



**VSM COLLEGE OF ENGINEERING**  
**RAMACHANDRA PURAM - 533 255**

---

**2015-2016**

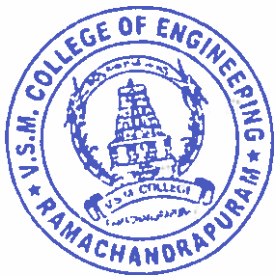


# VSM COLLEGE OF ENGINEERING

## RAMACHANDRA PURAM - 533 255

# 2015-2016

S.NO	NAME OF THE CAPABILITY ENHANCEMENT PROGRAMME		YEAR	DATE	NO.OF STUDENTS BENEFITED
1	YOGA	INTERNATIONAL YOGA DAY	2015-2016	21-06-2015	126
2		YOGA AND MEDITATION	2015-2016	29-07-2015 TO 30-07-2015	268
3	HEALTH & HYGIENE	HEALTH PLANNING AND MANAGEMENT	2015-2016	11-09-2015	274



  
PRINCIPAL  
V.S.M. COLLEGE OF ENGINEERING  
RAMACHANDRAPURAM



**VSM COLLEGE OF ENGINEERING**  
**RAMACHANDRA PURAM - 533 255**

---

**2015-2016**

**INTERNATIONAL YOGA DAY**



# VSM COLLEGE OF ENGINEERING

## RAMACHANDRA PURAM - 533 255

**2015-2016**


**MEDICAL INSPECTION COMMITTEE**

The Medical Inspection Committee of VSM college of Engineering Ramachandrapuram was constituted and committee members are:

S.NO	Name of Person	Department	Designation	Designation in committee
1	T.SATYA LAKSHMI	H&BS	Associate professor	Convener
2	P.SURYA KUMARI	CIVIL	Associate professor	Member
3	P.HEMANTH PRUTHVI	EEE	Assistant professor	Member
4	K.M.S DURGA SAI	MECH	Assistant professor	Member
5	B.SIRISHA DEVI	ECE	Assistant professor	Member
6	P.NARENDRA KUMAR	CSE	Assistant professor	Member
7	BALUSU SURYA CHANDRA PRASAD	123B1A0302	Student	Student Member
8	R VINAY KUMAR	123B1A0528	Student	Student Member
9	DURGAPU SRI AYYAPPA	123B1A0422	Student	Student Member

The main role of this committee is to conduct various capability enhancement programmes like YOGA, PHYSICAL FITNESS, HEALTH & HYGIENE to all the students of the institution



  
PRINCIPAL  
V.S.M. COLLEGE OF ENGINEERING  
RAMACHANDRAPURAM



# VSM COLLEGE OF ENGINEERING

## RAMACHANDRA PURAM - 533 255

---

Ramachandrapuram,

15-06-2015.

TO,

The Principal,  
VSM COLLEGE OF ENGINEERING,  
Ramachandrapuram.

Sub: Request for conducting YOGA programme.

Respected sir,

I T.SATYA LAKSHMI working as Associate Professor in S&H department, convenor of Medical Inspection Committee. We want to conduct "INTERNATIONAL YOGA DAY 2015" on 21,JUNE 2015 from (09:00am to12:00pm)at SEMINAR HALL by inviting yoga trainer,A.SRINIVAS CHOWDARY. So sanction permission to conduct the programme.

Thanking you sir.

Yours sincerely,



  
T.SATYA LAKSHMI



☎ : 08857-246400, 7729972264, 9030607687

# VSM COLLEGE OF ENGINEERING

(Approved by AICTE New Delhi and Affiliated to JNTUK, Kakinada)  
Certified by ISO 9001:2015

Sponsored by the Ramachandrapuram Education Society (ESTD. 1965)

Ramachandrapuram,

16-06-2015

To,

A.SRINIVAS CHOWDARY, VISWAMANAVATHA

SAMSTHA FOUNDER,

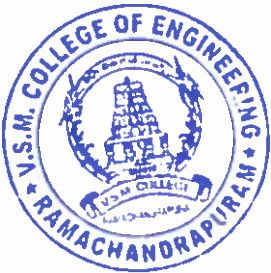
Kakinada.


