



AVANTHI INSTITUTE OF ENGINEERING AND TECHNOLOGY

Tamaram, Makavarapalem, Visakhapatnam-531113

Date: 14-10-2020

CIRCULAR

All the students are hereby informed that Avanathi Institute of Engineering & Technology Tamaram, Makavarapalem (M), Narsipatnam (RD) and Visakhapatnam (District) is organizing “**YOGA SESSIONS**” on 15-10-2020. 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 HODS's and Class In charges.
2. Department Notice board.



AVANTHI INSTITUTE OF ENGINEERING & TECHNOLOGY
TAMARAM (V), MAKAVARAPALEM (M), VISAKHAPATNAM (Dist).

YOGA SESSIONS (2020-2021)

S.NO	NAME OF THE STUDENT	REGISTER NUMBER	YEAR&BRANCH	NAME OF THE INSTITUTE	SIGNATURE
1	Gopasara Prudhvi	17811A0421	IV - ECE	AIET	Prudhvi
2	Garle Jitendra	17811A0422	IV - ECE	AIET	Jitendra
3	Konathala Harish Babu	17811A0427	IV - ECE	AIET	Harish
4	Konduru Srinivastu	17811A0428	IV - ECE	AIET	Srinu
5	K. B. Venkata Sai	17811A0429	IV - ECE	AIET	Sai
6	SINGAMPALLI SAI	17811A0446	IV - ECE	AIET	SAI
7	ARIPAKA MANOHAR	18811A0401	III - ECE	AIET	Manohar
8	A.S.G. Yuvaraj	18811A0402	III - ECE	AIET	Yuvaraj
9	G. Rohit	18811A0410	III - ECE	AIET	Rohit
10	N. Bhargavan	18811A0419	III - ECE	AIET	Bhargavan
11	N. Manoj	18811A0420	III - ECE	AIET	Manoj
12	M. Sai	19811A0431	II - ECE	AIET	Sai
13	Vedi Kiran	19811A0432	II - ECE	AIET	Kiran
14	Y. Rahul	19811A0453	II - ECE	AIET	Rahul
15	P. Saheo	20815A0423	II - ECE	AIET	Saheo
16	V. Kiran	20815A0459	II - ECE	AIET	Kiran
17	N. Raju	20815A0430	II - ECE	AIET	Raju
18	Azad Teppala	20811A0405	II - ECE	AIET	Azad
19	B. Gangadhar	20811A0406	II - ECE	AIET	Gangadhar
20	E. GUVU	20811A0418	II - ECE	AIET	E. G. V. U.
21	G. Sr. Harsh	20811A0419	II - ECE	AIET	Sr. Harsh
22	G. T. Satya	20811A0425	II - ECE	AIET	Satya
23	Chinta Kiran Kumar	17811A0516	IV - CSE	AIET	Kiran Kumar
24	C. Satya Surya	17811A0515	IV - CSE	AIET	Surya
25	C. Kiran Kumar	17811A0516	IV - CSE	AIET	Kiran Kumar
26	C. Sai Kumar	17811A0517	IV - CSE	AIET	Sai Kumar
27	K. Bhargav	17811A0528	IV - CSE	AIET	Bhargav
28	M. Venkatesh	17811A0529	IV - CSE	AIET	Venkatesh
29	Bama Teja	18811A0505	III - CSE	AIET	Teja
30	Bonthu Pranay	18811A0506	III - CSE	AIET	Pranay
31	Garla Abhishek	18811A0518	III - CSE	AIET	Abhi
32	G. Sri Satya	18811A0519	III - CSE	AIET	G. Sri Satya
33	K. Manikanta	18811A0529	III - CSE	AIET	Manikanta
34	B. Tejas	19811A0509	III - CSE	AIET	Tejas
35	B. Durga Prasad	19811A0510	II - CSE	AIET	Durga Prasad
36	B. Nikhil Ram Gowd	19811A0511	II - CSE	AIET	Nikhil
37	J. Rajesh	19811A0526	II - CSE	AIET	J. Rajesh
38	K. JYOTHI	19811A0527	II - CSE	AIET	Jyothi
39	B. PRASANNA	20811A0510	II - CSE	AIET	B. Prasad

