



VSM COLLEGE OF ENGINEERING
RAMACHANDRA PURAM - 533 255

2018-2019



VSM COLLEGE OF ENGINEERING

RAMACHANDRA PURAM - 533 255

2018-2019

S.NO	NAME OF THE CAPABILITY ENHANCEMENT PROGRAMME		YEAR	DATE	NO.OF STUDENTS BENEFITED
1	YOGA	INTERNATIONAL YOGA DAY	2018-2019	21-06-2018	105
3	HEALTH & HYGIENE	PERSONAL HYGIENE	2018-2019	16-11-2018	208




PRINCIPAL
V.S.M. COLLEGE OF ENGINEERING
RAMACHANDRAPURAM



VSM

VSM College of Engineering

Approved by AICTE, New Delhi.

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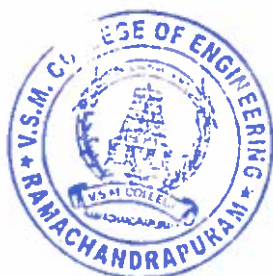
2018-2019

MEDICAL INSPECTION COMMITTEE

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

The role of this committee is they will conduct various capability enhancement programs like yoga,physical fitness,health& hygiene etc in the institution.

S.NO	Name of Person	Designation	Department	Designation in committee
1	Mrs.AYENAVILLI B CHANDRIKA	ASSOCIATE PROFESSOR	ECE	CONVENOR
2	Ms.YAMINI NIKITHA CH	ASSISTANT PROFESSOR	CIVIL	MEMBER
3	Ms.SRAVANI P L	ASSISTANT PROFESSOR	EEE	MEMBER
4	Mrs.PILLA SRIRAMA	ASSISTANT PROFESSOR	MECH	MEMBER
5	Mr.PRATHAP CHOWDARY V V	ASSISTANT PROFESSOR	CSE	MEMBER
6	Mr.KIRAN KUMAR K	ASSISTANT PROFESSOR	S&H	MEMBER



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RAMACHANDRA PURAM - 533 255

2018-2019

INTERNATIONAL YOGA DAY



VSM COLLEGE OF ENGINEERING

RAMACHANDRA PURAM - 533 255

Ramachandrapuram,

15-06-2018.

TO,

The Principal,

VSM COLLEGE OF ENGINEERING,

Ramachandrapuram.

Sub: Request for conducting INTERNATIONAL YOGA DAY-reg

Respected sir,

I A.B CHANDRIKA working as Associate professor in ECE department,convenor of Medical Inspection Committee.We want to conduct "INTERNATIONAL YOGA DAY 2018" on 21,JUNE 2018 from 09:00am to12:00pm at ABDUL KALAM SEMINAR HALL.So sanction permission to conduct the programme.

Thanking you sir.

Yours sincerely,


A.B CHANDRIKA




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RAMACHANDRAPURAM ,

16-06-2018.

To,

K..ARJUN,

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 **INTERNATIONAL YOGA DAY 2018** on 21, JUNE 2018 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.



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VSM COLLEGE OF ENGINEERING

RAMACHANDRA PURAM - 533 255

RAMACHANDRAPURAM,

18-06-2018.

TO,

V.RAVINDRA,

Convenor of Infra structure maintenance committee,

Sub: Request for seminar hall booking- Reg.

Respected sir,

I A.B CHANDRIKA working as Associate professor in ECE department, convenor of Medical Inspection Committee in VSM COLLEGE OF ENGINEERING. We want to do **INTERNATIONAL YOGA DAY 2018**, So we need **ABDUL KALAM SEMINAR HALL** to conduct the programme from 09:00AM-12:00PM. Please permit us to do the necessary arrangements regarding this.

Thanking you sir.



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CIRCULAR

Ramachandrapuram,

19-06-2018.

This is to inform all the ii/iii/iv b.tech students that our institution is going to conduct international yoga day 2018 on 21-06-2018. I.e., from 09:00 a.m. To 12:00 p.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:21-06-2018

TIME:09:00AM to 12.00pm

PLACE:ABDUL KALAM SEMINAR HALL

S.NO	Name of Person	Designation	Department	Designation in committee
1	Mrs.AYENAVILLI B CHANDRIKA	ASSOCIATE PROFESSOR	ECE	CONVENOR
2	Ms.YAMINI NIKITHA CH	ASSISTANT PROFESSOR	CIVIL	MEMBER
3	Ms.SRAVANI P L	ASSISTANT PROFESSOR	EEE	MEMBER
4	Mrs.PILLA SRIRAMA	ASSISTANT PROFESSOR	MECH	MEMBER
5	Mr.PRATHAP CHOWDARY V V	ASSISTANT PROFESSOR	CSE	MEMBER
6	Mr.KIRAN KUMAR K	ASSISTANT PROFESSOR	S&H	MEMBER

