

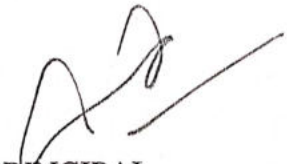


AVANTHI INSTITUTE OF ENGINEERING AND TECHNOLOGY
Tamaram, Makavarapalem, Visakhapatnam-531113

Date: 14-07-2022

CIRCULAR

All the students are hereby informed that Avanathi Institute of Engineering & Technology Tamaram, Makavarapalem (M), Narsipatnam (RD) of Visakhapatnam (District) is organising “**STRESS MANAGEMENT SESSION**” on 15-07-2022. Hence, all the students are informed to attend the session without fail.



PRINCIPAL

Copy to:

1. Principal.
2. All HOD's –To circulate their faculty and staff.
3. Department Notice board.



Principal
Avanathi Institute of Engg. & Technology
Tamaram, Makavarapalem Md.,
Visakhapatnam District, Pin-531113



AVANTHI INSTITUTE OF ENGINEERING & TECHNOLOGY
TAMARAM (V), MAKAVARAPALEM (M), VISAKHAPATNAM (Dist).
STRESS MANAGEMENT (2021-2022)

S.NO	NAME OF THE STUDENT	REGISTER NUMBER	YEAR&BRANCH	NAME OF THE INSTITUTE	SIGNATURE
1	A. HEMA KIRAN	20811A0401	2 nd ECE	AIET	Hema Kiran
2	A. G. S. Sai PRAKASH	20811A0402	2 nd ECE	AIET	A. Prakash
3	A. Renuka	20811A0403	2 nd E.C.E	AIET	Renuka
4	A. Raj Justina	20811A0404	2 nd - ECE	AIET	A. Rajjustina
5	A. Azod	20811A0405	2 nd ECE	AIET	A. Azod
6	B. gangadharan	20811A0406	2 nd E.C.E	AIET	B. gangadharan
7	B. Harika	20811A0407	2 nd ECE	AIET	B. Harika
8	B. pavan	21811A0408	2 nd ECE	AIET	pavan
9	B. Srisisha	20811A0409	2 nd ECE	AIET	B. Srisisha
10	Bantubilli. Gokesh	20811A0410	2 nd ECE	AIET	B. Lokesh
11	B. MAHESH BABU	20811A0411	2 nd ECE	AIET	B. maheshbabu
12	B. Yashwanth	20811A0412	2 nd ECE	AIET	Yashwanth
13	B. Prashanthi	20811A0413	2 nd GCE	AIET	B. Prashanthi
14	A. SSS SASTRY	21811A0401	1 st E.C.E	AIET	Sastry
15	A. KUSUMA	21811A0402	1 st Year ECE	AIET	Kusuma
16	A. Satish	21811A0403	1 st Year ECE	AIET	A. Satish
17	ARAJ RAVITEJA	21811A0404	1 st Year ECE	AIET	A. Raviteja
18	A. Dinesh	21811A0405	1 st Year ECE	AIET	A. Dinesh
19	V. Divyanshu	21811A0406	1 st Year ECE	AIET	A. Divyanshu
