



ANIL NEERUKONDA INSTITUTE OF TECHNOLOGY & SCIENCES (A)

(Affiliated to Andhra University)

Sangivalasa-531 162, Bheemunipatnam Mandal, Visakhapatnam Dt.

DEPARTMENT OF INFORMATION TECHNOLOGY

Ref: ANITS/IT/2020-21/Faculty/Circulars/05

Date: 21.08.2019


CIRCULAR

All the students of I/IV B.TECH -IT are hereby informed to attend a talk on “Stress and Strain Management” by Sister Madhuri, Brahma Kumari’s.

Date: 28-08-2019

Time: 10:30 AM to 12PM


Venue: Central Auditorium, A-Block


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

Topic: Stress and Strain Management
By Sister Madhuri, Brahma Kumari's
Date: 28-08-2019 Time: 10:30 AM to 12PM




Coordinator


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

Topic: Stress and Strain Management

Summary Report by Sister Madhuri, Brahma Kumari's

Date: 28-08-2019

Time: 10:30 AM to 12PM

With technology pervading every aspect of our lives, expectation rising with every day students are not immune to stress and strain. Effective stress management helps one to break the hold stress has on one's life, so the student can be happier, healthier, and more productive. The goal is a balanced life, with time for work, relationships, relaxation, and fun—and the resilience to hold up under pressure and meet challenges head on.

There's a good chance we can all identify negative stress, but did you know that stress can also be positive? Sister Madhuri Brahma Kumaris, Visakhapatnam highlighted the various aspects of stress especially in every student. She also explained the differences between good stress, called eustress, can be beneficial to the student. Unlike bad stress, or distress, good stress can help with motivation, focus, energy, and performance. For some people, it can also feel exciting. On the other hand, bad stress typically causes anxiety, concern, and decreases performance. It also feels uncomfortable, and it can lead to more serious issues if not addressed. It's no secret that the long-term effects of distress can damage our health. The session concluded with about various stress alleviating and strain relaxation methods.

CA
Coordinator

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

Topic: Stress and strain management

Time: 10:30 Am to 12 Pm

DAY-3	S.NO	Roll No	Name of the Student	Parent Name	Parent Mobile No	Address	Signature
1	IT025		Ch. Sai Bharath	Ch. Jeevitha	8688152153	HN0:5-65, JRGm West Godavari, 534447	Jeevi
2	IT165		I. Surya	I.V. Ratnam	9390424924	8-2-11, Janga Reddy West Godavari, 534447	Surya
3	IT176		P. Reshma	P. Vasu Deva Rao	9374442121	Plot NO: 303, Rajpath Mitra Residency, SKM	P. Reshma
4	IT062		SK. Husain Bashir	SK. Martan	9959754441	12/194, K. Kpta, West Godavari, 534447	SK. Husain
5	014		SK. Rehman	SK. Izval	96622571	Guntur	SK. R.
6	IT 126		B. Padmanathi	B. Srinivasacharyulu	9989763563	Vaibhav Residency, Vivek- ananda Nagar, Yendla VSKP	Padma
7	IT 182		S. Vishnu	S. Ramanjareyulu	9849557936	Kovela street, Narsapur West Godavari A.P	Vishnu
8	IT 137		Ch. Siva Datta Sai	Ch. L.V. Prasanna Kumar	9441962486	Vyshnava street Bobbili, Vizianagaram	Ch. Siva
9	IT 159		A. Durga Bhaskar Reddy	A. Venkateswara Reddy	9110329262	Gurazala, Guntur (Dist)	A. Reddy
10	IT 080		U. Krishna kousik	U. Venkata Ramana Rao	9010830967	Ramanagudem West Godavari	U. Krishna
11	IT 143		P. Bhanu Prakash	P. Vijaya Bhaskar	8328180942	Tilak Road, Raj. East Godavari	Chinn
12	IT 61		K. Priyanka	K. Appala Raju	6302618453	Ramdranganagar, Vizianagaram - 40	K. Priyanka
13	IT 033		SK. Ziyaz	SK. Muzafer Ahmed	9848184784	Chittasudhakarapur, Huzur Taluqa, Sungarayakonda P.N.S. Raj. East Godavari	SK. Ziyaz

