



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

Date: 11-08-2021

CIRCULAR

All the final year students are hereby informed that Avanathi Institute of Engineering & Technology Tamaram, Makavarapalem (M), Narsipatnam (RD) of Visakhapatnam (District) is organizing "YOGA SESSION" on 12-08-2021. Hence, all the students are informed to attend the Yoga 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).
YOGA SESSION (2021-2022)

S.NO	NAME OF THE STUDENT	REGISTER NUMBER	YEAR&BRANCH	NAME OF THE INSTITUTE	SIGNATURE
1	ASAMANVAR	18811A0401	4 th year, E.C.E	AJET	A. Manohar
2	AS.G. YUNRAJ	18811A0402	4 th year, E.C.E	AJET	A. Yamaigaj
3	B. Divyaprice	18811A0403	4 th year ECE	AJET	B. Divya
4	B. Tejaswi	18811A0404	4 th year ECE	AJET	B. Tejaswi
5	Ch. mahesh	18811A0405	4 th year ECE	AJET	Ch. mahesh
6	Ch. TULASTI	18811A0406	4 th year ECE	AJET	Ch. Tulast
7	A. BHARGAVA	19811A0401	3 rd year ECE	AJET	A. Bhargava
8	ALLU KOOPA	19811A0402	3 rd year ECE	AJET	Koopa
9	BALUJI YAMINI	19811A0404	3 rd year ECE	AJET	B. Yamini
10	BEVARA DIVYASREE	19811A0405	3 rd year ECE	AJET	B. Divyasree
11	Bhavana-B	19811A0406	3 rd year ECE	AJET	B. bhavana
12	B. Samudra	19811A0407	3 rd year ECE	AJET	B. Samudra
13	A. Hemu Kiran	20811A0401	3 rd year ECE	AJET	A. H. Kiran
14	A. G.S.S. RASALI	20811A0402	3 rd year ECE	AJET	A. Sai prasad
15	A. Fenuka	20811A0403	2 nd year ECE	AJET	Fenuka
16	A. RAJ JUSTINA	20811A0404	2 nd year ECE	AJET	A. R. Justin
17	AZAD. TEPPALA	20811A0405	2 nd year ECE	AJET	AZAD-teppala
18	BANDARU GANGADHAR	20811A0406	B. Gangadhar	AJET	B. Gangadhar
19	B. HARILKA	20811A0407	2 nd year ECE	AJET	B. harilka
20	Ayys Sampathy	21811A0401	1 st year ECE	AJET	A. SASTRY
21	A. KUSUMA	21811A0402	1 st year E.C.E	AJET	A. Kusuma
22	A. Satish	21811A0403	1 st year ECE	AJET	A. Satish
23	ARJI RAVITEJA	21811A0404	1 st year ECE	AJET	A. Ravi Teja
24	ATTADA DINESH	21811A0405	1 st year ECE	AJET	A. Dinesh
25	B. PADMA	18811A0501	IV th year E.C.E	AJET	B. Padma
26	B. PALAPARTHI	18811A0502	V th year CSE	AJET	B. Palaparthi
27	B. Prasad	18811A0503	4 th year ECE	AJET	B. Prasad
28	B. Lokesh	18811A0504		AJET	B. Lokesh
29	B. TEJA	18811A0505	4 th year CSE	AJET	B. Teja
30	B. Pranay	18811A0506	4 th year CSE	AJET	B. Pranay
31	D.V.V. LAKSHMI	18811A0507	4 th year CSE	AJET	D. Lakshmi
32	A. Venkata Sreendra	19811A0501	4 th year CSE	AJET	A.V. Sreendra