COPY TO: ALL THE DEPARTMENTS



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RAMACHANDRA PURAM - 533 255

LIST OF STUDENTS PARTICIPATED IN YOGA 2018--2019				
S.NO	PIN NUM	STUDENT NAME	YEAR	BRANCH
1	173B1A0103	Ch. PRAVEEN KUMAR	II	CIVIL
2	173B1A0109	K. DIVYAKRUPA	II	CIVIL
3	173B1A0113	P. SATISH KUMAR	II	CIVIL
4	173B1A0116	T. V. VENKATA RAMESH	II	CIVIL
5	173B1A0402	ANGARA HEMA SATYASRI	II	ECE
6	173B1A0414	VIYALA SATYA BHAVANI	II	ECE
7	173B1A0415	KAKARA ROHIT	II	ECE
8	173B1A0425	NALLI DURGASRI	II	ECE
9	173B1A0426	NEREDIMILLI MAMATHA	II	ECE
10	173B1A0435	VALLU AKHILA	II	ECE
11	173B1A0440	G .TEJEESH RAVIKANTH	II	ECE
12	173B1A0327	BAGGU BALAJI	II	MECH
13	173B1A0202	ADALAVADA JACKFANSE	II	EEE
14	173B1A0502	BALUSU V V S A L ADITYA TRIPURANJESWARI	II	CSE
15	173B1A0507	BOYINAPALLI A SRI MAHALAKSHMI SAIRANGA	II	CSE
16	173B1A0512	CHEEMALAKONDA VISWANADHA GANAPATHI SASTRY	II	CSE
17	173B1A0523	GALI AJITH	II	CSE
18	173B1A0525	GUDIMETLA ANAND MANIKANTA REDDY	II	CSE
19	173B1A0536	KOLAGANI SATYA NARAYANA	II	CSE
20	173B1A0538	KONDAMURI DHANALAKSHMI	II	CSE
21	173B1A0574	TEKI SATYA SRAVANI	II	CSE
22	173B1A0576	VADDI BHAVANI	II	CSE
23	163B1A0115	MOGALAPU SURYA GANGADHAR	III	CIVIL
24	163B1A0312	CHELLABOINA BALA MURALI	III	MECH
25	163B1A0316	GGIREDDY SAI KUMAR	III	MECH
26	163B1A0325	GUNDAPU KRUPASISH	III	MECH
27	163B1A0340	MAGAPU VENKATA KRISHNA	III	MECH

28	163B1A0344	NAKKA PAVAN KALYAN	III	MECH
29	163B1A0352	PALLIKONDA MANIKANTA VEERAKUMAR	III	MECH
30	163B1A0354	PILLI SURYA NARAYANA MURTHY	III	MECH
31	163B1A0404	BOKKA JAYA JAGADEESH	III	ECE
32	163B1A0406	BULA ANAND	III	ECE
33	163B1A0422	JAVVADI DURGA BHAVANI	III	ECE
34	163B1A0424	KALAPUREDDY JYOTHI	III	ECE
35	163B1A0432	KODAVATI SESH RUPA SRI	III	ECE
36	163B1A0434	KOSURI PRASANTHI	III	ECE
37	163B1A0443	MOGHAL ABBAS HUSSAIN	III	ECE
38	163B1A0448	NARAM ASHOK KUMAR	III	ECE
39	163B1A0453	NUJELLA VEERENDRA	III	ECE
40	163B1A0455	PALACHARLA SRI SATYANAGA PRIYANKA GAYATRI	III	ECE
41	163B1A0465	SAHU SIVASRI	III	ECE
42	163B1A0467	SINGANA SANTHI	III	ECE
43	163B1A0502	AINAPARTHI SUREKHA	III	CSE
44	163B1A0515	DEVU SWAPNA	III	CSE
45	163B1A0534	KAICHARLA SIREESHA	III	CSE
46	163B1A0540	KARRI POOJA	III	CSE
47	163B1A0562	MATTA SYAMALA	III	CSE
48	163B1A0576	NEKKANTI LIKITA RAJESWARI	III	CSE
49	163B1A0584	PINIPPE SANDEEP	III	CSE
50	163B1A0591	RAVURI AYYAPPA SWAMY	III	CSE
51	153B1A0107	DHURIPATI BHASKARA SAI KRISHNA GANESH	IV	CIVIL
52	153B1A0114	MANDA LAKSHMI DURGA VENKATA REDDY	IV	CIVIL
53	153B1A0125	PUPPALA RAMAKRISHNA	IV	CIVIL
54	153B1A0205	DONDAPATI SWAPNAPRIYA	IV	EEE
55	153B1A0210	KADA SAIRAM	IV	EEE
56	153B1A0217	KURUPUDI SRINIVASU	IV	EEE
57	153B1A0304	BOBBILI SAI TEJA	IV	MECH