Sub: Invitation for conducting YOGA PROGRAMME-Reg

Respected sir,

It is very immense pleasure for us to invite you to our college. We wish to conduct programme on "INTERNATIONAL YOGA DAY 2015" on 21, JUNE 2015 from (9:00am to 12:00pm). So I request you to give extensive training and enhance the skills of the students regarding the above said topic.

Thanking you sir.



  
PRINCIPAL  
V.S.M. COLLEGE OF ENGINEERING  
RAMACHANDRAPURAM



# VSM COLLEGE OF ENGINEERING

## RAMACHANDRA PURAM - 533 255

23

Ramachandrapuram,

17-06-2015.

TO,

V.RAVINDRA,

Convener of Infrastructure Maintenance Committee,

Sub: Request for seminar hall booking- Reg.

Respected sir,

I S.KANAKA MURTHY working as Associate professor in S&H department, convener of Medical Inspection Committee. We would like to do "INTERNATIONAL YOGA DAY 2015" on 21, JUNE 2015 from 09:00am to 12:00pm. So we need SEMINAR HALL to conduct the programme. Please provide the necessary arrangements such as internet facility, wi-fi facility and sound system, Inverter etc. to conduct the program smoothly.

Thanking you sir.

Your's sincerely,



  
T.SATYA LAKSHMI



# VSM COLLEGE OF ENGINEERING

## RAMACHANDRA PURAM - 533 255

19-06-2015.

### CIRCULAR

This is to inform all the II/III/IV B.Tech students that our institution is going to conduct **INTERNATIONAL YOGA DAY 2015** on 21-06-2015. From 09:00A.M. to 12:00P.M. Yoga is beneficial in many ways for student community. All the students are instructed to avail themselves of the opportunity for integrated development. So all students should give their names to concern department coordinators

**DATE:** 21-06-2015


**TIME:** 09:00AM to 12.00PM

**VENUE:** SEMINAR HALL

S.NO	Name of Person	Department
1	T.SATYA LAKSHMI	H&BS
2	P.SURYA KUMARI	CIVIL
3	P.HEMANTH PRUTHVI	EEE
4	K.M.S DURGA SAI	MECH
5	B.SIRISHA DEVI	ECE
6	P.NARENDRA KUMAR	CSE

