



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

Date: 10-12-2020

CIRCULAR

All the students are hereby informed that Avanathi Institute of Engineering & Technology Tamaram, Makavarapalem (M), Narsipatnam (RD) Visakhapatnam (District) is organizing “**STRESS MANAGEMENT SESSION**” on 11-12-2020. 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 HODS's and Class In charges.
2. Department Notice board.



AVANTHI INSTITUTE OF ENGINEERING & TECHNOLOGY
TAMARAM (V), MAKAVARAPALEM (M), VISAKHAPATNAM (Dist).
STRESS MANAGEMENT (2020-2021)

S.NO	NAME OF THE STUDENT	REGISTER NUMBER	YEAR&BRANCH	NAME OF THE INSTITUTE	SIGNATURE
1	ADARJUMA MAHESA	17811A0401	IV th ECE	AIET	
2	AKKENA SOMASEKHAR	17811A0402	IV th ECE	AIET	Uma mahesh
3	A. Lokesh Kumar	17811A0403	IV th ECE	AIET	Som...
4	A.B.Naveen	17811A0404	IV th ECE	AIET	Lokesh Kumar
5	AMIREDDI. SIVAJI	17811A0405	IV th E.C.E	AIET	Naveen
6	ANGINA VAMSI	17811A0406	IV th ECE	AIET	Siraji
7	A. Sai Santhosh	17811A0407	IV th ECE	AIET	Vamsi
8	B. Prama Kumar	17811A0408	IV th ECE	AIET	Rai
9	BOBBILI Anuvra	17811A0409	IV th ECE	AIET	Prama
10	BODDU SWAMI NAIDU	17811A0410	IV th ECE	AIET	Anuvra
11	BOMMALI REVATHI	17811A0411	IV th ECE	AIET	Swami
12	C. Santhosh	17811A0412	IV th ECE	AIET	Revathi
13	DODDI RAMAKRISHNA	17811A0413	IV th ECE	AIET	Santhosh
14	Dubasi Teja Senthil	17811A0414	IV th ECE	AIET	Ramakrishna
15	DUBASI YOGITHA NANDINI	17811A0415	IV th ECE	AIET	Teja
16	Gai madhu kishore	17811A0416	IV th ECE	AIET	Madhu
17	G. Ramakrishna Teja	17811A0417	IV th ECE	AIET	Ramakrishna
18	G. naga sudha	17811A0418	IV th ECE	AIET	Sudha
19	G.G. Ratya Lakshmi	17811A0419	IV th ECE	AIET	Ratya
20	GOLUSU SUSHMANJALI	17811A0420	IV th ECE	AIET	Sushmanjali
21	Gopasana, prudhvi	17811A0421	IV th E.C.E	AIET	prudhvi
22	G. Jitendra	17811A0422	IV th ECE	AIET	Jitendra
23	INDALA POOJITHA	17811A0423	IV th ECE	AIET	Poojitha
24	J. Jirumala	17811A0424	IV th ECE	AIET	Jirumala
25	K. Manoj Naidu	17811A0425	IV th ECE	AIET	Manoj Naidu
26	KOLLATI NAVYA	17811A0426	IV th ECE	AIET	Navya
27	K. Hanish Babu	17811A0427	IV th E.C.E	AIET	Hanish
28	KONDURU SRINUVARULU	17811A0428	IV th E.C.E	AIET	Srinuvarulu
29	K. Balakrishna Sai	17811A0429	IV th ECE	AIET	Balakrishna Sai
30	KUDELI DIVYA	17811A0430	IV th ECE	AIET	Divya
31	Krupakani	17811A0431	IV th ECE	AIET	Krupakani
32	KOSURU. INDIRA	1881A0416	III rd E.C.E	AIET	Indira
33	M. Niharika	1881A0417	III rd ECE	AIET	Niharika
34	NAMBARU MADHUKANTH	1881A0418	III rd ECE	AIET	Madhu
35	NANEPALLI BHAGAVAN	1881A0419	III rd ECE	AIET	Bhagavan
36	N. Manoj	1881A0420	III rd ECE	AIET	Manoj
37	PAMPANA SAI SRAVANI	1881A0421	III rd ECE	AIET	Sai Sravani
38	PAMPANA SYAMLA	1881A0422	III rd ECE	AIET	P. Syamla
39	PEDIREDDA. BHAGAVI	1881A0423	III rd E.C.E	AIET	Bhagavi

