



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

Date: 06-09-2019

CIRCULAR

All the students are here by informed that Avanathi Institute of Engineering & Technology Tamaram, Makavarapalem (M), Narsipatnam (RD) of Visakhapatnam (Dist.) is organizing “**YOGA SESSION**” On 07-09-2019. Hence, all the students are informed to attend the session without fail.



PRINCIPAL
Principal

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

Copy to:

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

7/9/2019



AVANTHI INSTITUTE OF ENGINEERING & TECHNOLOGY
TAMARAM (V), MAKAVARAPALEM (M), VISAKHAPATNAM (Dist).
YOGA SESSION (2019-2020)

S.N O	NAME OF THE STUDENT	REGISTER NUMBER	YEAR & BRANCH	NAME OF THE INSTITUTE	SIGNATURE
1	Shaik Mansoori	16811A0377	IV & mech	A I E T	mansoori
2	S. Sai Pavan	16811A0378	IV & mech	A I E T	Sai Pavan
3	T. Naga Sai Kiran	16811A0383	IV & mech	A I E T	T. Naga Sai Kiran
4	H. G. Subramanyam	16811A0385	IV & mech	A I E T	Subramanyam
5	V. Hareesh	16811A0388	IV, Mech	A I E T	Hareesh
6	I. prasad	16811A0397	IV - mech	A I E T	Prasad
7	A. Megana Santhi	17815A0301	IV - mech	A I E T	Santhi
8	A. Rajesh	17815A0302	IV - MECH	A I E T	A. Rajesh
9	A. Raja Sekhara	17815A0304	IV - mech	A I E T	Rajasekhar
10	B. Rahul	17815A0305	IV - Mech	A I E T	Rahul
11	CH. Bhavani	17815A0307	IV & mech	A I E T	Bhavani
12	CH. Venkath chellappa	17815A0308	IV & mech	A I E T	CH. chellappa
13	C. RAMUDU	17815A0309	IV - MECH	A I E T	C. RAMUDU
14	CH. Venkata Prakash	17815A0310	IV - Mech	A I E T	CH. Prakash
15	D. Ashok	17815A0312	IV - MEC	A I E T	D. Ashok
16	D. Lakshminanth	17815A0313	IV - Mec	A I E T	Lakshminanth
17	D. VINAY	17815A0314	IV - MEC	A I E T	D. Vinay
18	G. praveenkumar	17815A0315	IV - mec	A I E T	G. praveenkumar
19	G. Teja	17815A0316	IV & mech	A I E T	Teja
20	K. praveenkumar	17815A0318	IV & mech	A I E T	praveenkumar
21	K. Kranthi Kumar	17815A0321	IV Mech	A I E T	K. Kranthi Kumar
22	K. Thanuj	17815A0323	IV - Mech	A I E T	Thanuj
23	K. Satya Venkatesh	17815A0324	IV - mech	A I E T	K. Venkatesh
24	K. Rajesh	17815A0325	IV - mech	A I E T	Rajesh
25	K. Venkatesh	17815A0326	IV - Mech	A I E T	K. Venkatesh
26	K. manikanta	17815A0329	IV & mech	A I E T	manikanta
27	K. Bandi	17815A0330	IV - mech	A I E T	Bandi
28	L. Mouli	17815A0331	IV, Mech	A I E T	Mouli
29	M. hemma Sathya Sai	17815A0332	IV, mech	A I E T	M. Sathya Sai
30	M. Pradeep Chandra	17815A0333	IV, mech	A I E T	M. Pradeep Chandra
31	M. Shyam	17815A0334	IV & MECH	A I E T	Shyam
32	M. S. Sathya Sai	17815A0335	IV - mech	A I E T	Sathya Sai
33	G. Sailaja	17815A0337	IV & mech	A I E T	Sailaja
34	G. Keishna	17815A0338	IV - mech	A I E T	Keishna
35	K. Ajay	17815A0339	IV - mech	A I E T	K. Ajay
36	K. Venkatesh	16811A0338	IV, Mech	A I E T	K. Venkatesh
37	N. charan	16811A0352	IV - Mech	A I E T	N. charan
38	N. Tarun Kumar	16811A0355	IV - mech	A I E T	Tarun Kumar

42	P. Vishnu Varadharaj	16811A0367	IV - Mech	ALET	D. Vishnu Varadharaj
43	R. Rajarao	16811A0372	IV - Mech	ALET	R. Rajarao
44	P. Venu Prasadma	16811A0568	IV - CSE	ALET	P. Prasadma
45	P. Chandrika	16811A0569	IV - CSE	ALET	P. Chandrika
46	PUDI GANESH	16811A0573	IV - CSE	ALET	Ganesh
47	Kavi Sai Kam	16811A0576	IV - CSE	ALET	Kavi Sai Kam
48	S. R. Karunakumar	16811A0579	IV - CSE	ALET	Karunakumar
49	S. Tejavarani	16811A0580	IV - CSE	ALET	S. Tejavarani
50	S. Janya muralakshmi	16811A0584	IV - CSE	ALET	S. Janya muralakshmi
51	V. Jahnavei	16811A0585	IV - CSE	ALET	V. Jahnavei
52	V. Gayathri	16811A0587	IV - CSE	ALET	Gayathri
53	V. N. Venkatesh Deepak	16811A0588	IV - CSE	ALET	V. N. Venkatesh Deepak
54	V. Sruvani	16811A0589	IV - CSE	ALET	V. Sruvani
55	M. Yashini Nandini	17815A0200	IV - CSE	ALET	M. Yashini Nandini
56	Kalla Sruvani	17815A0208	IV - EEE	ALET	K. Sruvani
57	K. Revathi	17815A0210	IV - EEE	ALET	K. Revathi
58	L. Prasad	17815A0211	IV - EEE	ALET	L. Prasad
59	M. Chandra Sekhar	17815A0212	IV - EEE	ALET	M. Chandra Sekhar
60	M. Bhavan Anil	17815A0216	IV - EEE	ALET	M. Bhavan Anil
61	P. Nagarajawarao	17815A0219	IV - EEE	ALET	P. Nagarajawarao
62	P. Anil	17815A0220	IV - EEE	ALET	P. Anil

Program Coordinator

PRINCIPAL

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 Visakhapatnam District., Pin. 531113



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Tamaram, Makavarapalem, Visakhapatnam-531113

Name of the program : YOGA SESSIONS

Date of the program : 07-09-2019



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PROGRAM REPORT

A brief report on the training conducted On 07-09-2019 On. AIET, Makavarapalem has organized "YOGA CLASSES" for students for 1 days. The details of the sessions are as follows.

Name of the Program : YOGA SESSIONS

Number of hours/days conducted : 3/1

Name of the resource person : Mrs.A.Madhavi

Name of the Organization involved: BRAHMA KUMARIS RAJAYOGA MEDITATION CENTRE

Number of the participants attended: 62

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..

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