58	153B1A0314	GADDE SURESHKUMAR	IV	MECH
59	153B1A0320	GUTTULA DURGA PRAVEEN	IV	MECH
60	153B1A0338	NEELAPALA SIVA	IV	MECH
61	153B1A0343	PANTHAGADA VIJAYDEEP	IV	MECH
62	153B1A0348	POOTHI JOGESWARA RAO	IV	MECH
63	153B1A0350	PULAGAM SURENDRA REDDY	IV	MECH
64	153B1A0362	URADALA VEERA BABU	IV	MECH
65	153B1A0365	VEMAGIRI CHINNI	IV	MECH
66	153B1A0403	ALAMANDA DEVILALITHA	IV	ECE
67	153B1A0407	BALUSU PAPAARAO	IV	ECE
68	153B1A0409	BANDELA RAMA SATYAVENI	IV	ECE
69	153B1A0411	BATHULA GEETHA MADHURI	IV	ECE
70	153B1A0431	GRANDHI SAISANDHYA	IV	ECE
71	153B1A0434	GUTHULA RAMYASRI	IV	ECE
72	153B1A0438	KALLAKURI DILEEP	IV	ECE
73	153B1A0522	GONA VEERAVENI	IV	CSE
74	153B1A0539	KONDEPUDI LAKSHMI SAI SUDHA	IV	CSE
75	153B1A0546	LANKA UDAYA BHASKAR	IV	CSE
76	153B1A0555	MEKA RAVI SANKAR	IV	CSE
77	153B1A0560	MULAGADA LAKSHMI VIJAYA	IV	CSE
78	153B1A0566	NAMALA LAKSHMI SIREESHA	IV	CSE
79	153B1A0568	SATYAMSETTI VEERA MANI KANTA	IV	CSE
80	153B1A05A0	VANTAKULA RAMANA	IV	CSE
81	153B1A05A3	VENNA ANURADHA	IV	CSE
82	153B1A05A5	GANNI ANKITHA	IV	CSE
83	153B1A0480	VARRE PRASAD	IV	ECE
84	153B1A0481	VEDURUVADA SIVA GOVINDA RAO	IV	ECE
85	153B1A0482	VEMU SAI SUNITHA	IV	ECE
86	153B1A0483	Y LAKSHMI SRI	IV	ECE
87	153B1A0484	YARRAMSETTI ARJUN	IV	ECE
88	153B1A0485	YELUGUBANTLA SURESHBABU	IV	ECE

89	153B1A0486	GEDDAM VARALAKSHMI	IV	ECE
90	153B1A0501	AKKINA DEEPIKA	IV	CSE
91	153B1A0502	ALLURI LAKSHMIRILE KHA	IV	CSE
92	153B1A0503	ARIGELA KALYANI	IV	CSE
93	153B1A0504	BALUSU BHAVYA PRANEETHA	IV	CSE
94	153B1A0505	BARLA SIRISHA	IV	CSE
95	153B1A0506	BIKKINA MANOHAR SAI	IV	CSE
96	153B1A0507	BOMMIREDDI DHANALAKSHMI	IV	CSE
97	153B1A0508	CHAKKA SATYA SAI SWETHA	IV	CSE
98	153B1A0509	CHEKURI AKHILA	IV	CSE
99	153B1A0510	CHEKURI CHANDINI	IV	CSE
100	153B1A0511	CHIGURUPATI VENKATA RAMYA	IV	CSE
101	153B1A0512	CHIKATLA HEMA LATHA	IV	CSE
102	153B1A0513	CHOLLANGI LAVANYA	IV	CSE
103	153B1A0514	DWARAMPUDI PURNA SWATHI	IV	CSE
104	153B1A0515	DWARAMPUDI SRINIVASA REDDY	IV	CSE
105	153B1A0516	DWIBHASHYAM NAGA LALITHA KRISHNA SWETHA	IV	CSE



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VSM COLLEGE OF ENGINEERING

RAMACHANDRA PURAM - 533 255

DATE: 21-06-2018

SUMMARY OF THE SESSION

EXPERT NAME: K.ARJUN

DESIGNATION: YOGA TRAINER,


GUIDED ON: INTERNATIONAL YOGA DAY

NO OF PARTICIPANTS: STUDENTS ON 21-06-2018:105

SUMMARY

- Yoga is an ancient practice that used to be one's mind healthy and body fit
- Yoga is a form of meditation and exercise which makes people's lives better.
- Not only is the physical body benefited by the poses and postures of yoga, but also gives one spiritual peace
- The different branches of yoga symbolize various unique forms belonging to varying characteristics of yoga