41	P. Ravallika Devi	1881A0425	III rd ECE	AJET	Devi
42	RAJANA. MOUNICA	1881A0426	III rd E.C.E	AJET	Mounica.
43	RONGALA SUGANA	1881A0427	III rd ECE	AJET	SUGANA
44	RUTTALA PRASAD	1881A0428	III rd E.C.E	AJET	R. Prasad.
45	SAPPA DURGA PRASAD	1881A0429	III rd E.C.E	AJET	S. Durga Prasad
46	S.S. Sairam	1881A0430	III ECE	AJET	Sairam
47	SURLA. SUNITHA	1881A0431	III rd E.C.E	AJET	Sunittha
48	T. Venneba Sai Sai	1881A0432	III rd ECE	AJET	Sai
49	VANTU SATYA SRAVANTH	1881A0433	III rd ECE	AJET	Sravanth
50	V. Yerranna	1881A0435	III rd ECE	AJET	Yenna.
51	Y. Venkata Satya	1881A0436	III rd E.C.E	AJET	Satya
52	YERRA. ANUSHA	1881A0436	III rd E.C.E	AJET	Anushe
53	SAKA Shee bha Anushe	1881A0437	III rd E.C.E	AJET	S.S.A. Jai Ram
54	DONDA ANUSHA	1881A0437	III ECE	AJET	ANUSHA
55	B. Prasanna Gowri	1981A0401	III ECE (LA)	AJET	Gowri
56	B. Bala Bhaskar	1981A0402	III E.C.E (LA)	AJET	Bala
57	Ch. Durga Rao	1981A0403	III E.C.E (LA)	AJET	Rao.
58	Ch. Satya	1981A0404	III E.C.E (LA)	AJET	Satya.
59	CHITIKELA SAI BALAJI	1981A0405	III rd E.C.E (LA)	AJET	Balaji
60	D. Taya Sree	1981A0406	III rd E.C.E (LA)	AJET	Taya
61	G. Sai Kumar	1981A0407	III rd ECE (LA)	AJET	Sai Kumar
62	GANDEPALLI AJAY	1981A0408	III ECE (LA)	AJET	AJAY
63	ADATRAVUBHARGAVI	1981A0401	III rd ECE	AJET	Bhargavi
64	ALLU. Roopa	1981A0402	III rd E.C.E	AJET	Roopa
65	B. Yamini	1981A0403	III rd ECE	AJET	Yamini
66	B. Divya Sree	1981A0405	III rd E.C.E	AJET	Divya
67	B. Bhuvana	1981A0406	III rd ECE	AJET	Bhuvana
68	B. Samu Sri	1981A0407	III rd E.C.E	AJET	Samu Sri
69	Bylapudi Vinith	1981A0408	III rd E.C.E	AJET	Vinith
70	KANTIPAMU SUNITHA	1981A0409	III rd ECE	AJET	Sunittha
71	C. Pradeep Chandra	1981A0410	III rd ECE	AJET	Chandra
72	CHITRADA. Ramesh	1981A0411	III rd E.C.E	AJET	Ramesh
73	C. Kusumabath	1981A0412	III rd ECE	AJET	Kusuma
74	CHUA BALAJI	1981A0413	III rd E.C.E	AJET	C. Balaji
75	DANDA SNEHA	1981A0414	III rd ECE	AJET	Sneha
76	D. Gopal Raju	1981A0415	III rd ECE	AJET	Raju
77	Deepthi Pedapati	1981A0416	III rd E.C.E	AJET	Deepthi
78	G. Divya Jyothi	1981A0417	III rd ECE	AJET	Jyothi
79	la G. Bhaskar Kumar	1981A0418	III rd ECE	AJET	Bhaskar
80	G. Dewi	1981A0419	III rd ECE	AJET	Dewi
81	GEDDAM TEJASWI	1981A0420	III rd ECE	AJET	Tejaswi
82	K. Pydiraju	1981A0421	III rd ECE	AJET	Pydiraju
83	KEERTHI ROHINI	1981A0422	III rd ECE	AJET	ROHINI
84	KEMBURU SAISHREE	1981A0423	III rd E.C.E	AJET	Saishree
85	K. Sai Kamya	1981A0424	III rd E.C.E	AJET	Sai
86	KODA. MANIKANTA	1981A0425	III rd E.C.E	AJET	Manikanta