Total no. of students = 64

Head of the Department
Department of IT
S. Vasakrath

DAY-3		28.08.2019		1 Year Attendance Sheet		
S.NO	Roll No	Name of the Student	Parent Name	Parent Mobile No	Address	Signature
1	075	K. Bhaskar Rao	K. Joga Rao.	9573331610.	Seikakulam.	K. Bhaskar Rao
2	093	T. Amith Kumar	T. Satyanarayana	9440345231	Palasa	Amith K.
3	086	M. G. V. S. Srija	M. V. A. Dora	9491153766	Palem Nagari Post, P. B. 3 Vizianagaram	M. G. V. Srija
4	098	V. H. Sandeep	V. Subbarayudu	9949896240	Machilipatnam	V. H.
5	100	K. Abhi Ram	K. N. V. Satyanarayana	9492606628	Penugonda	K. Abhi Ram
6	064	B. Yogeshwara Rao.	B. AKKU Naidu	9700372454	Gejuwaka	B. Jagesh
7	087	Jk. Tripura FACULTY IN CHARGE	Jk. Bhaskara Rao	9866845579	Amalapuram	Jk. Tripura
8	103	Ch. Praveen Kumar	Ch. Srinivas Rao	8074456175	Santhagudi Pader, Guntur	Ch. Praveen Kuntur
9	101	Jk. Devaki	Kik. N. V. Satyanarayana	9848703018	Tadepalligudem	K. Devaki
10	118	V. Dinesh	V. Srinivas	9966629785	Madhuravada	V. Dinesh
11	030	B. Sriya banshi	B. Satyam	7569556128	Madillapalem	B. Sriya banshi
12	024	M. Jyotsna	M. Venkata Ramayya	9440954379	K. Illindalapuram	M. Jyotsna
13	163	M. Balu	Satyanarayana	8919947106	P. A. Jagannapuram head of the Department	M. Balu

V. Anne Reddy, Asst. Prof., IIT

Department of IT
ANITS, Visakhapatnam

S.NO	Roll No	Name of the Student	Parent Name	Parent Mobile No	Year Attendance Sheet	Address	Signature
1	ITA-042	sk. Fashbeen	sk. Rakheeb	9849498879	Seethanagaram Tadepalli mandal Guntur district	Fashbeen	
2	ITA-027	K. Shil Kumar	K. Raju	9701020676	Gungampudi, Dwarakabotkuruma & Mandala West of Godavari district	Shil Kumar	
3	IT070	P. SIVA TEJA REDDY	P. CHINA KOTI REDDY	962777673	Guntur (Dist)	Teja	
4	IT026	K. Vinay choudary	K. Srinivasarao	9640018400	Marthala, veldi, Chintalapudi, Anandapuram, Prakasam	K. Vinay choudary	
5	IT167	R. Roskitha Akhiswari	R. Srinivasu	8978843520	Matavapalem	Roskitha	
6	IT092	M. Leela	M. P. Rao	9440345581	Ranarajuluanka	Leela	
7	IT147	A. Chanukya Sandeep kumar	A. Srinivasu	9666860395	O-NO: 3-70, Karumamidi, Nidadavole mandal, wllgallu	Chanukya	
8	IT006	P. Rajesh	P. Srinivasu Rao	9848489833	Bayyanagudem West Godavari	Rajesh	
9	IT170	G. Harika Srimayi	A. Srinivasa Reddy	9969102064	Nagulagudem, West Godavari	Harika	
10	IT048	G. Saketh	G. Srinivasu	7382901860	Gudivada Krishna DT	Saketh	
10	IT154	K. Vyshnavi	K. Rajani	6300667220	Koyyabagudem West Godavari	Vyshnavi	
12	IT157	V. Pavan Durga Kumar	V. Srinivasarao	9912441979	Nandigama,	V. Pavan Durga Kumar	
13	IT186	AV Adarsh Vardhan	AV N R M V Koti, shna	630133885	Prof. P. Krishna Department of the Department of Department of ANITS, Visakhapatnam	AV Adarsh Vardhan	

V. Anvesh Kumar, Asst Prof, IT

14.