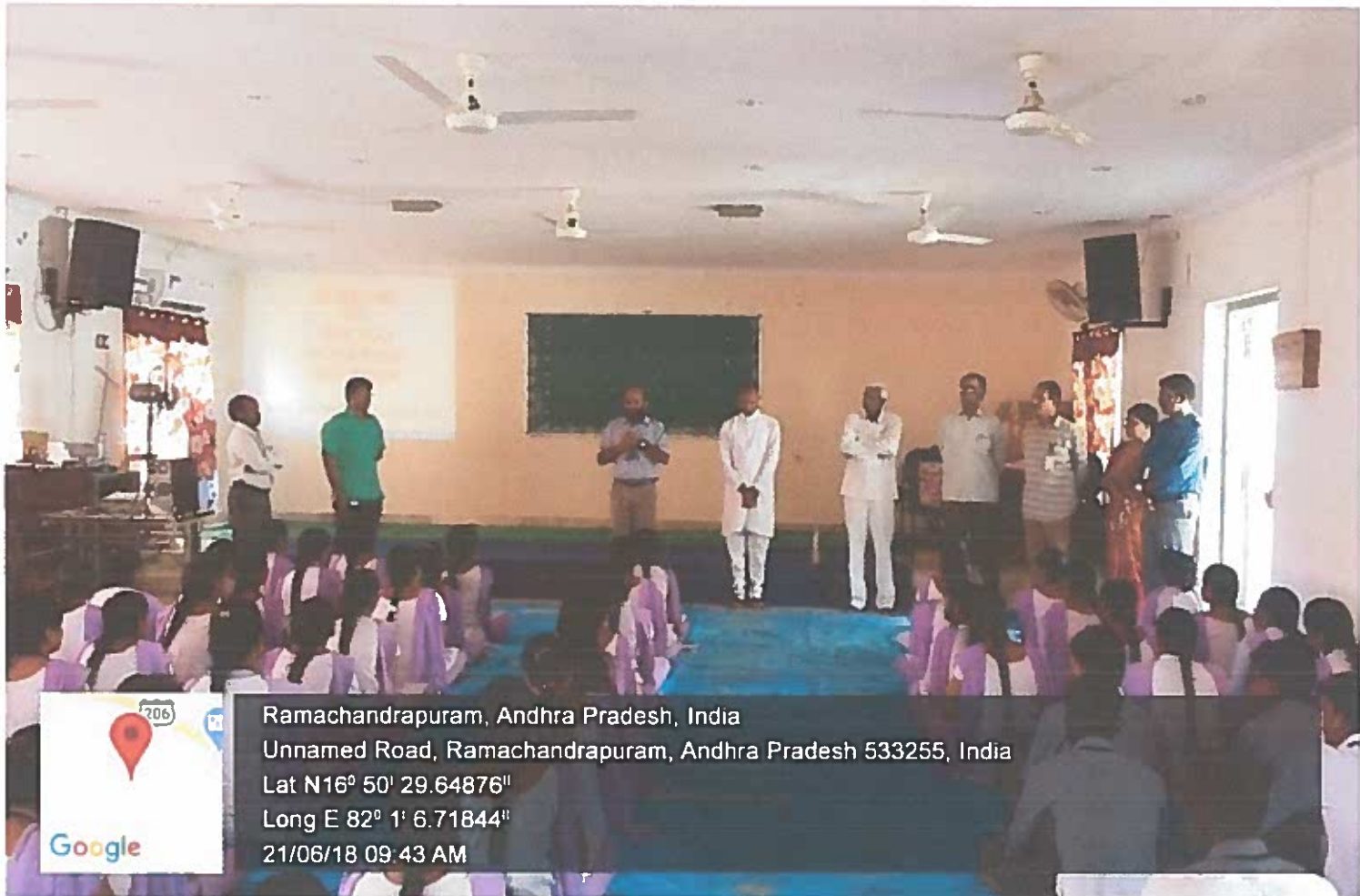



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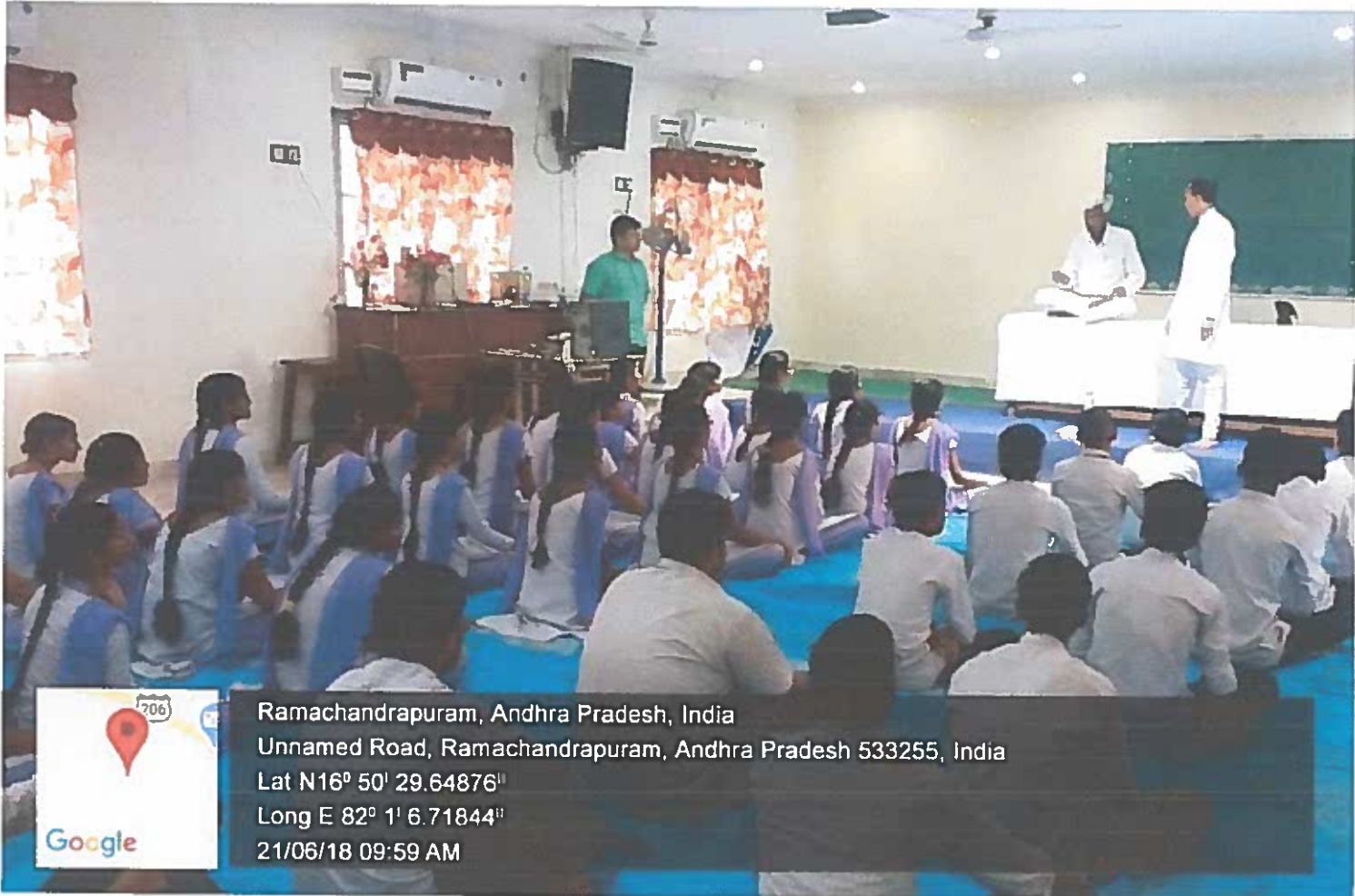
INTERNATIONAL YOGA DAY PROGRAMME 2018-2019

BY

K. ARJUN



K. Arjun
PRINCIPAL
V.S.M. COLLEGE OF ENGINEERING
RAMACHANDRAPURAM



STUDENTS PARTICIPATING IN INTERNATIONAL YOGA DAY

AT

ABDUL KALAM SEMINAR HALL



PRINCIPAL
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SEMINAR on

PERSONAL HYGIENE

2018-2019



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2018-2019

MEDICAL INSPECTION COMMITTEE

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

The role of this committee is they will conduct various capability enhancement programs like yoga, physical fitness, health & hygiene etc in the institution.

S.NO	Name of Person	Designation	Department	Designation in committee
1	Mrs. AYENAVILLI B CHANDRIKA	ASSOCIATE PROFESSOR	ECE	CONVENOR
2	Ms. YAMINI NIKITHA CH	ASSISTANT PROFESSOR	CIVIL	MEMBER
3	Ms. SRAVANI P L	ASSISTANT PROFESSOR	EEE	MEMBER