89	M. Naga Sravani	19811A0428	II nd E.C.E	A I E T	Praveen Devi
90	MENDI. DENIL	19811A0429	II nd E.C.E	A I E T	Hema
91	MUNASAL Hema LATHA	19811A0430	II nd E.C.E	A I E T	Sai Rishi.
92	M. Venkata Sai	19811A0431		A I E T	
93	ADAPUREDDI Hema Kisan	20811A0401	I st ECE	A I E T	Prabha
94	A. G. S. Sai Prakash	20811A0402	I st ECE	A I E T	Prabha
95	ANNAMREDDY RENUKA	20811A0403	I st ECE	A I E T	Prabha
96	A. Raj Jyothika	20811A0404		A I E T	Raj
97	AZAD TEPPALA	20811A0405	I st ECE	A I E T	Azad Ganesh
98	B. Gangadhar	20811A0406	I st ECE	A I E T	HAJITH
99	BANDARU HARIKA	20811A0407	I st ECE	A I E T	Uday- Siri
100	B. Uday Kamal	20811A0408		A I E T	
101	BANTUJILLI SRISHA	20811A0409	I st ECE	A I E T	
102	B. Laksh	20811A0410	I st ECE	A I E T	Prabha
103	Beera Mahesh Babu	20811A0411	I st year ECE	A I E T	Mahesh
104	BHEEMUNI VASASWANI	20811A0412	I st year ECE	A I E T	Yashwanthi
105	BODDE TI PRASANTHI	20811A0413	I st year ECE	A I E T	PRASANTHI
106	B. Nikhil Teja	20811A0414	I st year	A I E T	Teja
107	BOTTA. TULASI	20811A0415	I st year ECE	A I E T	Tulasi
108	CHANDAKA PALANI	20811A0416	I st year ECE	A I E T	PAVAN
109	C. Gowri Anurathi	20811A0417	I st year ECE	A I E T	Prabha
110	EARLAGUNUPATHAP	20811A0418	I st year ECE	A I E T	EURU
111	G. Gowri	20811A0419	E.C.E	A I E T	Gowri
112	G. EMBALILAHARI	20811A0420	I st year ECE	A I E T	LAHARI
113	GIRIJALA VENU MADHAN	20811A0421	I st ECE	A I E T	Venu
114	G. Shyam	20811A0422	I st ECE	A I E T	Prabha
115	GOLLAPALLI DEVAHANI	20811A0423	I st ECE	A I E T	Devi
116	GIONTHINA. DEEPTHI	20811A0424	I st E.C.E	A I E T	Deepthi
117	G. Tanmayee Satya	20811A0425	I st ECE	A I E T	Satya
118	JADDU SRIMANNARAYANA	20811A0426	I st E.C.E	A I E T	SRIMANNARAYANA
119	J. Srinivas Soudhakar	20811A0427	I st ECE	A I E T	Sri
120	Kethavarapu Bhargavi	20811A0428	I st ECE	A I E T	Bhargavi
121	K. Pralana	20811A0429	E.C.E		Pralana
122	K. Mohan Karthick	20811A0430	I st ECE	A I E T	Mohan
123	KORATANA TEJA	20811A0431	I ECE	A I E T	TEJA
124	A. Leela Kavay	17811A0501	IV th C.S.E	A I E T	Leela
125	APPILISE TI AKHILA	17811A0502	IV th C.S.E	A I E T	Akhila
126	A. H. Narayana Reddy	17811A0503	IV th C.S.E	A I E T	Narayana Reddy
127	BATTULA JAYANARAYANA	17811A0504	IV th C.S.E	A I E T	Jaya
128	B. Renuka Rajaram	17811A0505	IV th C.S.E	A I E T	Renuka
129	B. Mahalaxmi	17811A0506		A I E T	Laxmi
130	BHEEMUNI DURGA SHARANI	17811A0507	IV th C.S.E	A I E T	Durga Sharani
131	B. Viharika	17811A0508	IV th C.S.E	A I E T	Viharika
132	B. Devi	17811A0509	IV th C.S.E	A I E T	Devi
133	BODDU KONDALARA	17811A0510	IV C.S.E	A I E T	KONDALARA
134	Boddu SIVANI	17811A0511	N ESE	A I E T	SIVANI

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Program Coordinator




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

Name of the program : STRESS MANAGEMENT SESSION
Organized by : NSS UNIT
Date of the program : 11th December 2020



Program Coordinator


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PROGRAM REPORT

A brief report on the training conducted on 11-12-2020. 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. VijayaSrinivasan
Name of the Organization involved: BrahmakumarisRajayogi Meditation Centre
Number of the participants attended: 134
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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