IT095

B. Tanuja Reddy

B. Raju Reddy

9395377880
8142382580

Padmanavathi Nagar
6th Lane, Vasantha Vihar
2-109, Vijaynagar

B. Tanuj

15.

IT142

S. Vamsi

S. Moshe

8247831295

6-64(A), Punam
Prakasam - 523169

[Signature]

16.

IT133

G. Nani Prasad

G. Sivulaidu

8699247051

Jopuram Palem, High
School road, Gopuram
VSPF.

G. Dada

17.

IT168

O. Chandhra Shekar
Ayan

O. Gurunellam

9014598264

Kangapuram Village,
Ungalapuram Village,
VSPF.

[Signature]

18.

IT183

D. Prathyusha Rogav

D.V. Jagadeesh Kumar

8500005278

8-6-36/1, Tcherbaba
Street, Anasapalle
Anasapalle
Bapatla

[Signature]

19.

IT041

M. Subbarao

M. Sri Vasu

7993963839

11/18, Eroguvalam
Kannuram temple

[Signature]

20.

IT063

K. Srinam Chowdary

K. Srinivas

8560016295

1-21, Balligadu,
W.G., AP

[Signature]

21.

IT085

Ch. Lakshmi

Ch. K. Duriga Rao

9515099109

Plot-12-34/6,
Fendurathi.

Ch. Laksh

22.

IT123

A. Vinayghe

A. S.P. Varma

9866261109

P&T colony
Soethammachoo, VSPF

[Signature]

23.

IT069

B. K.V.D. Banan
Kumar

B. Venkateswara
Rao

9032941399

Ganapalalam

[Signature]

24.

IT161

P. Praveetha
S. Praveetha

P. Srihari Vengal Rao

8309461670

Plot: 11-27/20,
New Colony

[Signature]

25.

IT051

D. S. Krishna

D. Raju

9490049030

Vizianagaram

[Signature]

Prof. P. P. Praveetha
head of the Dept
Department
ANITS

V. Annapoorne, Asst. Prof., BT

DAY-3	S.NO	Roll No	Name of the Student	Parent Name	Parent Mobile No	Address	Signature
	14.	IT122 M.Kovid	M.Kovid	M.V.Subba Rao	8919990078	Vizag	[Signature]
	15.	IT156	A. Aditya Venugopal	A.Srinivasa Rao	8919787172	VZM	[Signature]
	16.	IT-050	K.Srinivas Lakshmi	K.V.Sai Ram	990720754	VZM	[Signature]
	17.	IT-166	M. Johny	M. Janardhan	6301690165	West godavari	[Signature]

17/

28.08.2019

1 Year Attendance Sheet

Prof. P. Padma...
Head of the Dept.
Department of
MITS, Visakhapatnam

DAY-3	28.08.2019		I Year Attendance Sheet			
S.NO	Roll No	Name of the Student	Parent Name	Parent Mobile No	Address	Signature
14.	IT028	P. Manikanta	P. Maryana Rao	9445357791	Vizianagaram	Mfen
15.	IT158	V. Harika	V. Haribabu	9573863464	Seethammidhara Visakhapatnam	Harik
16.	IT104	D. Kalpana Kumari	D. Tamesha	9963014065	Muppalla (Village) Boacogam (DT) Palnadu mch	Ralya
17.	IT091	N. Priem Sai	N. Srinivasa Rao	9989612534	Tajgarapuravasa, VSKP	Pram.Sa
18.	IT136	P. Noheem Rasool	P. Venkatesh Rao	9205152873	Vaddai (Village) V. SK(DT)	PUBA
19.	IT089	A. Prathiba Meghana	A. Srinivasa Rao	9989878848	Veduriparthi, KSK Mandal USP(DKT)	A Prathiba Meghana
20.	IT029.	P.S.R. TEJASWI	P. SRINIVAS	9491749467	22-28, Ramnagar, Yelamanchili	Teja
21.	IT031	M. Sai Varshen	M. V. S. S. Raju	8688053879	VZM	Varshen
22.	IT160	Sk-Taj Mohammed	Sk-Karimulla	9441129413	Chilakaluripet, Guntur	Gajubed