4	Mrs. PILLA SRIRAMA	ASSISTANT PROFESSOR	MECH	MEMBER
5	Mr. PRATHAP CHOWDARY V	ASSISTANT PROFESSOR	CSE	MEMBER
6	Mr. KIRAN KUMAR K	ASSISTANT PROFESSOR	S&H	MEMBER



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TOPIC: PERSONAL HYGIENE

GUIDANCE: S. SARALA,

**HEALTH ASSISTANT,
GOVT HOSPITAL,
ANGARA.**



VSM COLLEGE OF ENGINEERING

RAMACHANDRA PURAM - 533 255

Ramachandrapuram,

09-11-2018.

To

The Principal,
VSM COLLEGE OF ENGINEERING,
Ramachandrapuram.

Sub: Request for conducting SEMINAR –Reg.

Respected sir,

I A.B CHANDRIKA working as an Associate professor in ECE department, convenor of Medical Inspection Committee. We would like to propose to conduct a seminar on the topic "PERSONAL HYGIENE" on 16-11-2018 i.e(09:00AM to 03:00PM) in the SARVEPALLIRADHA KRISHNA SEMINAR HALL inviting Mrs.S.SARALA, Health Assistant, Govt Hospital, Angara to promote awareness on personal hygiene among our students. Hence I request you to grant permission for the same.

Thanking you sir.