43						
44	R. Ramachandya	17811A0212	IV - EEE	AIET	Ram	
45	R. Pavan Ganesh	17811A0213	IV - EEE	AIET	Pavan	
46	R. Prakash Rao	17811A0214	IV - EEE	AIET	Prakash	
47	D. Venkatesh	18811A0211	III - EEE	AIET	Venky	
48	D. Kalyan	18811A0212	III - EEE	AIET	Kalyan	
49	K. Bhagyaraju	18811A0201	III - EEE	AIET	Bhagyaraju	
50	L. Hemanth Kumar	18811A0205	III - EEE	AIET	Hemanth	
51	MURUKUTTE Rama kumar	18811A0206	III - EEE	AIET	Rama	
52	B. Ravi Kumar	19815A0206	II - EEE	AIET	Ravi	
53	Ch. Jagan kumar	19815A0207	II - EEE	AIET	Jagan	
54	K. Sivaganes	19815A0215	II - EEE	AIET	Sivaganes	
55	S. Suresh	19811A0207	II - EEE	AIET	Suresh	
56	Ma. Jiji Sunanth	19811A0208	II - EEE	AIET	Sunanth	
57	A. Bhanu Prasad	20815A0201	II - EEE	AIET	Bhanu Prasad	
58	D. Dinakar	20815A0209	II - EEE	AIET	Dinakar	
59	D. Sekhar	20815A0210	II - EEE	AIET	Sekhar	
60	KALIGERI LELLA Prasad	20811A0211	II - EEE	AIET	Prasad	
61	K. Srinivas	20811A0212	II - EEE	AIET	Srinivas	
62	M. Satyanarayana	20811A0213	II - EEE	AIET	M. Satyanarayana	
63	N. Ajith kumar	20811A0214	II - EEE	AIET	Ajith	
64	N. upendra	21815A0204	II - EEE	AIET	Upendra	
65	B. Vinay	17811A0307	IV - Mech	AIET	Vinay	
66	B. Neelash Kumar	17811A0308	IV - Mech	AIET	Neelash	
67	B. Ganesh kumar	17811A0309	IV - Mech	AIET	Ganesh	
68	G. Suresh	17811A0316	IV - Mech	AIET	G. Suresh	
69	G. Surya charan	17811A0317	IV - Mech	AIET	Surya	
70	B. Pradheep	18811A0305	III - Mech	AIET	Pradheep	
71	B. Sai Teja	18811A0306	III - Mech	AIET	Sai Teja	
72	B. Anand	18811A0307	III - Mech	AIET	Anand	
73	M. SIVA	18811A0319	III - Mech	AIET	Siva	
74	O. Paramesh	18811A0320	III - Mech	AIET	Paramesh	
75	Ch. Nagarajwara Rao	19811A0305	II - Mech	AIET	Nagarajwara Rao	
76	Ch. Bhanu Prakash	19811A0306	II - Mech	AIET	Bhanu Prakash	
77	V. Ganesh	19811A0318	II - Mech	AIET	Ganesh	
78	P. Chandu Vinay	19811A0319	II - Mech	AIET	Vinay	
79	L. Vamsi Prasad	19811A0320	II - Mech	AIET	Vamsi Prasad	
80	Magili Ganesh	20811A0323	II - Mech	AIET	Magili Ganesh	
81	M. Sudheer Kumar	20811A0324	II - Mech	AIET	Sudheer Kumar	
82	N. Venu	20811A0326	II - Mech	AIET	Venu	
83	N. Siva Shankar	20811A0327	II - Mech	AIET	Siva Shankar	
84	N. Prasad Balla	20811A0328	II - Mech	AIET	Prasad Balla	

Program Coordinator

PRINCIPAL
Principal

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



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

Name of the program : YOGA SESSIONS

Date of the program : 15th Oct 2020



Program Co-ordinator


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PROGRAM REPORT

A brief report on the training conducted on 15-10-2020. AIET, Makavarapalem has organized "YOGA CLASSES" for students for One day. The details of the sessions are as follows.

Name of the Program : YOGA SESSIONS

Number of hours/days conducted : 2/1

Name of the Trainer : Mr. Vijaya Srinivasan


Name of the Organization involved: Brahmakumaris Rajayogi Meditation Centre

Number of the participants attended: 84

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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