



"UGC AUTONOMOUS"
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Sangivalasa-531 162, Bheemunipatnam Mandal, Visakhapatnam Dt.
DEPARTMENT OF INFORMATION TECHNOLOGY

Ref: ANITS/IT/2020-21/Faculty/Circulars/029

Date:01-Feb-2021

CIRCULAR

for Btech IT students
All faculty*are hereby informed to attend a talk on "Stress and Strain Management" by Sister Madhuri,Brahma Kumari's through online.

Date:02-Feb-2021

Time:10:00AM to 11:00PM

Venue:Salesforce lab,4th floor,G- Block

Meet Details:

Induction programme

Tuesday, 2 Feb • 10:00 – 11:00 am

Google Meet joining info

Video call link: <https://meet.google.com/jpt-xahz-wyz>

Or dial: +1 409-923-0173 PIN: 224 027 087#

PC

P.P.
HOD,IT
Prof. P. PADMAJA
head of the Department
Department of IT
ANITS, Visakhapatnam

date: 02 - Feb - 2021

Topic: Yoga / pranayama (Breathing techniques), stress and relaxation techniques.

Induction Program 2020-2021

Topic: Introduction to curriculum

Audience: First years.

Time: 10.00am to 11.00am

Speaker B.K.Sister Madhuri

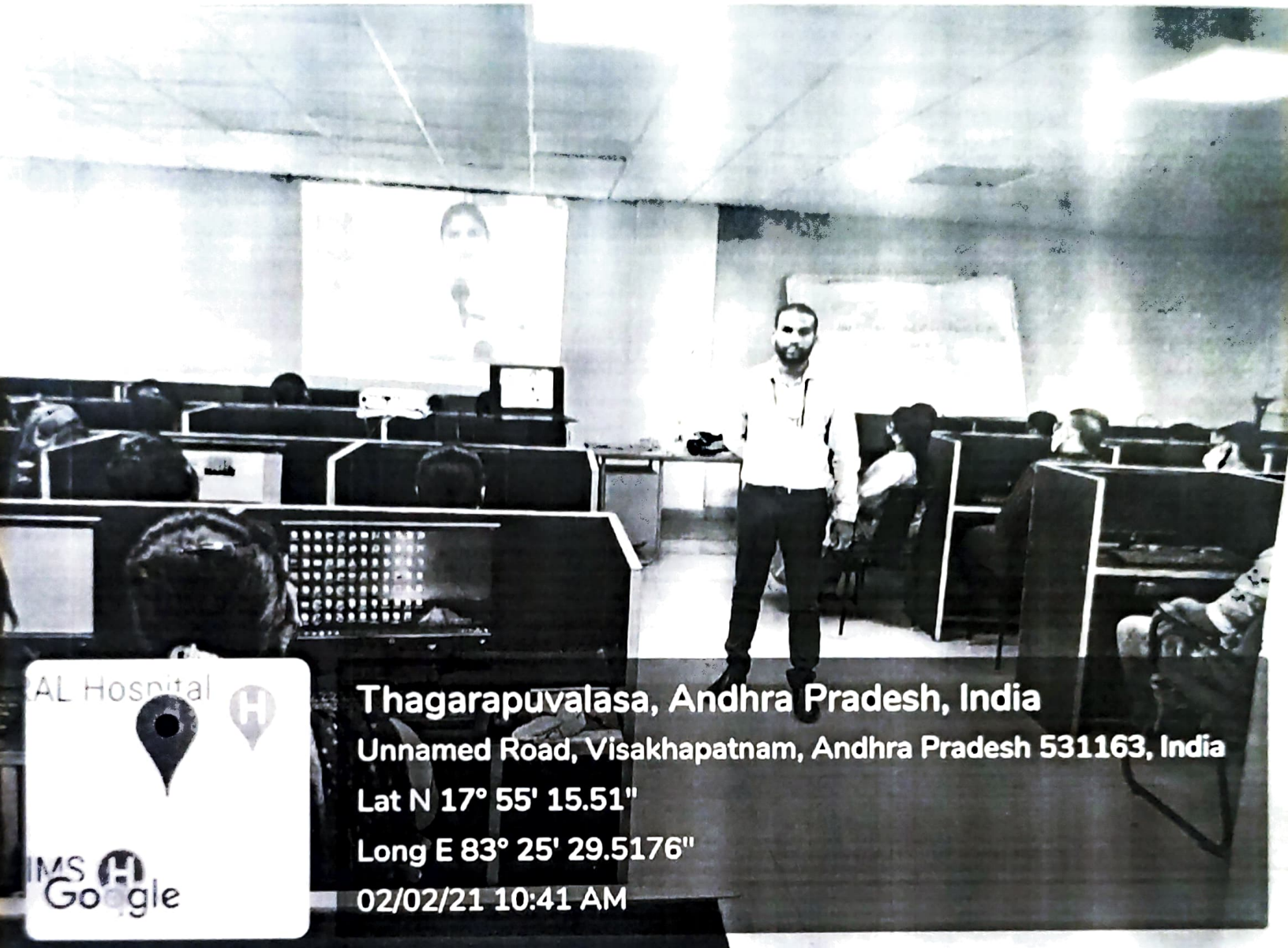
Dr.P.Padmaja Professor and HOD has handed over the session to me after her welcome address and presentation on salient features of IT Department.