Yours sincerely,



A.B.CHANDRIKA



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Ramachandrapuram,
10-11-2018

To,

Mrs. S.SARALA,

Health assistant,

Govt Hospital,

Angara.

Sub: Invitation for giving SEMINAR-Reg

Respected Madam,

I feel it's my privilage to invite you to our college as a guest requesting you to deliver a seminar on "PERSONAL HYGIENE" to our college students on 16-11-2018 i.e(09:00AM to 03:00PM) Kindly express your consent on the same as early as possible.

Thanking you sir,

Sarala



[Signature]

— PRINCIPAL
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RAMACHANDRAPURAM



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RAMACHANDRA PURAM - 533 255

Ramachandrapuram,

12-11-2018

To,

V.RAVINDRA,
Convenor of Infra structure Maintenance Committee,

Sub: Request for seminar hall booking-Reg

Respected sir,

I A.B CHANDRIKA working as an Associate professor in ECE department, convenor of Medical Inspection Committee, I request you to grant me permission to book "SARVEPALLI RADHA KRISHNA SEMINAR HALL" on 16-11-2018 i.e(09:00am to 03:00 pm) to conduct seminar on **PERSONAL HYGIENE**. Please provide the necessary arrangements such as Internet facility, wi-fi facility, sound system to conduct the program smoothly.

Thanking you sir.

Your's sincerely

A.B CHANDRIKA



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RAMACHANDRAPURAM



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CIRCULAR

13-11-2018.

This is to inform all the I/II/III/IV B.Tech students that our institution is going to conduct a SEMINAR on the topic "PERSONAL HYGIENE" on 16-11-2018 i.e(09:00AM to 03:00PM) in the SARVEPALLI RADHA KRISHNA SEMINAR HALL inviting Mrs.S.SARALA, Health Assistant, Govt Hospital, Angara to promote awareness on personal hygiene. 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.

S.NO	Name of Person	Designation	Department	Designation in committee
1	Mrs.AYENAVILLI B CHANDRIKA	ASSOCIATE PROFESSOR	ECE	CONVENOR
2	Ms.YAMINI NIKITHA CH	ASSISTANT PROFESSOR	CIVIL	MEMBER
3	Ms.SRAVANI P L	ASSISTANT PROFESSOR	EEE	MEMBER
4	Mrs.PILLA SRIRAMA	ASSISTANT PROFESSOR	MECH	MEMBER
5	Mr.PRATHAP CHOWDARY V V	ASSISTANT PROFESSOR	CSE	MEMBER
6	Mr.KIRAN KUMAR K	ASSISTANT PROFESSOR	S&H	MEMBER



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VSM COLLEGE OF ENGINEERING

RAMACHANDRA PURAM - 533 255

LIST OF STUDENTS PARTICIPATED IN SEMINAR ON PERSONAL HYGIENE IN 2018-2019

S.NO	PIN NUM	STUDENT NAME	YEAR	BRANCH
1	183B1A0103	MASILIFA DURGA	I	CIVIL
2	183B1A0105	KADIYAM NAGADEVI	I	CIVIL
3	183B1A0201	GALIDEVARA RISHI BHASKAR NAIDU	I	EEE
4	183B1A0203	NEREDUMILLI MUNNA	I	EEE
5	183B1A0301	BOORA PREM KIRAN	I	MECH
6	183B1A0306	KOVVURI RAMAKRISHNA REDDY	I	MECH
7	183B1A0307	MANTENA SYAMA VENKATESH	I	MECH
8	183B1A0401	BOBBA RAMYA	I	ECE
9	183B1A0403	CHAPALA TONY	I	ECE
10	183B1A0406	DIDDI PRANEETHA SATYA	I	ECE
11	183B1A0409	DUDALA PUSHPA JYOTHI	I	ECE
12	183B1A0411	GORTHI HARI MANOJ	I	ECE
13	183B1A0414	JAMMI GEETA MADHURI	I	ECE
14	183B1A0416	KAKARLA SARITHA	I	ECE
15	183B1A0419	KAVALI SAI ESWAR	I	ECE
16	183B1A0423	KOONISSETTY LEELA SATYASRI	I	ECE
17	183B1A0427	NEELA SATISH	I	ECE
18	183B1A0430	PALIVELA SINDHU PRIYA	I	ECE
19	183B1A0432	SIDDANI NAGABABU	I	ECE
20	183B1A0436	GUDA LAKSHMI NARASIMHA REDDY	I	ECE
21	183B1A0504	ANUSURI SAI DURGA PRASAD	I	CSE
22	183B1A0505	ATTILI DURGA PRASAD	I	CSE
23	183B1A0510	DEKKETLA VAMSI PRANEETH	I	CSE
24	183B1A0512	DULKARNINE HAZEENA	I	CSE
25	183B1A0514	GADHAMSETTY RAJA VENKATA	I	CSE
26	183B1A0515	SATYANARAYANA	I	CSE

