



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

Date: 26-08-2018

**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 27-08-2018. Hence, all the students are informed to attend the Yoga 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).  
YOGA SESSION (2018-2019)

S.NO	NAME OF THE STUDENT	REGISTER NUMBER	YEAR & BRANCH	NAME OF THE INSTITUTE	SIGNATURE
1	C. Hemanth Srinivasa Sai	15811A0412	IV ECE	AIET	Srinivasa Sai
2	G. Premanvitha	15811A0419	IV ECE	AIET	Premanvitha
3	K. Madhu Trinadh	16811A0432	3 <sup>rd</sup> ECE	AIET	M. Trinadh
4	L. Revathi	16811A0433	3 <sup>rd</sup> ECE	AIET	Revathi
5	M. RAMADEVI	16811A0434	3 <sup>rd</sup> ECE	AIET	Ramadevi
6	G. Kiran Kumar	1881A0403	1 <sup>st</sup> ECE	AIET	Kiran Kumar
7	G. Sai Kumar	1881A0404	1 <sup>st</sup> ECE	AIET	Sai Kumar
8	K. Hemanth	1881A0405	1 <sup>st</sup> ECE	AIET	Hemanth
9	K. Sai Kumar	1881A0406	1 <sup>st</sup> ECE	AIET	Sai Kumar
10	K.N. Durga Vasu	1881A0407	1 <sup>st</sup> ECE	AIET	Durga
11	T. vennela Sri Sai	1881A0432	1 <sup>st</sup> ECE	AIET	T. Vennela
12	V. Satya shavani	1881A0433	1 <sup>st</sup> ECE	AIET	V. Satya
13	D. Anusha	1881A0438	1 <sup>st</sup> ECE	AIET	D. Anusha
14	D. Sai BUDHIRATHI	15811A0519	4 <sup>th</sup> ECE	AIET	D. Sai
15	G. chinni	15811A0529	IV ECE	AIET	G. chinni
16	G. Mounika	15811A0523	IV ECE	AIET	G. mounika
17	B. Ramya	15811A0509	IV CSE	AIET	B. Ramya
18	BOBBADI SIVA SAI	16811A0510	3 <sup>rd</sup> CSE	AIET	Siva Sai
19	S. SAI SHIVANI	17811A0546	2 <sup>nd</sup> CSE	AIET	S. saishivani
20	T.D. Praveen Kumar	17811A0547	2 <sup>nd</sup> CSE	AIET	T.D. Praveen
21	B. Pranav	18811A0506	IV CSE	AIET	B. Pranav
22	D.V. VITALE (Sai)	18811A0507	IV CSE	AIET	D.V. Vitale
23	D.V. VASUNDHARA	18811A0508	IV CSE	AIET	D.V. Vasundhara
24	B. TEJA	18811A0505	IV CSE	AIET	B. Teja
25	N. V. S. Granish	15811A0217	3 <sup>rd</sup> EEE	AIET	Granish
26	CH. bhenu Tejaswini	16811A0203	3 <sup>rd</sup> EEE	AIET	CH. Tejaswini
27	K.V.V RAM Prasad	16811A0204	3 <sup>rd</sup> EEE	AIET	K. Ramprasad
28	Karam Sreenee	16811A0205	3 <sup>rd</sup> EEE	AIET	K. Srinu
29	D. VENKATESH	18815A0211	1 <sup>st</sup> EEE	AIET	D. Venkatesh
30	D. Kalyan	18815A0212	1 <sup>st</sup> EEE	AIET	D. Kalyan
31	G. Sai Durga	18815A0213	1 <sup>st</sup> EEE	AIET	G. Saideva
32	Y. Kiran Kumar	19815A0236	1 <sup>st</sup> EEE	AIET	Y. Kiran
33	M.V. Senthosh	15811A0378	4 <sup>th</sup> mech	AIET	Y.V. Senthosh
34	M.K. RAVI TEJA	15811A0387	4 <sup>th</sup> mech	AIET	M. Teja
35	J. AYYAPA	15811A0330	3 <sup>rd</sup> mech	AIET	J. Ayyappa
36	K. Lakshman Prasad Kiran	16811A0331	3 <sup>rd</sup> mech	AIET	Lakshman
37	B. SWAMY	17811A0310	2 <sup>nd</sup> mech	AIET	B. Swamy
38	CH. VASU	17811A0311	2 <sup>nd</sup> mech	AIET	C. Vasu
39	CH. D.V.M Swamy	17811A0312	2 <sup>nd</sup> mech	AIET	CH. D.V.M Swamy
40	A.S. Rohan RAVENDRA	18811A0303	1 <sup>st</sup> mech	AIET	A. Rohan
41	A. KANNA	18811A0304	1 <sup>st</sup> mech	AIET	A. Kanna
42	B. Pradhep	18811A0305	1 <sup>st</sup> mech	AIET	B. Pradhep
43	G. ANIL	18811A0310	1 <sup>st</sup> mech	AIET	G. Anil

48	15811A0451	M. Sumanani	4 <sup>th</sup> ECE	AICTE	M. Sumanani
49	K. Rohini	15811A0404	4 <sup>th</sup> ECE	AICTE	K. S. Srinani
50	R. Deepi	15811A0427	4 <sup>th</sup> ECE	AICTE	R. Deepi
51	A. Bhargavi	15211A0412	4 <sup>th</sup> ECE	AICTE	A. Bhargavi
52	S. Kurnani	15811A0467	4 <sup>th</sup> ECE	AICTE	S. Kurnani

Program Coordinator



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**AVANTHI INSTITUTE OF ENGINEERING AND TECHNOLOGY**  
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**Name of the program** : YOGA SESSIONS

**Date of the program** : 27<sup>th</sup> Augst 2028



  
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**PROGRAM REPORT**

A brief report on the training conducted On 27-08-2018. AIET, Makavarapalem has organized "YOGA SESSION" for students for One day. The details of the session are as follows.

- Name of the Program** : YOGA SESSION
- Number of hours/days conducted** : 3/1
- Name of the Trainer** : Mr.S.Kiran kumar
- Name of the Organization involved:** AIET
- Number of the participants attended:** 36
- 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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