20	B. Arjun Rao	21811A0407	1 st Year ECE	AIET	B. Arjun Rao
21	B. pavan	21811A0408	1 st Year ECE	AIET	B. pavan
22	R. Suresh	21811A0409	1 st Year E.C.E	AIET	R. Suresh
23	S. Vandhana	21811A0410	1 st Year ECE	AIET	S. Vandhana
24	B. Krunthi	21811A0411	1 st Year ECE	AIET	Krunthi
25	B. Geetha Priya	21811A0412	1 st Year ECE	AIET	B. Geetha Priya
26	B. Ramya ganga	20811A0514	2 nd Year CSE	AIET	Ramya
27	B. A. DEVEKI	20811A0515	2 nd Year CSE	AIET	B. A. DEVEKI
28	B. Gowri	20811A0516	2 nd Year CSE	AIET	Gowri
29	B. Yashwanth	20811A0517	2 nd Year CSE	AIET	B. Yashwanth
30	B. Bharu Prasad	20811A0518	2 nd Year CSE	AIET	Bharu Prasad
31	B. Gurneshkar	20811A0519	2 nd Year CSE	AIET	B. Gurneshkar
32	B. Humma Sri priya	20811A0520	2 nd Year CSE	AIET	B. Priya
33	B. M. Madhavi	20811A0521	2 nd Year CSE	AIET	B. M. Madhavi
34	B. Divyaprasad	20811A0522	2 nd Year CSE	AIET	B. Divyaprasad
35	CH. Bhargav	20811A0523	2 nd Year CSE	AIET	CH. Bhargav
36	20811A0524	CH. NITISH	2 nd yr CSE	AIET	Nitish
37	CH. CHANDU	20811A0525	2 nd yr CSE	AIET	chandu
38	CH. MOHAN RAO	20811A0526	2 nd yr CSE	AIET	Ch. Mohan Rao
39	CH. HIKKA, Hema	20811A0527	2 nd Year CSE	AIET	C. Hema
40	K. Kusuma	20811A0530	2 nd Year CSE	AIET	K. Kusuma
41	DASARI Gananya	21811A0531	1 st CSE	AIET	D. Gananya
42	D. Kiran Kumar	21811A0532	1 st CSE	AIET	D. Kiran Kumar
43	DATLABHANYA SRI	21811A0533	1 st CSE	AIET	D. Bhanya Sri
44	D. Janaki Rama Raju	21811A0534	1 st CSE	AIET	D. Janaki Rama Raju
45	D. Sri Hiranmai	21811A0535	1 st CSE	AIET	D. Sri Hiranmai
46	D. Sri Varshini	21811A0536	1 st CSE	AIET	D. Sri Varshini
47	D. Tanay Kumar	21811A0537	1 st CSE	AIET	D. Tanay
48	D. Anusha	21811A0538	1 st CSE	AIET	D. Anusha
49	D. Lavanya	21811A0539	1 st CSE	AIET	D. Lavanya
50	G. Molika	21811A0540	1 st CSE	AIET	Molika
51	A. Bharu Prakash	20811A0501	2 nd ECE	AIET	A. Bharu Prakash
52	B. Jagadeesh Sai	20811A0502	2 nd ECE	AIET	B. Jagadeesh Sai
53	B. DINESH	20811A0504	2 nd EEE	AIET	B. DINESH
54	CH. supreeth	20811A0505	2 nd EEE	AIET	CH. supreeth