27	183B1A0519	INTI NAVEEN	I	CSE
28	183B1A0522	KAKARLA SIVA KUMAR	I	CSE
29	183B1A0525	KAREDLA SHARANYA	I	CSE
30	183B1A0527	KODAMANCHILI MOUNIKA	I	CSE
31	183B1A0531	KOPPISETTI SHIVANI	I	CSE
32	183B1A0533	KUKKALA SAI CHANDINI	I	CSE
33	183B1A0537	MARNI SAI USHA	I	CSE
34	183B1A0539	MINAVILLI SIVASANTHOSH SWAMY	I	CSE
35	183B1A0541	NALLAJARLA MAHESH	I	CSE
36	183B1A0544	PADALA JANAVI	I	CSE
37	183B1A0548	PITHANI HARSHITHA	I	CSE
38	183B1A0556	SHEIK ZAHARA SULTANA	I	CSE
39	183B1A0566	MULAKALA SAI KRISHNA	I	CSE
40	183B1A0568	THAMPALA TEJA SRINIVAS	I	CSE
41	173B1A0551	NAGIREDDY DEVI	II	CSE
42	173B1A0552	NALLAMILLI ANVITHA	II	CSE
43	173B1A0562	PERURI DURGASYAMALA	II	CSE
44	173B1A0566	PULIDINDI ASHA JYOTHI	II	CSE
45	173B1A0567	REGALA SUPRIYA	II	CSE
46	173B1A0569	SALAPU VENKATESH	II	CSE
47	173B1A0571	SATTI VEERA RAGHAVENDRA	II	CSE
48	173B1A0573	TANARA DHANA LAKSHMI	II	CSE
49	173B1A0575	TUMU PAVAN KEDAR	II	CSE
50	173B1A0577	VAKALAPUDI ANUSHNA	II	CSE
51	173B1A0579	VANTRAPATI JYOTNAVI	II	CSE
52	173B1A0581	YARAPOTHINA ACHYUTHA SATYA SAI RANI	II	CSE
53	173B1A0583	BIKKINA VENKATRAM	II	CSE
54	163B1A0101	ANYAM NARENDRA	III	CIVIL
55	163B1A0106	EMANI ADITYA	III	CIVIL
56	163B1A0111	KALIDINDI DIVYA	III	CIVIL

57	163B1A0113	KURAMANA KISHORE	III	CIVIL
58	163B1A0117	NAMADI JOSHI	III	CIVIL
59	163B1A0119	PENAPOTHULA ISSAIC	III	CIVIL
60	163B1A0122	SHAIK AHAMAD ALI	III	CIVIL
61	163B1A0123	SINGAMSETTI BOBBY SATISH	III	CIVIL
62	163B1A0128	VASAMSETTI NAGENDRA BABU	III	CIVIL
63	163B1A0129	YEPUGANTI RAGESH	III	CIVIL
64	163B1A0202	ARAVAPALLI HEMANTH SAI PRASAD	III	EEE
65	163B1A0206	DASARI PRASANNA KUMAR	III	EEE
66	163B1A0208	GOLUGURI VANI	III	EEE
67	163B1A0210	JAKKAMPUDI SUCHARITHA	III	EEE
68	163B1A0213	KARRI SATYAKALYAN	III	EEE
69	163B1A0219	PEDAGADI ESWAR VINAY VENKATESH	III	EEE
70	163B1A0224	SALADI SRI RAMYA	III	EEE
71	163B1A0225	SURAPUREDDY LAKSHMI PRASANNA	III	EEE
72	163B1A0302	AMUJURI SAI KUMAR	III	MECH
73	163B1A0305	APPADA DURGA PRASAD	III	MECH
74	163B1A0306	BHAMIDIPATI S.R. SUVARNA SAI ANJANI KUMAR	III	MECH
75	163B1A0311	CHEEKATLA SANDEEP	III	MECH
76	163B1A0314	CHINTA RAMA KRISHNA	III	MECH
77	163B1A0317	DWARAMPUDI CHINNADORA	III	MECH
78	163B1A0320	GARAGA DURGA PRASAD	III	MECH
79	163B1A0321	GARAGA LAKSHMI PRASANNA SRI SAIBHEEMAKUMAR	III	MECH
80	163B1A0324	GUBBALA RAVI KUMAR	III	MECH
81	163B1A0325	GUNDAPU KRUPASISHI	III	MECH
82	163B1A0327	GUTHULA RAVI KUMAR	III	MECH
83	163B1A0328	INAVARAPU DURGA SRINIVAS	III	MECH
84	163B1A0330	KADA JEEVAN PRAKASH	III	MECH