One day organized A talk on Stress and Strain Management by B.K Sister Madhuri, Brahma Kumari's Visakhapatnam Which was coordinated by Dr P.Padmaja HOD ,IT

Welcoming all the students for their wonderful journey that is yet to begin in ANITS campus of IT department .Sister teaches a form of meditation that focuses on identity as souls, as opposed to bodies. They believe that all souls are intrinsically good and that God is the source of all goodness

B K Sister Maduri teacher about the stress Management and some useful exercises to note which is motivational and meaningful and mechanical dept also joined the program.


(K.V. Chandrasekhar)



AL Hospital



Thagarapuvalasa, Andhra Pradesh, India

Unnamed Road, Visakhapatnam, Andhra Pradesh 531163, India

Lat N 17° 55' 15.51"

Long E 83° 25' 29.5176"

02/02/21 10:41 AM

IMS 
Google



AL Hospital



Thagarapuvalasa, Andhra Pradesh, India

Unnamed Road, Visakhapatnam, Andhra Pradesh 531163, India

Lat N 17° 55' 15.4848"

Long E 83° 25' 29.5356"

02/02/21 10:37 AM

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**Induction Programme
1 Year Attendance Sheet**

Topic: Yoga / Pranayama (Breathing techniques), stress and relaxation techniques

Session : 9.00 AM to 10.00 AM

**Name of the Faculty: External Expert
Sister Madhuri Brahma Kumari,
&
K.V.Chandra Sekhar**

Date: 02.02.2021

DAY-2

S.NO	Roll No	Name of the Student	Signature
1	IT081	P. Pavithhra	P. Pavithhra
2	IT020	M. Revani	Revani
3	IT011	Sauda Khatoon	Sauda Khatoon
4	IT015	J. Sujithra Raha Diana	J. Diana
5	IT006	T. Sai Deepthi	Deepthi
6	IT00812	S. Sravani D. Greshma Venu	D. Greshma Venu
7	IT047	Himaja Padala	P. Himaja
8	IT008	D. Sravani	D. Sravani
9	IT072	K. Vidhali	K. Vidhali
10	IT007	K. Bhargavi	K. Bhargavi
11	IT010	D. Pushpa Latha	D. Pushpa Latha
12		A. Sai Sampath	A. Sai Sampath
13	IT088	B. Purnima San deep	B. Purnima San deep
14	IT095	B. Atchayuth kumar	B. Atchayuth kumar
15	IT-130	G. Harsha vardhan	G. Harsha vardhan
16	IT089	Josph	Josph
17	IT032	V. Rohith Sree	V. Rohith Sree
18	IT050	Ch. Sri Sai Dhyamesh	Ch. Sri Sai Dhyamesh
19	04 PT 141	N. purna Chandra	N. purna Chandra
20	IT049	D. vivek vardhan	D. vivek vardhan
21	IT005	A. Ragh. Ra	A. Ragh. Ra
22	IT055	B. Saran kaveshile	B. Saran kaveshile
23	IT048	B. Purna Sai	B. Purna Sai
24		M. Harsha Mani gram	M. Harsha Mani gram
25	IT079	M. Chikitha Rishi	M. Chikitha Rishi
26	IT067	G. Dheeraj Reddy	G. Dheeraj Reddy
27	IT059	G. Venkata sai ram	G. Venkata sai ram
28	IT052	Ch. Chinmay Kumar	Ch. Chinmay Kumar
29		B. Deepika	B. Deepika
30	IT137	N.V.S.L. Srija	N.V.S.L. Srija
31	-	K. Likhitha	K. Likhitha
32	IT133	B. Manasa Sri	B. Manasa Sri
33	IT152	P. Sharmila	P. Sharmila
34	IT132	B. Pooja	B. Pooja
35		R. RenuSree	R. RenuSree
36	IT148	G. Abhinaya	G. Abhinaya
37	PT050	R. Navya	R. Navya
38	IT134	M. Lakshmi Prasanna	M. Lakshmi Prasanna
39	IT-131	V. RIKSHITHA	V. RIKSHITHA
40	IT-136	K. Kanti Sri	K. Kanti Sri

