



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

Date: 14-03-2019

CIRCULAR

All the students are hereby informed that Avanathi Institute of Engineering & Technology Tamaram, Makavarapalem (M), Narsipatnam (RD) of Visakhapatnam (District) is organizing “**MEDITATION SESSION**” on 15-03-2019. Hence, all the students are informed to attend the Meditation session without fail.


PRINCIPAL
Principal
Avanathi Institute of Engg. & Technology
Tamararam, Makavarapalem Md.,
Visakhapatnam District., Pin: 531113

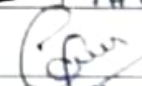
Copy to:

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



**AVANTHI INSTITUTE OF ENGINEERING & TECHNOLOGY
TAMARAM (V), MAKAVARAPALEM (M), VISAKHAPATNAM (Dist).
MEDITATION SESSION (2018-2019)**

S.NO	NAME OF THE STUDENT	REGISTER NUMBER	YEAR & BRANCH	NAME OF THE INSTITUTE.	SIGNATURE
1	K. Pruthi	15811A0435	IV - ECE	ALET	K. Pruthi
2	B. Pavani	15811A0405	IV - ECE	ALET	B. Pavani
3	G. Pothanvitha	15811A0419	IV - ECE	ALET	G. Pothanvitha
4	A. Sai Venkat	15811A0404	IV - ECE	ALET	A. Sai
5	K. Pravan	15811A0432	IV - ECE	ALET	K. Pravan
6	S. Kumari	15811A0467	IV ECE	ALET	S. Kumari
7	R. Pavankumar	15811A0464	IV ECE	ALET	R. Pavankumar
8	M. Gangadheer	15811A0443	IV ECE	ALET	M. Gangadheer
9	K. Pradheer Babu	15811A0429	IV - ECE	ALET	K. Pradheer Babu
10	K. S. Sudeepthi	15811A0439	IV - ECE	ALET	K. S. Sudeepthi
11	N. Ramya	15811A0450	IV - ECE	ALET	N. Ramya
12	M. Chandru	15811A0441	IV ECE	ALET	M. Chandru
13	B. Manjula Jyothi	15811A0406	IV ECE	ALET	B. Manjula
14	P. Rasimilla	15811A0463	III ECE	ALET	P. Rasimilla
15	G.P.S. Praveen	15811A0420	IV ECE	ALET	G.P.S. Praveen
16	P. Jaya Lakshmi	15811A0455	IV ECE	ALET	P. Jayalakshmi
17	K.A.S. Vinshini	15811A0440	IV - ECE	ALET	K. A. S. Vinshini
18	Ch. Hemant Srinivas	15811A0412	IV - ECE	ALET	Ch. Hemant
19	M.P.S. Naidu	15811A0442	IV ECE	ALET	M.P.S. Naidu
20	G. Ratnakumar	15811A0421	IV ECE	ALET	G. Ratnakumar
21	P.D. Sravan	15811A0452	IV ECE	ALET	P.D. Sravan
22	M. Nani	15811A0446	IV ECE	ALET	M. Nani
23	N. Naveen	15811A0451	IV ECE	ALET	N. Naveen
24	M. Sandhya Rani	15811A0447	IV ECE	ALET	M. Sandhya
25	G. Yamini	15811A0426	IV ECE	ALET	G. Yamini
26	V.V.P. Kumar	15811A0477	III ECE	ALET	V.V.P. Kumar
27	K. Anudeep	15811A0431	IV ECE	ALET	K. Anudeep
28	Palli Jayalath	15811A0453	IV - ECE	ALET	Palli Jayalath
29	P.S. Kumar	15811A0458	IV ECE	ALET	P.S. Kumar
30	S. Pravan Kalyan	15811A0466	III ECE	ALET	S. Pravan Kalyan
31	M. Giridhar	15811A0440	IV ECE	ALET	M. Giridhar
32	P. Lavanya	15811A0459	IV ECE	ALET	P. Lavanya
33	K.S. Jagadeeshwari	15811A0432	IV ECE	ALET	K.S. Jagadeeshwari
34	P. Tarun Kumar	15811A0457	IV ECE	ALET	P. Tarun Kumar
35	G. Tejaswathi	15811A0427	IV ECE	ALET	G. Tejaswathi
36	S. Shanmuka	15811A0468	IV ECE	ALET	S. Shanmuka
37	K. Hymavathi	15811A0430	IV ECE	ALET	K. Hymavathi
38	K.S. Sudeepthi	15811A0439	IV ECE	ALET	K.S. Sudeepthi
39	T. Lakshmi Reddy	15811A0473	IV ECE	ALET	T. Lakshmi Reddy


Program Coordinator


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AVANTHI INSTITUTE OF ENGINEERING AND TECHNOLOGY

Tamaram, Makavarapalem, Visakhapatnam-531113

Name of the program : MEDITATION SESSION

Date of the program : 15th March 2019



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PROGRAM REPORT

A brief report on the training conducted On 15-03-2019. AIET, Makavarapalem has organised "MEDITATION SESSION " for students for One day. The details of the sessions are as follows.

Name of the Program : MEDITATION SESSION

Number of hours/days conducted : 2/1

Name of the Trainer : Mr.S.Kiran kumar

Name of the Organization involved: BrahmakumarisRajayogi Meditation Centre

Number of the participants attended: 39

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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