



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

Date: 03-07-2017

CIRCULAR

All the students are hereby informed that Avanathi Institute of Engineering & Technology Tamaram, Makavarapalem (M), Narsipatnam (RD) of Visakhapatnam (District) is organizing “**YOGA SESSIONS**” on 05-07-2017. Hence, all the students are informed to attend the Yoga session without fail.

PRINCIPAL
Principal

Avanathi Institute of Eng. & Technology
Tamaram, Makavarapalem Md.,
Visakhapatnam District., Pin: 531113

Copy to:

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



AVANTHI INSTITUTE OF ENGINEERING & TECHNOLOGY
IARAM (V), MAKAVARAPALEM (M), VISAKHAPATNAM (Dist).

YOGA SESSION (2017-2018) 5/7/2017

S.NO	NAME OF THE STUDENT	REGISTER NUMBER	YEAR&BRANCH	NAME OF THE INSTITUTE
1	A. SAI SOWJANYA	14811A0403	IV th ECE	A. S. Sowjanya
2	Arun Kumar	14811A0404	IV th ECE	Arun Kumar
3	A. Manoj Kumar	14811A0405	IV th ECE	A. Manoj Kumar
4	B. Rakesh	14811A0406	IV th ECE	B. Rakesh
5	B. Rakesh	14811A0407	IV th ECE	B. Rakesh
6	B.T.S. Sushma	14811A0408	IV th ECE	B.T.S. Sushma
7	D. PREM KUMAR	14811A0409	IV th ECE	D. PREM KUMAR
8	E. Rakesh	14811A0410	IV th ECE	E. Rakesh
9	G. RATU	14811A0411	IV th ECE	G. RATU
10	J. Lakshmi	14811A0412	IV th ECE	J. Lakshmi
11	J. SANTHOSH KUMAR	14811A0413	IV th ECE	J. SANTHOSH KUMAR
12	M. SRINIVAS	14811A0414	IV th ECE	M. SRINIVAS
13	A. RAMKUMAR	14811A0501	IV th CSE	A. RAMKUMAR
14	A. B. BABU	14811A0502	IV th CSE	A. B. BABU
15	B. GAYATHRI	14811A0503	IV th CSE	B. GAYATHRI
16	A. VIRENDRA	14811A0504	IV th CSE	A. VIRENDRA
17	D. PAVAN KUMAR	14811A0505	IV th CSE	D. PAVAN KUMAR
18	E. HARISH	14811A0506	IV th CSE	E. HARISH
19	K. BHUVANA SAI	14811A0507	IV th CSE	K. BHUVANA SAI
20	M. PRIYANKA	14811A0508	IV th ECE	M. PRIYANKA
21	M. Lakshmi	14811A0509	IV th ECE	M. Lakshmi
22	K. B. NARAYAN	15815A0201	IV th ECE	K. B. NARAYAN
23	K. RAMA KRISHNA	15815A0202	IV th ECE	K. RAMA KRISHNA
24	P. K. CHAITANYA	15815A0203	IV th ECE	P. K. CHAITANYA
25	A. RAJASEKHAR	15815A0204	IV th mech	A. RAJASEKHAR
26	A. SRINIVASA RAO	15815A0205	IV th mech	A. SRINIVASA RAO
27	P. M. KUMAR	15815A0206	IV th mech	P. M. KUMAR
28				
29				
30	15811A0405	BATTULPAVANI	IV th ECE	B. BattulpaVani
31	B. Mounica jyothi	15811A0408	IV ECE	B. Mounica jyothi
32	A. Ganesh	16815A0401	III ECE	A. Ganesh
33	A. V. R. NAIDU	16815A0402	III ECE	A. V. R. NAIDU
34	A. Sri Lakshmi	15811A0501	IV th ECE	A. Sri Lakshmi
35	A. Kanthi	15811A0502	IV th CSE	A. Kanthi
36	A. Yamuna	15811A0503	IV th ECE	A. Yamuna
37	K. Dhanraj Kumar	16815A0504	IV th CSE	K. Dhanraj Kumar
38	K. Jayawanthi Arunima	16815A0506	IV CSE	K. Jayawanthi Arunima
39	M. P. S. Ramaya	16815A0506	IV CSE	M. P. S. Ramaya

42	B. Venkata Ravi Teja	16811A0412	III rd CCE	Ravi Teja
43	D. HARIKA RAMAN	16811A0520	III rd CSE	D.H. RAMAN
44	C. Lokesh	17815A0503	III rd CSE	C. Lokesh
45	S.K. Rakesh	16811A0212	III rd CCE	S. Rakesh
46	T. Karan	17815A0226	III rd CSE	T. Karan
47	A.L.V. Praveen	16811A0304	III rd Mech	A.L.V. Praveen
48	A. VENKAT SUDHEER	16811A0305	III rd MCH	A.V. SUDHEER
49	S. Brahma	17815A0368	IV th Mech	S. Brahma
50	D. Hema Vamsi Kire	18815A0336	IV th Mech	D. Hema V.
51	K.S.V. Varishram	18815A0322	III rd Mech	K. V. Varishram
52	V. SHYAM KUMAR	18815A0354	III rd MCH	V. Shyam Kumar

Program Coord

Principal

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



AVANTHI INSTITUTE OF ENGINEERING AND TECHNOLOGY

Tamaram, Makavarapalem, Visakhapatnam-531113

Name of the program : YOGA SESSION

Organized by : AIET

Date of the program : 05-07-2017



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PROGRAM REPORT

A brief report on the training conducted during 05-07-2017. AIET, Makavarapalem has organised "YOGA SESSION " for students for day. The details of the sessions are as follows.

Name of the Program : YOGA SESSION

Number of hours/days conducted : 2/1

Name of the Trainer : Mrs.A.Madhavi

Name of the Organization involved: BrahmakumarisRajayogi Meditation Centre

Number of the participants attended: 52

Details of the topics covered : Types of yoga include hatha, lyengar, 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..

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