11

Printed at the Department of IT, KMIT, Visakhapatnam

Date		Roll No		Name of the Student		Parent Name		Parent Mobile No		Address		Signature	
2019	28-8-2019	053	053	A. Aayushman	Nijay Kurran	9440541905	1 Machheravada						
		115		P. Hanisha	P. Ramesh	7396095620	Dabbi street, salur						Hani
		067		M.N.V.S. Charan	M. Srinivas Rao	9701966248	vijaya wada						Charan
		063		G.V.S. Abhinav	K. Radha	9309199393	Vuak hapatnam						Abhinav
		180		K.V. Saiy. Teja	K.V. Raju Rao	8143231984	Gopala partum						
				R. Pragnya	R. Kisan A.T.	9848147669	Seethammadhara						Pragya
				B.V.G. Jeevesh	B. Raju Kumar	9490564348	Main road, Vazim (S.K.M)						
		082		P. Alekhya	P. Sitlani Rao	7993807026	Ponvathi puram						Alex
		078		M. SaiJulasi	M. Srinivas Rao	9491862861	Purampuram						Jub
		011		Z. Prasantini	B.V. Giriraju	7036100113	Pakasa Makapur						P. Prastu
		140		M. Karanya	H. Geetha Naidu	9959663664	renduluthi, vskp kavayitri						

Prof. P. Pallavi
Head of the Department
ANMS, Visakhapatnam

V. Anupurna, Ant. Mat. DT

DAY-3		28.08.2019		I Year Attendance Sheet		
S.NO	Roll No	Name of the Student	Parent Name	Parent Mobile No	Address	Signature
1	116	P. Abhinav	P. Srinivasa Rao	7013108038	Sivaji falem 9-7-5	<i>[Signature]</i>
2	056	N.G.N. ANIL	N. GURI	7013703793	Tuni	<i>[Signature]</i>
3	012	K. Kushwanth Sai	K. Venkateswara Rao	9703698006	Vijayawada	<i>[Signature]</i>
4	145	V. Sravan	V. Srinivasa Rao	9618799209	Chadavaram	<i>[Signature]</i>
5	058	K. Varun Sai	K. Rama Krishna	9492962687	Rajamendy	<i>[Signature]</i>
6	013	P. Hanu Krishna	P. Demudu	9494553288	Visakhapatnam	<i>[Signature]</i>
7		K. Harika	K. Anand Rao	9441160254	Soikakulam	<i>[Signature]</i>
8	074	B. Sai deepak	B. Madhu sudhana reddy	9494996017	Chandragutta, Hyderabad.	<i>[Signature]</i>
9	084	S. Lohit	S. Srinivas Rao	9502128970	Paindhalapete Dishakapeta	<i>[Signature]</i>
10	022	K. Harsha vardhan	K. Venkata Ramana	9912120755	17-20, Madhura wada	<i>[Signature]</i>
11	184	B. Divya Kumari	B. Lingeeswara reddy	8896188188	Madhura wada	<i>[Signature]</i>
12	114	ANSHUL RANA	ASHOK KUMAR	6281296615	U71, 104 area, Sunil colony Marsipalem, VSKP	<i>[Signature]</i>
13	016	K. SO BHASREE	K. K. SARMA	9849740148	46-7-65, Starhakaly -m1, APh, Dwarapalli -gas, APT	<i>[Signature]</i>