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AIET

55	Ch. Venkatesh	20811A0206	2nd FEE	AJET	Ch. Venkatesh
56	C. Madhu Nikhil	20811A0207	2nd FEE	AJET	C. Madhu Nikhil
57	D. ANITHA	20811A0208	2nd FEE	AJET	D. Anitha
58	G. Varshini	20811A0209	2nd FEE	AJET	G. Varshini
59	G.V.G. Varun	20811A0210	2nd FEE	AJET	G. Varun
60	K. Prasad	20811A0211	2nd FEE	AJET	K. Prasad
61	K. Srinu Sai	20811A0212	2nd FEE	AJET	K. Srinu Sai
62	M. Satya Narayana	20811A0213	2nd FEE	AJET	M. Satya Narayana
63	N. Arith Kumara	20811A0214	2nd FEE	AJET	N. Arith
64	E. Pavan Kumar	20811A0201	1st FEE	AJET	E. Pavan Kumar
65	K. Ganesh	21811A0202	1st FEE	AJET	K. Ganesh
66	K. DILIP	21811A0203	1st FEE	AJET	K. DILIP
67	M. Somesh	21811A0205	1st FEE	AJET	M. Somesh
68	M. Pradeep	21811A0205	1st FEE	AJET	M. Pradeep
69	P. Raviteja	21811A0206	1st FEE	AJET	P. Raviteja
70	P. LAHART	21811A0207	1st FEE	AJET	P. Laharti
71	RAVI SRAVANI	21811A0208	1st FEE	AJET	R. Sravani
72	R. NANI	21811A0209	1st FEE	AJET	R. nani
73	P. Nanaia	21811A0210	1st FEE	AJET	P. Nanaia
74	S. Sai mubali	21811A0211	1st year FEE	AJET	S. Sai mubali
75	V. Balaram	21811A0202	1st year FEE	AJET	V. Balaram
76	M. Chinnai Babu	21815A0325	1st year FEE	AJET	M. Ch. babu
77	M. Gowardhan Naidu	21815A0326	1st year FEE	AJET	M. Gowardhan Naidu
78	M. Balasai Aditya	21815A0327	2nd year FEE	AJET	M. Balasai
79	N.V. N. Raju	21815A0328	2nd year FEE	AJET	N.V. N. Raju
80	N. Jaya Sai Vinay	21815A0329	2nd year FEE	AJET	N. Jaya Sai Vinay
81	N. Siddu Kumar	21815A0330	2nd year FEE	AJET	N. Siddu Kumar
82	N. SITHARAM	21815A0331	2nd year FEE	AJET	N. SITHARAM
83	N.V.S. VIVEK	21815A0332	2nd year FEE	AJET	N.V.S. VIVEK
84	P. Anurag Sai	21815A0333	2nd year FEE	AJET	P. A. Sai
85	P. Saikumar	21815A0334	1st year Mech	AJET	Saikumar
86	P. Venkatesh	21815A0335	1st year Mech	AJET	P. Venkatesh
87	P. RATKUMAR	21815A0336	1st year Mech	AJET	P. Ratkumar
88	P. DHANARAJU	21815A0337	2nd year Mech	AJET	P. Dhanaraju
89	P. Pavan Kumar	21815A0338	2nd year Mech	AJET	P. Pavan
90	B. Maheswari	21815A0339	2nd year Mech	AJET	B. Maheswari
91	S. Rathidevi	21815A0340	1st year Mech	AJET	S. Rathidevi
92	S. CHATTAKIYA	21815A0341	1st year Mech	AJET	S. Chattakia
93	T. Joel Mathew	21815A0342	1st year Mech	AJET	T. Joel Mathew
94	T. GANESH	21815A0343	1st year Mech	AJET	T. Ganesh
95	T. Sai manikanta	21815A0344	1st year Mech	AJET	T. Sai manikanta
96	YARRAMSETTI VASU KRISHNA	21815A0345	1st year Mech	AJET	Y. Vasu Krishna
97	J. Dinesh Gupta	21811A0301	1st year Mech	AJET	J. D. Gupta
98	L. Prasad	21811A0302	1st year Mech	AJET	L. Prasad
99	M. Kiran	21811A0303	1st year Mech	AJET	M. Kiran
100	SAGARICA NATH	21811A0304	1st year Mech	AJET	Sagarikanath

Program Coordinator



Principal

Avanathi Institute of Engg. & Technology
Tamarani, Mekavarepalam Md.,
Visakhapatnam District, Pin-531113



