



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

Date: 05-02-2019

CIRCULAR

All the students are hereby informed that Avanathi Institute of Engineering & Technology Tamaram, Makavarapalem (M), Narsipatnam (RD) of Visakhapatnam (District) is organizing “**STRESS MANAGEMENT SESSION**” on 06-02-2019. 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. 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).
STRESS MANAGEMENT (2018-2019)

06/02/2019

S.N O	NAME OF THE STUDENT	REGISTER NUMBER	YEAR&BRANCH	NAME OF THE INSTITUTE	SIGNATURE
1	A. Karthik	15811A0502	4th CSE	AJET	Karthik
2	G. Paikhalli	15811A0524	4th CSE	AJET	Paikhalli
3	G. Indrasavathi	16811A0531	3rd CSE	AJET	Indrasavathi
4	M. Meghana	15811A0545	4th CSE	AJET	Meghana
5	T. Kavya	15811A0570	4th CSE	AJET	Kavya
6	D. Charan	16811A0518	3rd CSE	AJET	Charan
7	Y. Manikumar	16811A0590	3rd CSE	AJET	Manikumar
8	M. Sreekanthia	16811A0549	3rd CSE	AJET	Sreekanthia
9	A. Yamuna	15811A0503	4th CSE	AJET	Yamuna
10	G. Sriisha	15811A0525	4th CSE	AJET	G. Sriisha
11	S. Tejaswi	15811A0569	4th CSE	AJET	Tejaswi
12	K. Someswarao	16811A0534	3rd CSE	AJET	Someswarao
13	K. Rohit Ground	17815A0501	3rd CSE	AJET	Rohit
14	M. Monica	15811A0546	4th CSE	AJET	Monica
15	K. Geesama	16811A0536	3rd CSE	AJET	geesama
16	M. V. Naga Devi	17815A0502	3rd CSE	AJET	Naga Devi
17	B. Raja	15811A0202	4th EEE	AJET	Raja
18	B. Gowtham Sai	15811A0505	4th CSE	AJET	Gowtham Sai
19	G. H. Keerthana	15811A0527	4th CSE	AJET	Keerthana
20	C. Lokesh	17815A0503	3rd CSE	AJET	Lokesh
21	P. S. Neelima	15811A0551	4th CSE	AJET	Neelima
22	K. Swami	16811A0538	3rd CSE	AJET	Swami
23	Ch. Lalitha Devi	15811A0204	4th EEE	AJET	Lalitha Devi
24	B. Lokesh	15811A0506	4th CSE	AJET	Lokesh
25	K. gangabhavani	16811A0539	3rd CSE	AJET	Gangabhavani
26	B. Suresh	16811A0505	3rd CSE	AJET	Suresh
27	Mohan Sai Bisai	15811A0547	4th CSE	AJET	Mohan
28	G. Venkatalakshmi	15811A0206	4th EEE	AJET	Lakshmi
29	D. Sweatha	15811A0575	4th CSE	AJET	Sweatha
30	B. Pavan Kalyan	15811A0507	4th CSE	AJET	Pavan Kalyan
31	K. Sandeep Kumar	16811A0542	3rd CSE	AJET	Sandeep
32	B. Praveen Kumar	15811A0203	4th EEE	AJET	Kumar
33	N. Ranjya Sri	15811A0549	4th CSE	AJET	Ranjya Sri
34	M. Manjulankitha	16811A0545	3rd CSE	AJET	Manjulankitha
35	V. Gayatri	15811A0573	4th CSE	AJET	Gayatri
36	B. Yamini	15811A0508	4th CSE	AJET	Yamini
37	G. priyanka	15811A0529	4th CSE	AJET	G. priyanka
38	M. bhagyalakshi	16811A0546	3rd CSE	AJET	bhagya
~	G. Mahesh	15811A0207	4th EEE	AJET	Mahesh