[Signature]
V-Anna-pavne, Asst. Prnt, DT

ANITA VISAYAKRISHNA

28.08.2019

S.NO	Roll No	Name of the Student	Parent Name	Parent Mobile No	Address	Signature
1	IT-151-C	Ch. Chandra Mohli	Ch. Narayana rao	9493923226	D. Venka naga VISA KHAPATNAM	Ch. chandra Mouli
2	IT-117-B	Mahesh Bhagat	Mahadev Bhagat	9247244152	Reading room, 53000 VISA KHAPATNAM	Mouli
3	IT-110-B	ANULOJU VAMBI	ANULOJU RAMARAO	8297928455	Reading room, 53000 VISA KHAPATNAM	A. VAMBI
4		K. VENKATA ADARSH	K. JANIRAMYA (LATE)	9866884196	BESIDE ANDHARA BANIC MAIN ROAD ALAMPUDI	Adu
5	IT-055	K. Vishnu Teja	K. Appala Swamy	9490678180	KKS towers. flat-302 Sivajipalem	Vish
6	IT-153	D. Nilesh	D. Srinivas Rao	9490559184	Flat no- 209 Happy Homes-XI Perundurai Nilesh	
7	IT-164	Ashraf. M.D	M.D.S. Baji	9885464660	NRI housing VIT-V	AJE
8	IT-059	B. JAYA KUMAR	B. VARA PRASADARAO	944458120	Hussain nagar USKP	
9	IT-181	N. Keerthi TEJA	V. RADHIKA	8895718192	Vishalabharathi naga USKP	
10	IT-040	V. Janani	v. satyanarayana	7702929712	Kumarapalem, VISA KHAPATNAM	Janani
11	IT-068	R. Sai Vinoda	R. Annaji	944160714	Telivakuram, Srikulam	
12	IT-146	P. Sravani	P. Shankar Reddy	9494912974	Tyajampudi, Devarapalli (M)	P. Sravani
13	IT	A. Sharon Mathew	A. Mathew Vasra Prasad	8688129638	Xavier nag bank colony, Eluru	

08.08.2019

DAY-3 S.NO	Roll No	Name of the Student	Parent Name	Parent Mobile No	Address	Signature
14	072	B. Pranshy	B. Mohana Rao	9885376766	vgh down road, Mahaxa- nipeta VSP-2	<i>[Signature]</i>
15	119	M. Peshvar Gopal	M. S.S. Sarma	9849649600	102-Flat no. Venkata Kamathwari Residency AKKoyyalam	M. Peshvar Gopal
16	007-A	K. Jyotifier Sai	K. Appa Rao	6301846481	D.No: 8-33-3/1, cfirma Waltair	Jyotifier,
17	057	C.H.D. Sai	Chakraborty	9640333789	Ana la purem	D. Sai
18	008	C. Swathi	G. Srinivasa Rao	9492467650	ongole, poo kalam	Swathi
19		A. Susha	A. Srinivasa Rao	9618495675	Visakhapatnam	<i>[Signature]</i>
20	127	B. Ganesh	B. Kotesam	9030023716	Visakhapatnam	<i>[Signature]</i>
21	009	S. Sumanth	S.P. Lingam	9603605036	Visakhapatnam	<i>[Signature]</i>
22	178	K. SRS VIDHYA	K.S.L. KUMAR	8500669977	VIZAG	<i>[Signature]</i>
23	054	N. Santhw	N.D. Rajw	9832832544	R-11-288 Housing Colony, Biddhar-naga Dungupur-6.	Santhw
24	017	M. Poojitha sai	M.V. Rama Krishna	8008321877	E.C. Dist	M. Poojitha
25	004	K. Nyshnavi	K. shiva. Reddy	7030377752	Guntur, NARAJA	K. Nyshnavi
26	044	A. Saaroop	A.V.R. Subashwaryan	9849339938	Prof. P. P. A. Reddy Institute of Technology Bapatla, West Godavari Dist.	<i>[Signature]</i>

Total Students Attended: 76.