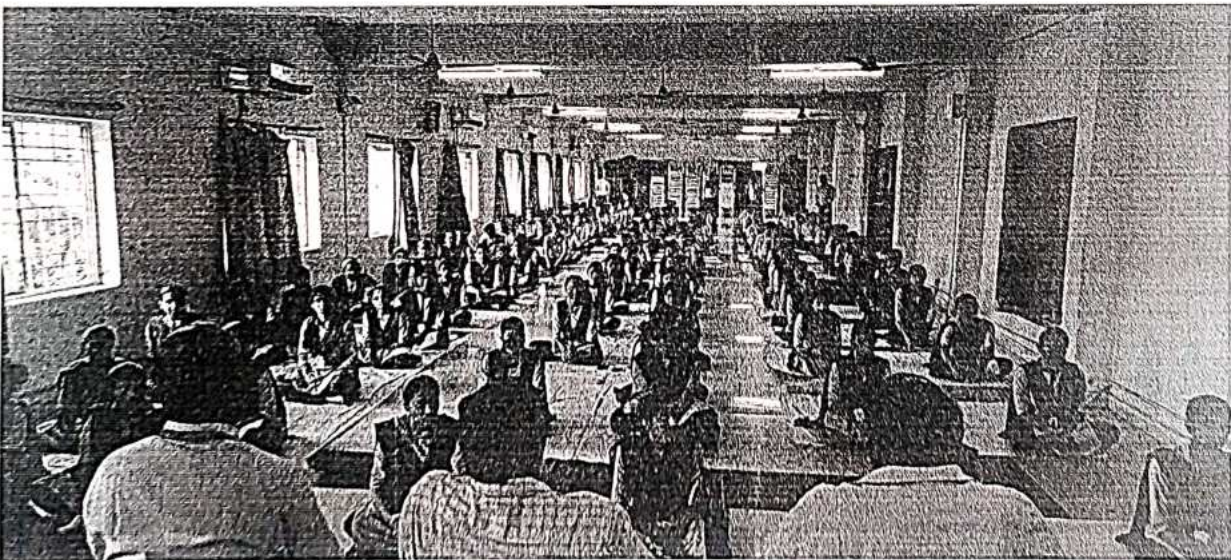
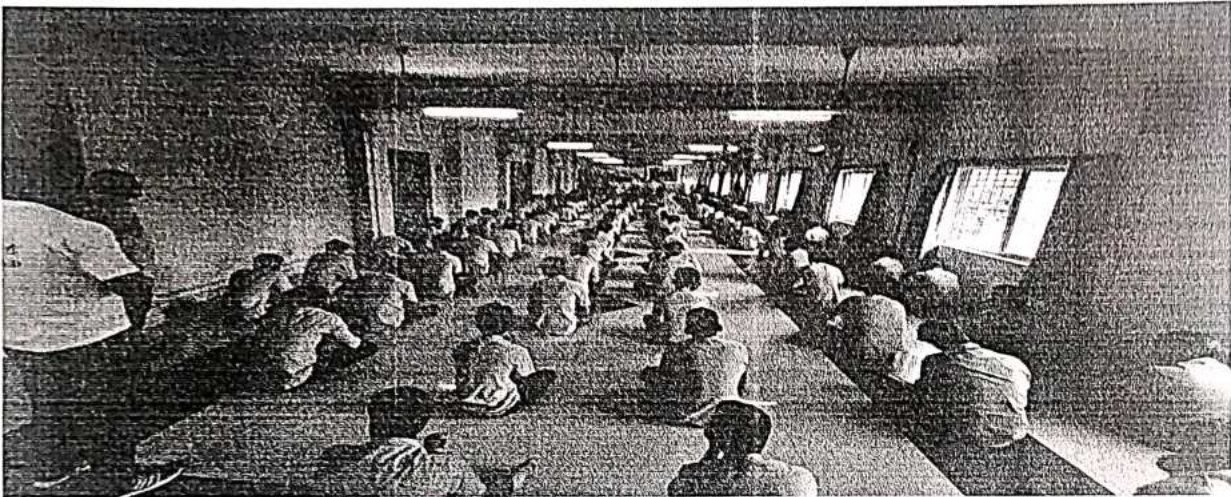
AVANTHI INSTITUTE OF ENGINEERING AND TECHNOLOGY

Tamaram, Makavarapalem, Visakhapatnam-531113

Name of the program : STRESS MANAGEMENT SESSION

Organised by :NSS UNIT

Date of the program : 15th July 2022




Program Co-ordinator


Principal
Avanathi Institute of Engg. & Technology
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Visakhapatnam District, Pin-531113



AVANTHI INSTITUTE OF ENGINEERING AND TECHNOLOGY

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PROGRAM REPORT

A brief report on the training conducted on 15-07-2022. 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.B.RaviSankar

Name of the Organization involved: BrahmakumarisRajayogi Meditation Centre

Number of the participants attended: 100

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..

Program Co-ordinator

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