42	B. Hinesh	15811A0509	4th CSE	AJET	Hinesh
43	P. Kishankumar	16811A0564	3rd CSE	AJET	Kishankumar
44	A. Sujathi	16811A0502	3th CSE	AJET	Sujathi
45	P. Ninesh	16811A0566	3rd CSE	AJET	Ninesh
46	M. Manali	16811A0550	3rd CSE	AJET	Manali
47	P. Sushmitha	16811A0567	3rd CSE	AJET	Sushmitha
48	P. Hemanth Babu	15811A0556	4th CSE	AJET	Hemanth
49	M. Madhu tarun Sai	16811A0551	3rd CSE	AJET	Tarun Sai
50	P. Vasa Poornima	16811A0568	3rd CSE	AJET	Poornima
51	B. Swami Trinadh	15811A0512	4th CSE	AJET	Swami
52	J. Keerthi	15811A0531	4th CSE	AJET	Keerthi
53	P. Chandrika	16811A0569	3rd CSE	AJET	Chandrika
54	B. Sarawathi	16811A0506	3rd CSE	AJET	Sarawathi
55	M. Santhos Lakshmi	16811A0554	3rd CSE	AJET	Santhos Lakshmi
56	P. Harish	16811A0570	3rd CSE	AJET	Harish
57	B. Lakshmi Sudheer	15811A0513	4th CSE	AJET	Sudheer
58	P. Sunil Kumar	16811A0571	3rd CSE	AJET	Sunil
59	G. Sravani	16811A0525	3rd CSE	AJET	Sravani
60	P. Sri Lakshmi	16811A0559	3rd CSE	AJET	Sri Lakshmi
61	P. Siva Krishna	16811A0572	3rd CSE	AJET	Siva
62	P. Ganesh	16811A0573	3rd CSE	AJET	Ganesh
63	R. Hemanth	16811A0575	3rd CSE	AJET	Hemanth
64	C. Roshini	15811A0514	4th CSE	AJET	Roshini
65	Rani Sri Rani	16811A0576	3rd CSE	AJET	Rani
66	P. Leela Rani	15811A0552	4th CSE	AJET	Lella Rani
67	P. Girindharan	16811A0560	3rd CSE	AJET	Girindharan
68	B.S. Gowri Lelamma	16811A0510	3rd CSE	AJET	Gowri Lelamma
69	R. Sreekanth	16811A0577	3rd CSE	AJET	Sreekanth
70	D. Mounika	15811A0518	4th CSE	AJET	Mounika
71	T.S. Prakash Kumar	15811A0532	4th CSE	AJET	Kumar
72	P. Kowthika	16811A0561	3rd CSE	AJET	Kowthika
73	S. Tejaswari	16811A0580	3rd CSE	AJET	Tejaswari
74	B.S.G. Lakshmi	16811A0511	3rd CSE	AJET	Lakshmi
75	V. Priya Mahalakshmi	16811A0584	3rd CSE	AJET	Priya
76	G. Gana Deepika	15811A0520	4th CSE	AJET	Deepika
77	V. Jahnani	16811A0585	3rd CSE	AJET	Jahnani
78	K. Rama Kishore	15811A0537	4th CSE	AJET	Kishore
79	P. Lathia	16811A0562	3rd CSE	AJET	Lathia
80	V. Gayathri	16811A0587	3rd CSE	AJET	Gayathri
81	B. Saikumar	16811A0513	3th CSE	AJET	Saikumar
82	V. Sravani	16811A0589	3rd CSE	AJET	Sravani
83	P. Mounika	15811A0554	4th CSE	AJET	Mounika
84	P. Prasadh	16811A0563	3rd CSE	AJET	Prasadh
85	G. Jyothi	16811A0527	3rd CSE	AJET	Jyothi
86	R. Sravani	15811A0558	4th CSE	AJET	Sravani
	R. Indu	15811A0222	4th CSE	AJET	Indu

90	R. Jhansi	15811A0563	4th CSE	AJET	Jhansi
91	G. Ganesh	15811A0208	4th CEE	AJET	Ganesh
92	N. Sunitha	15811A0216	4th CEE	AJET	Sunitha
93	D. Abiga Kairalya	16811A0516	2 nd CSE	AJET	Abiga Kairalya
94	R. Hema Venkata	15811A0564	4th CSE	AJET	Hema Venkata
95	M. Ravi	15811A0205	4th CEE	AJET	Ravi
96	D. Purnima	16811A0519	3 rd CSE	AJET	Purnima
97	P. Ramesh	15811A0220	4th CEE	AJET	Ramesh
98	S. Divya Jyothi	15811A0565	4th CSE	AJET	Divya Jyothi
99	K. Ganesh	15811A0210	4th CEE	AJET	Ganesh
100	M. Swathi	15811A213	4th CEE	AJET	Swathi
101	D. Jagadeeswararao	16811A0517	2 nd CSE	AJET	Jagadeeswararao
102	S. Swathi	15811A0567	4th CSE	AJET	Swathi


Program Coordinator


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Name of the program : STRESS MANAGEMENT SESSION
Organized by : AIET
Date of the program : 06-02-2019



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PROGRAM REPORT

A brief report on the training conducted on 06-02-2019. 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.Rmakrishna
- Name of the Organization involved:** BrahmakumarisRajayogi Meditation Centre
- Number of the participants attended:** 102
- 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..


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