DAY-3		28.08.2019		Year Attendance Sheet		
S.NO	Roll No	Name of the Student	Parent Name	Parent Mobile No	Address	Signature
14	002	Y. Pratyusha	Y. Satish Kumar	8008999865	49-58-09, FF1, Krishna Nilayam, Green park colony, Vizag	Y. Pratyusha
15	005	B. Jhansi	B. SRINIVAS	9000548733	79/27/1 Panthulu Gudi Meda, Gajuwada VIZAG	Jhansi
16	058	Jorleen Aneesa	Syjad Ferooz	6300261109	552 - Sai Bhai Road Dera Bakronapalan 29 bel. PN Palan	Syjad Ferooz
17	118	M. S. Sahani	M. U. M. Rao	9293401641	B.C. Road New Gajuwada Vishkapatnam 12-40-11	M. S. Sahani
18	049	K. Gunvanth	K. G. A. Raju	9032217626	Punjab hotel 7 Vizag 3-6-2017	K. Gunvanth
19	121	B. Sri Sai Teja	B. Rama Devi	9441142673	Ramanapalem Achulapuram Vishkapatnam	B. Sri Sai Teja
20	120	V. Divyalekha	V. Sanathkara Rao	6300876425	CAT Nagar Tunturaki - in Post. Achulapuram - Sivakrishna Street, Dandak Pedapudi mandal Pin-533006	V. Divyalekha
21	023	Ponnu Venkat Mani Sri Ram Kumar	M. Rama Krishna	9989267993		Ponnu Venkat Mani
22	079	Breddy. Yogananda Reddy	B. Appala Naidu	8121391735	K.R. Peta. Dandak Vizianagaram	Breddy. Yogananda Reddy
23	001	V. Vishnu Priya	Siva Rama Krishna	8639680529	Guntur (DN) Narasaraopet	V. Vishnu Priya
24	073	G. Gowthama Rama	G. Sivaramamurthy	8179693385	Chinnaminam, Bhimavaram	G. Gowthama Rama
25	113	P. Bhawani	P. Parasad Rao	9097022341	New Basiroch Jaurushedpalle	P. Bhawani
26	060	B. Kiran Manoj	B. Sreelatha	9701446694	MNTT Group Seethanur Head of the Dept. of IT Department of IT ANITS, Vissakhapatnam	B. Kiran Manoj

DAY-3	28.08.2019				Year Attendance Sheet	
S.NO	Roll No	Name of the Student	Parent Name	Parent Mobile No	Address	Signature
1.	134	K. Geetha Anilkumar	K. Atchim Naidu	9705564652	13-14-20, Kakatheya H.T. Road, B. P. Road, Gajuwaka, VSP-26	K. Atchim
2.	046	R. Arul	R. Ravindra	9949093606	MIG-2-A5109 OPP- VSP Chromedel Gate, SPOUR	R. Arul
3.	090	K. DILIP KUMAR	K. GANGARAJU	8106424998	36-92-205/4, ASRR NAGAR, KANCHIPALU VISAKHAPATNAM-8	K. Kumar
4.	003	K. Sreya	K. Sruvra Rao	9440560824	Chinna borekili Puvam, Srikakulam	K. Sreya
5.	010	M. Sai Bhargavi	M. Ramesh Kumar	97493312586	Yelugutambisheal Miranagarani	M. Ramesh
6.	035	T. Satya Meghana	T. A. V Rama Sekhar	8309250977	18-113, RH colony, Peda gontyada, Visakhapatnam	Meghana
7.	141	S. Hema Lakshmi	S. Jagannathan Rao	8074845517	20-138, Swalankranagan Madhurawad Visakhapatnam	S. Hema
8.	168	K. Rishika	K. Rambabu	9898182100	3-174/1, Tabili hills Road no: 6 Agarampudi Visakhapatnam	K. Rishika
9.	124	K. Likhita	K. Venu Gopala Rao	9885959945	Sector-8, Steel plant, Vizag	K. Likhita
10.	152	P. Alminav	P. Murthy	9988475506	AWINDRAMO DINO - 33-14-4	P. Alminav
11.	36	M Harshvardhan	M Adinarayan	9438887672	8-1-11/1, intravillage mandala two wheels service centre, Jonnayyapalem, old rajawada	M. Harshvardhan
12.	146	K. Divya Bhavathi	K. Paidi Sivan Rao	9989903512	Telakala street, Vallampudi Vizianagaram (E)	K. Divya
13.	155	HVK. Bhargavi	H. Balaji Vara Prasad	9652058600	1-11-17, flat: 14, Prince Apt-2 Laxmipada gate, Visakhapatnam DEPARTMENTS AMTS, VISAKHAPATNAM	HVK. Bhargavi