33	A.B. SANTHOSH	1981A0502	3 rd & CSE	AJET	A.B. SANTHOSH
34	A.V. BHARGAVA	1981A0503	3 rd & CSE	AJET	A.V. BHARGAVA
35	A. MOUMISOZI	1981A0504	3 rd yr & CSE	AJET	A. mouisozi
36	B. Lekhasri	1981A0505	3 rd yr & CSE	AJET	B. lekhasri
37	B. LEKHYSRI	1981A0506	3 rd & CSE	AJET	B. lekhyssri
38	A. Manju	2081A0501	2 nd year, CSE	AJET	A. manju
39	A. Abhiram	2081A0502	2 nd year CSE	AJET	A. Abhiram
40	A. VIJAYKUMAR	2081A0503	2 nd yr CSE	AJET	A. vijaykumar
41	A. Sree Charan	2081A0504	2 nd Year CSE	AJET	A. Sree Charan
42	A. HARIKISHORE	2081A0505	2 nd year CSE	AJET	A. Harikishore
43	A. ANVESH	2181A0501	1 st year CSE	AJET	A. Anvesh
44	A. Jagan Kumar	2181A0502	1 st yr & CSE	AJET	A. Jagan Kumar
45	A. Jagan	2181A0503	1 st year CSE	AJET	A. Jagan
46	B. P. Preetham	2181A0504	1 st yr CSE	AJET	B.P. Preetham
47	A. Durga Sailaja	2181A0505	1 st year CSE	AJET	A. Durga Sailaja
48	B. G. Nageswar	1881A0201	4 th yr EEE	AJET	B. G. Nageswar
49	CH. KOSHINI	1881A0202	4 th yr & EEE	AJET	Ch. Koshini
50	K. yagesh	1881A0203	4 th yr & EEE	AJET	K. yagesh
51	K. BHAGYARAJ	1881A0204	4 th yr & EEE	AJET	K. Bhagyaraj
52	L. Hemanth Kumar	1881A0205	4 th Year EEE	AJET	L. Hemanth
53	M. PREMAKUMAR	1881A0206	4 th year EEE	AJET	M. premakumar
54	P. Sairam	1881A0207	4 th year EEE	AJET	P. Sairam
55	CH. YOGINDRA	1981A0201	4 th year EEE	AJET	CH. Yogindra
56	K. Srinu	1981A0202	3 rd yr & EEE	AJET	K. srinu
57	M. Vijay	1981A0203	3 rd year EEE	AJET	M. vijay
58	CH. SUPREETH	1981A0204	3 rd yr EEE	AJET	CH. SUPREETH
59	M. SAI GANESH	1981A0205	3 rd yr EEE	AJET	M. ganesh
60	A. Bhansprakash	2081A0201	2 nd year EEE	AJET	A. Bhansprakash
61	B. Jagindhar Sai	2081A0202	2 nd year EEE	AJET	B. Jagindhar Sai
62	B. Vinush	2081A0204	2 nd year, EEE	AJET	B. vinush
63	CH. SUPREETH	2081A0205	2 nd year EEE	AJET	CH. SUPREETH
64	CH. Venkatesh	2081A0206	2 nd Year, EEE	AJET	CH. Venkatesh
65	CH. PAVAN KUMAR	2181A0201	1 st yr & EEE	AJET	CH. PAVAN KUMAR
66	KANNAHREDDIGANESH	2181A0202	1 st yr & EEE	AJET	K. Ganesh
67	K. DILIP.	2181A0203	1 st yr & EEE	AJET	K. DILIP.
68	M. SOMESH	2181A0204	1 st yr & EEE	AJET	M. SOMESH
69	M. pradeep	2181A0205	1 st yr & EEE	AJET	M. pradeep
70	A. Akavind Kumar	1811A0301	4 th year EEE	AJET	A. Akavind Kumar

71	A. Uday	18211A0302	4 th yr & MEC	AJET	A. Uday
72	A. S. R. Rakesh	18211A0303	4 th yr MEC	AJET	A. S. R. Rakesh
73	A. Khan	18211A0304	4 th yr & MEC	AJET	A. Khan
74	B. Pradeep	18211A0305	4 th mech	AJET	B. Pradeep
75	A. Gangaraj	18211A0301	4 th mech	AJET	A. Gangaraj
76	B. Srinu	19211A0302	4 th mech	AJET	B. Srinu
77	B. Kumar	19211A0303	3 rd year, mech	AJET	B. Kumar
78	B. Ramesh	19211A0304	3 rd yr, mech	AJET	B. Ramesh
79	CH. Vageswara Rao	19211A0305	3 rd yr, mech	AJET	CH. Vageswara Rao
80	B. TEJA	12211A0505	3 rd yr CSE	AJET	TEJA
81	A. Sai Teja	20211A0302	2 nd yr & MEC	AJET	Sai Teja
82	A. S. Guraj	20211A0303	5 th mech	AJET	A. S. Guraj
83	A. Karman Kumar	20211A0304	2 nd year mech	AJET	Karman Kumar
84	A. Mahesh	20211A0305	2 nd year Mech	AJET	Mahesh
85	J. Divesh Gupta	21211A0301	1 st year Mech	AJET	J. Gupta
86	L. Anuprasad	21211A0302	1 st yr & MEC	AJET	L. Anuprasad
87	M. Kiran	21211A0303	1 st yr & MEC	AJET	M. Kiran
88	SAGARIKANTH	21211A0304	1 st year & MEC	AJET	Sagar
89	V. B. T. Raju	21211A0305	1 st year MEC	AJET	Raju