**COPY TO:**  
**ALL THE DEPARTMENTS**



  
PRINCIPAL  
V.S.M. COLLEGE OF ENGINEERING  
RAMACHANDRAPURAM





# VSM COLLEGE OF ENGINEERING

## RAMACHANDRA PURAM - 533 255


S. N O	ROLL NO	NAME OF THE STUDENT	YEAR	DEPT
1	153B1A0101	AKULA KALYAN KRISHNA	II	CIVIL
2	153B1A0103	BANDI NAGENDRA REDDY	II	CIVIL
3	153B1A0106	DADALA SRAVANI	II	CIVIL
4	153B1A0108	GEDDAM MAHESH	II	CIVIL
5	153B1A0110	KALA SIVABABA	II	CIVIL
6	153B1A0112	KURAPATI ANIL KUMAR	II	CIVIL
7	153B1A0115	MASA STEVEN GIDIAN	II	CIVIL
8	153B1A0117	MUTTABATHULA SWARNA RAJ	II	CIVIL
9	153B1A0119	NELLI SRINIVAS	II	CIVIL
10	153B1A0122	PERURI PRAVEEN KUMAR	II	CIVIL
11	153B1A0203	CHELLURI VIJAYA LAKSHMI	II	EEE
12	153B1A0205	DONDAPATI SWAPNAPRIYA	II	EEE
13	153B1A0208	GUNDUPALLI PRIYANKA	II	EEE
14	153B1A0210	KADA SAIRAM	II	EEE
15	153B1A0212	KADIYALA KRUPATEJAS	II	EEE
16	153B1A0214	KAMUJU PRUDHVIRAJ	II	EEE
17	153B1A0217	KURUPUDI SRINIVASU	II	EEE
18	153B1A0219	MEDISETTI VENKATA SATISH	II	EEE
19	153B1A0220	NAMALA SYAMCHANDU	II	EEE
20	153B1A0306		II	MECH
21	153B1A0311	DANGETI DURGA PRASAD	II	MECH
22	153B1A0314	GADDE SURESHKUMAR	II	MECH
23	153B1A0317	GUMMADIVALLI THIRUPATHI RAO	II	MECH
24	153B1A0324	KAMISETTI VENKATA MOHAN	II	MECH
25	153B1A0327	KARRI SAIKUMAR	II	MECH
26	153B1A0330	KUKKALA LOKESH	II	MECH
27	153B1A0335	MAGAPU NAVEEN	II	MECH
28	153B1A0361	UPPU VEERA SATYANARAYANA	II	MECH
29	153B1A0402	ADAPA VENKATESWARI	II	ECE
30	153B1A0405	AYYAGARI PRADEEP	II	ECE
31	153B1A0409	BANDELA RAMA SATYAVENI	II	ECE
32	153B1A0414	CHAVAKULA HEMA DEVI	II	ECE
33	153B1A0419	CHOLLANGI BHANUREKHA	II	ECE
34	153B1A0431	GRANDHI SAISANDHYA	II	ECE

35	153B1A0440	KARELLA YASWITHA JYOTHI	II	ECE
36	153B1A0505	BARLA SIRISHA	II	CSE
37	153B1A0509	CHEKURI AKHILA	II	CSE
38	153B1A0511	CHIGURUPATI VENKATA RAMYA	II	CSE
39	153B1A0515	DWARAMPUDI SRINIVASA REDDY	II	CSE
40	153B1A0518	GANNI NAGENDRA	II	CSE
41	153B1A0526	GUNNAM YAMUNAKRISHNA	II	CSE
42	153B1A0527	GUTTULA SYAMALA	II	CSE
43	153B1A0531	KAKILETI DURGA PAVANI	II	CSE
44	153B1A0539	KONDEPUDI LAKSHMI SAI SUDHA	II	CSE
45	153B1A0546	LANKA UDAYA BHASKAR	II	CSE
46	153B1A0552	MATHA DIVAKAR	II	CSE
47	143B1A0102	RAMYA	III	CIVIL
48	143B1A0105	K. S. DURGA BHAGAVAN	III	CIVIL
49	143B1A0106	K.M. KRISHNA VENI	III	CIVIL
50	143B1A0108	M.V.D.M.REDDY	III	CIVIL
51	143B1A0110	P. NAGASATYA SRI	III	CIVIL
52	143B1A0112	P.S.S. KISHORE	III	CIVIL
53	143B1A0117	V. LOVA RAJU	III	CIVIL
54	143B1A0202	D.B.SARASWATI	III	EEE
55	143B1A0204	P.SIVA	III	EEE
56	143B1A0206	V.VEERABABU	III	EEE
57	143B1A0301	BADUGU SURYA VAMSI	III	MECH
58	143B1A0303	BOMMIREDDI SATYA CHAKRADHAR	III	MECH
59	143B1A0305	CHAPPIDI SRINIVASU	III	MECH
60	143B1A0311	GOLI VEERA SANDEEP	III	MECH
61	143B1A0313	GUNTURI SAI KIRAN	III	MECH
62	143B1A0317	KILLADI SRIKANTH	III	MECH
63	143B1A0319	SRINIVASU	III	MECH
64	143B1A0321	MAMIDIPALLI BHASKARA	III	MECH
65	143B1A0325	MEDISETTI MANIKANTASURENDRA	III	MECH
66	143B1A0327	MUTYALA SAIVEERASUNIL	III	MECH
67	143B1A0329	NALAMATI SATYANARAYANA	III	MECH
68	143B1A0331	PALACHARLA BIBEK BABU	III	MECH
69	143B1A0333	PENUMALA SUNIL BABU	III	MECH
70	143B1A0346	VASA MALLESWARA RAO	III	MECH
71	143B1A0349	YARLAGADDA VIDYASAGAR	III	MECH
72	143B1A0403	AVADHANULA AKHILA NIHARIKA	III	ECE

