811A0501	IVth C.S.E	AIET	Kaveri
125	APPILISETTI AKHILA	17811A0502	IV th CSE	AIET	A. Akhila
126	A. H. Narayana reddy	17811A0503	IVth C.S.E	AIET	Narayanareddy
127	BATTULA JAYANAISHNAVI	17811A0504	IV th CSE	AIET	Jaya
128	B. Renuka Pavani	17811A0505	IV th CSE	AIET	Renuka
129	B. Mahalaxmi	17811A0506		AIET	Laxmi
130	BHEEMUNI DURGA SHIVANI	17811A0507	IV th C.S.E	AIET	durga Shivani
131	B. Vihasika	17811A0508	IV th C.S.E	AIET	Vihasika
132	B. Devi	17811A0509	IV th CSE	AIET	Devi
133	BODDU KONDALARAO	17811A0510	IV C.S.E	AIET	KONDALaRao
134	Boddu SIVANI	17811A0511	IV CSE	AIET	SIVANI

PRINCIPAL
Principal
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Program Coordinator

AVANTHI INSTITUTE OF ENGINEERING AND TECHNOLOGY

Tamaram, Makavarapalem, Visakhapatnam-531113

Name of the program : STRESS MANAGEMENT SESSION

Organized by : NSS UNIT

Date of the program : 11th December 2020

Program Coordinator

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Visakhapatnam District., Pin: 531113

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PROGRAM REPORT

A brief report on the training conducted on 11-12-2020. AIET, Makavarapalem has organized "STRESS MANAGEMENT" for students for One day. The details of the sessions are as follows.

Name of the Program : STRESS MANAGEMENT SESSION

Number of hours/days conducted : 2/1

Name of the Trainer : Mr.VijayaSrinivasan

Name of the Organization involved: BrahmakumarisRajayogi Meditation Centre

Number of the participants attended: 134

Details of the topics covered :. Types of yoga include hatha, Iyengar, vinyasa. Music, Exercise and ashtanga.

Outcome of the program :It helps students for improving their physical and mental health. A few minutes of Yoga during the day can be a great way to get rid of stress that accumulates daily, in both, body and the mind. Yoga postures, Pranayama and meditation are effective a technique to release stress. Meditation is relaxation and rejuvenates the body and mind. With this aim in mind..

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