Program Coordinator



Principal

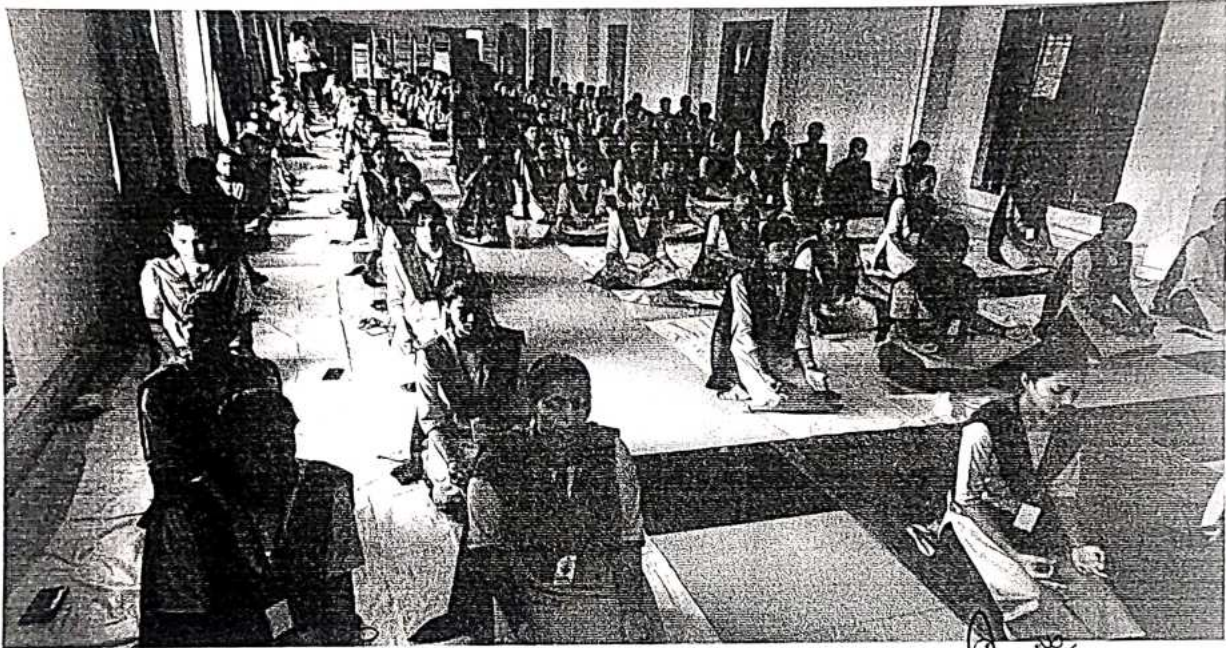
Avanathi Institute of Engg. & Technology
Tampara, Uthavarepalam Md.,
Visakhapatnam District, Pin-531113



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

Name of the program : YOGA SESSIONS

Date of the program : 12th Augst 2021



Program Coordinator

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



AVANTHI INSTITUTE OF ENGINEERING AND TECHNOLOGY

Tamaram, Makavarapalem, Visakhapatnam-531113

PROGRAM REPORT

A brief report on the training conducted during 12-08-2021. AIET, Makavarapalem has organised "YOGA CLASSES" for students for day. The details of the sessions are as follows.

Name of the Program : YOGA SESSIONS

Number of hours/days conducted : 2/1

Name of the Trainer : Ms.A.Madhavi

Name of the Organization involved: BrahmakumarisRajayogi Meditation Centre

Number of the participants attended: 89

Details of the topics covered : Types of yoga include hatha, Iyengar, vinyasa, hot yoga, 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


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