S.NO	Roll No	Name of the Student	Signature
41			Sri Varsha
42	IT 018	M. Sri Varsha	P. Sravani
43	IT013	P. Sravani	Ch. Sravya.
44	IT085	Ch. Sravya Maheswari	K. Devi
45	IT074	K. Devi	P. Madhusree
46	IT084	P. Madhu Sree	K. Vishnu Vardhini
47	IT057	K. Vishnu Vardhini	S. Aparna
48	IT001	S. Aparna	V. Kavitha.
49	IT078	V. Kavitha	Bindu
50	IT086	V. Himma Bindu	N. Anustapreethi
51	IT089	N. Anustapreethi	P. Pswaryal.
52	IT093	P. Pswarya Lakshmi	S. Ka
53	IT056	S. Kavitha	S. Anuchana
54	IT155	S. Anuchana	G. Spavan
55	IT082	G. Spavan	K.V.C. Chalapati
56	IT022	K.V.C. Chalapati	P. Vipin
57	IT054	P. Vipin	P. Sai Chasan Vamsi
58	IT030	P. Sai Chasan Vamsi	M.V.V. Sai Prudhuseer
59	IT023	M.V.V. Sai Prudhuseer	A. PARSHAN
60	IT075	A. PARSHAN	B. Akash
61	IT130	B. Akash	P. Vinson
62	IT146	P. Vinson	A. Shyam Kumar
63	T	A. Shyam Kumar	P. Jhya Surya
64	IT156	P. Jhya Surya	D. V. Sumanth
65	IT139	D. V. Sumanth	Ch. Sri Harsha
66		Ch. Sri Harsha	Shahid Mohammad Firoz
67	IT060	Shahid Mohammad Firoz	T. Grimuleh
68	IT025	T. Grimuleh	A. Sahith Raja
69	IT149	A. Sahith Raja	M. Venkata Rao
70	IT076	M. Venkata Rao	K. Akash
71	IT129	K. Akash	N. Sai Sambath
72	IT144	N. Sai Sambath	B. Venkatesh
73	IT150	B. Venkatesh	B. V. R. S. Subbaramaji
74	IT027	B. V. R. S. Subbaramaji	K. Sai Saketh
75	IT031	K. Sai Saketh	G. Teja
76	IT033	G. Teja	M. Bala Shankar
77	IT009	M. Bala Shankar	M. Balish Kumar
78	IT070	M. Balish Kumar	N. Harshit
79		N. Harshit	M. Sai Madhukar
80		M. Sai Madhukar	N. MURARI
81		N. MURARI	K. Teague Ram.
82	IT068	K. Teague Ram.	B. Darshan
83	IT062	B. Darshan	G. Akash
84	IT094	G. Akash	T. Kavya Priya
85	IT077	T. Kavya Priya	Ch. Bhavana
86		Ch. Bhavana	D. V. Naishnavi
87	IT066	D. V. Naishnavi	K. Madhuri
88	IT016	K. Madhuri	Ch. Pranathi
89	IT017	Ch. Pranathi	Sheik Md Riyaz
90	IT143	Sheik Md Riyaz	G. Eswar
91	IT051	G. Eswar	J. Pushwanth
92	IT071	J. Pushwanth	K. Deepak Sai
93	IT014	K. Deepak Sai	Raghar.

HOD. P. Pradi

Coordinator
V. Annapoorna
K.V. Chandrasekhar
IT Dept

Talk on "Stress and Strain Management" by Sister Madhuri, Brahma Kumari's

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S.No	Name of the Faculty	Designation	Signature
1	Prof. P. Padmaja	Professor & HoD	
2	Dr. M. Rekha Sundari	Associate Professor	
3	Dr. K Sharada	Associate Professor	
4	Dr. Sadi Ram Prasad Reddy	Assoc. professor	
5	Dr. A. Anupama	Assoc. professor	
6	Dr. V. Suresh	Assistant Professor	
7	Mr. Chukka Demudu Naidu	Sr. Assistant Professor	
8	Mr. Nooti Aditya Sundar	Assistant Professor	
9	Mrs. I.S.L. Sarwani	Assistant Professor	- leave -
10	Mr. Gundapu Pandit Samuel	Assistant Professor	
11	Mr. Majji Venkata Kishore	Assistant Professor	
12	Ms. Vaddadi Annapoorna	Assistant Professor	
13	Ms. J.S.V. Sai Hari Priyanka	Assistant Professor	
14	Mr. Prasadu Reddi	Assistant Professor	
15	Ms. M. Navya Sri	Assistant Professor	
16	Mrs. A. Surekha	Assistant Professor	
17	Mrs. G. Vijaya Lakshmi	Assistant Professor	
18	Mr. A. Durga Praveen Kumar	Assistant Professor	
19	Mrs. K. Swathi Lakshmi Durga	Assistant Professor	
20	Mrs. V. Alekya	Assistant Professor	- leave -

21	Mrs. M. Swathi	Assistant Professor	<i>Swathi</i>
22	Mrs. K. Chandusha	Assistant Professor	<i>leave</i>
23	Ms. Andhavarapu Bhanusri	Assistant Professor	<i>Bhanusri</i>
24	Mr. Gorli Ravi	Assistant Professor	<i>GR</i>
25	Ms. V. Venkata Nagamani	Assistant Professor	<i>V. Venkata</i>
26	Mr. K. Venkata Chandra Sekhar	Assistant Professor	<i>KS</i>
27	Mr. Satish Kumar Patnala	Assistant Professor	<i>Satish</i>
28	Ms. Uppada Gautami	Assistant Professor	<i>U. Uppada</i>
29	Mr. D. Satya Prasad	Assistant Professor	<i>Satya</i>

P.P.
Prof. P.PADMAJA
 head of the Department
 Department of IT
 ANITS, Visakhapatnam