73	143B1A0406	DALIPARTHI POORNASRI	III	ECE
74	143B1A0408	DUBASI KALYANI	III	ECE
75	143B1A0409	DWARAMPUDI SURESH REDDY	III	ECE
76	143B1A0412	GADIGATLA ANUSHA	III	ECE
77	143B1A0416	GUDALA TEJASWI	III	ECE
78	143B1A0417	K SADHANA LAKSHMI	III	ECE
79	143B1A0420	KILLARI RAMYA	III	ECE
80	133B1A0101	B. S.SIREESHA	IV	CIVIL
81	133B1A0103	D.ANNAPURNA	IV	CIVIL
82	133B1A0104	G.KIRAN	IV	CIVIL
83	133B1A0105	G. V. R.CHOWDARY	IV	CIVIL
84	133B1A0107	K.SUSHMA	IV	CIVIL
85	133B1A0108	K. VEERENDRA KUMAR	IV	CIVIL
86	133B1A0110	K. MANIKANTA	IV	CIVIL
87	133B1A0111	M. SANNIBABU	IV	CIVIL
88	133B1A0112	M. A. M. DURANI	IV	CIVIL
89	133B1A0115	P. SANTHOSHI	IV	CIVIL
90	133B1A0116	P. S. RAVI CHANDRIKA	IV	CIVIL
91	133B1A0117	P. SRI SOWMYA RUPA	IV	CIVIL
92	133B1A0118	S.SRI LAKSHMI	IV	CIVIL
93	133B1A0119	S.AKHILA	IV	CIVIL
94	133B1A0120	V.SURYAASAIBABA	IV	CIVIL
95	133B1A0121	Y.SIVA TEJA SOWRYA	IV	CIVIL
96	132E1A0401	ACHANTI PRAMOUNIKA	IV	ECE
97	132E1A0403	ANUMUKONDA CHANDRIKA	IV	ECE
98	132E1A0404	AVALAREDDY ADILAKSHMI	IV	ECE
99	132E1A0406	BETHAPUDI VELANGINI RAJU	IV	ECE
100	132E1A0407	BEZAVADA PUJITHA	IV	ECE
101	132E1A0411	CHAVALA MOUNIKA	IV	ECE
102	132E1A0412	CHINTA AMBICA	IV	ECE
103	132E1A0423	KOTLA YUVAMADHURI	IV	ECE
104	132E1A0424	K MANI KUMAR	IV	ECE
105	132E1A0430	M PARVATHI KUMARI	IV	ECE
106	132E1A0435	NAIDU KAVYA	IV	ECE
107	132E1A0441	NERUSU RUKMINI	IV	ECE
108	132E1A0446	PALLALA SUSEENA KUMARI	IV	ECE
109	132E1A0450	POLIMETLA RATNANJALI	IV	ECE
110	132E1A0455	SK AMEERUNNISA BEGUM	IV	ECE
111	132E1A0460	THOTA SRIKANTH	IV	ECE
112	132E1A0464	V ASHOK KUMAR	IV	ECE
113	133B1A0502	BADUGU RANI SUJATHA DEVI	IV	CSE
114	133B1A0503	BHIMAVARAPU NEERAJA	IV	CSE
115	133B1A0505	BOPPANA VENU MOUNICA	IV	CSE
116	133B1A0507	CHILAKAMARRI RAMYA	IV	CSE

117	133B1A0509	DASARI BABI VEDA PAVANI DEVI	IV	CSE
118	133B1A0511	GARAGA MANILAKSHMI	IV	CSE
119	133B1A0513	GRANDHI SURYA SATYA CHAITANYA	IV	CSE
120	133B1A0515	KADA DHAKSHAYANI	IV	CSE
121	133B1A0517	KANDAVALLI RAJA GOPAL SAINATH	IV	CSE
122	133B1A0520	KATTUNGA MOHANA KUMARI	IV	CSE
123	133B1A0522	KOOTI MOHANA SINDHU	IV	CSE
124	133B1A0524	MARUMENU MOUNIKA SRAVYA	IV	CSE
125	133B1A0528	NADIPALLI SWARUPA	IV	CSE
126	133B1A0537	REKHAPALLI SRI RAMA CHANDRISHA	IV	CSE




  
 PRINCIPAL  
 V.S.M. COLLEGE OF ENGINEERING  
 RAMACHANDRAPURAM

INTERNATIONAL YOGA DAY 21 JUNE 2015 2015-2016

BY A. SRINIVAS CHOWDARY




  
PRINCIPAL  
V.S.M. COLLEGE OF ENGINEERING  
RAMACHANDRAPURAM



**STUDENTS AND FACULTY PARTICIPATING IN  
INTERNATIONAL YOGA DAY**



  
PRINCIPAL  
V.S.M. COLLEGE OF ENGINEERING  
RAMACHANDRAPURAM



# VSM COLLEGE OF ENGINEERING

## RAMACHANDRA PURAM - 533 255

---

21-06-2016.

### SUMMARY OF THE SESSION INTERNATIONAL YOGA DAY

EXPERT NAME: A.SRINIVAS CHOWDARY

DESIGNATION: YOGA TRAINER,

GUIDED ON: INTERNATIONAL YOGA DAY

NO OF PARTICIPANTS: STUDENTS PARTICIPATED: 126

Yoga is important because by practicing Yoga you are being benefited on the following points:

**Inner Peace** – Yoga helps achieve inner peace and fight against stress and other problems. Yoga increases the peace level in an individual and makes him become more joyful resulting in more confidence.


**Healthy** – A healthy person can achieve and do more work than an unhealthy person. Life nowadays is very stressful and there is lot of pollution around us.

This is a cause of numerous health issues. Just 10-20 minutes of yoga each day can help regain your health. Better health means better life.

**Activeness** – People nowadays feel lazy, tired or sleepy. Due to which they miss out most of the fun in life and are not able to complete their work correctly. Being active keeps you aware of the things happening around you and also helps you complete your work more efficiently and quickly. And one way to achieve this is by practicing yoga regularly.

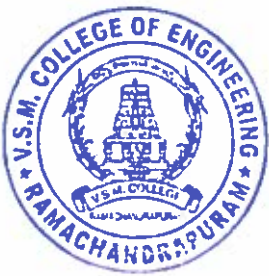
**Flexibility** – People nowadays suffer from joint pains, face difficulties while bending or touching their toes. Regular practice of yoga helps in relieving these pains. The effect can be seen in few days of practicing.




  
PRINCIPAL  
V.S.M. COLLEGE OF ENGINEERING  
RAMACHANDRAPURAM

**Increase Blood Flow** – Yoga helps make your heart healthy and makes it work more efficiently by increasing blood flow in your body and veins. It helps in keeping your body oxygenated.

**Power to Concentrate** – Yoga helps your body to calm down and relax which means there is less stress and one can concentrate and focus quickly on his work. That is why children and teenagers are encouraged to do yoga because it helps them concentrate better on their studies.



  
PRINCIPAL  
V.S.M. COLLEGE OF ENGINEERING  
RAMACHANDRAPURAM