85	163B1A0332	KANDI JANAKI VENKATA SAI	III	MECH
86	163B1A0333	KAPPALA SURYA PRAKASH	III	MECH
87	163B1A0339	KUNDALA VEERA VENKATA SATYANARAYANA	III	MECH
88	163B1A0342	MATCHA VENKATESH	III	MECH
89	163B1A0345	NALLAMILI ADI REDDY	III	MECH
90	163B1A0346	NAMA JAGADEESH	III	MECH
91	163B1A0349	NIDADAVOLU SAMPATH RAJAN	III	MECH
92	163B1A0354	PILLI SURYA NARAYANA MURTHY	III	MECH
93	163B1A0355	PUNYAMANTHULA AKHILESH	III	MECH
94	163B1A0363	TADI SAI RAMA REDDY	III	MECH
95	163B1A0365	TATAPUDI NANI	III	MECH
96	163B1A0367	UMMIDISETTI DURGA VENKATA PRASAD	III	MECH
97	163B1A0372	YENDAMURI KRISHNA VAMSI	III	MECH
98	163B1A0416	GANTI SUDHEER KUMAR	III	ECE
99	163B1A0418	GRANDHI SAI KIRANMAYI	III	ECE
100	163B1A0420	GUTTULA ASWANI	III	ECE
101	163B1A0422	JAVVADI DURGA BHAVANI	III	ECE
102	163B1A0427	KARRI PAVITHRA	III	ECE
103	163B1A0429	KARUPROLU SATYA VENI	III	ECE
104	163B1A0431	KESANA SHARVANI	III	ECE
105	163B1A0433	KORLA SAI KRISHNAVENI	III	ECE
106	163B1A0435	KOTHAPALLI NAVYA SRI	III	ECE
107	163B1A0436	KOVVURI ESWARI DEVI	III	ECE
108	163B1A0437	KOVVURI SAI KUMAR REDDY	III	ECE
109	163B1A0439	KUPPALA ANANTHA LAKSHMI	III	ECE
110	163B1A0440	LOKAVARAPU SRINIVAS	III	ECE
111	163B1A0442	MANDA NAGA DURGA	III	ECE
112	163B1A0447	NALLABELLI SOWJANYA	III	ECE
113	163B1A0448	NARAM ASHOK KUMAR	III	ECE
114	163B1A0450	NELLURI ASHOK	III	ECE

115	163B1A0451	NEMANI SRI RAMA DEVI	III	ECE
116	163B1A0454	OLETI SIRISHA	III	ECE
117	163B1A0455	PALACHARLA SRI SATYANAGA PRIYANKA GAYATRI	III	ECE
118	163B1A0468	SUNKARA THANUJA SANTHOSHA SAI LAKSHMI	III	ECE
119	163B1A0470	TALAPU YASODA VIJAYALAKSHMI	III	ECE
120	163B1A0474	TELLAKULA VIVEK SATYA MANIKANTA	III	ECE
121	163B1A0478	VADDI SRAVANI	III	ECE
122	163B1A0480	VAKALAPUDI DURGA PRASAD	III	ECE
123	163B1A0481	VAKKAPATLA VEERABABU	III	ECE
124	163B1A0491	YALANGI ANUSHA	III	ECE
125	163B1A0504	ANGINA SATYA RENUKA	III	CSE
126	163B1A0509	BYLAPUDI JAYA KUMARI	III	CSE
127	163B1A0510	CHANDALA SIRISHA	III	CSE
128	163B1A0512	CHILAKA SRI LEELA SUBHASHINI	III	CSE
129	163B1A0514	CHITTAJALLU UMA DEVI	III	CSE
130	163B1A0516	DHANEKULA PAVANI	III	CSE
131	163B1A0517	DONDAPATI PRADEEP KUMAR	III	CSE
132	163B1A0518	DONGA DIVYA SRI	III	CSE
133	163B1A0519	GANNE ROOPAVATHI	III	CSE
134	163B1A0521	GAVIREDDY MAHESWARI	III	CSE
135	163B1A0523	GUDIMETLA DURGA GAYATHRI	III	CSE
136	163B1A0524	GUDUPU JAJI PADMA LAKSHMI	III	CSE
137	163B1A0526	GUNDUBOGULA NAGESWARA VAMSI KRISHNA	III	CSE
138	163B1A0528	IPPILI SANDHYA	III	CSE
139	163B1A0530	JANA PAVANI	III	CSE
140	163B1A0532	KADALI RAMYA MOUNIKA	III	CSE
141	163B1A0535	KAKI RATHNAVATHI	III	CSE
142	163B1A0536	KAMUJULA NAVEEN SITARAMULU	III	CSE

143	163B1A0538	KANKATALA KIRANMAI	III	CSE
144	163B1A0539	KARRI DURGA SAI KUMAR	III	CSE
145	163B1A0541	KHANDAVALLI GAYATHRI DEVI	III	CSE
146	163B1A0544	KOMALI HEMALATHA	III	CSE
147	163B1A0545	KOMMALA JAYA LAKSHMI	III	CSE
148	163B1A0547	KOORATI MERY	III	CSE
149	163B1A0548	KOPPOJU RAJ RAJESWARI	III	CSE
150	163B1A0549	KORLA SATYA SAI SRIRAM	III	CSE
151	163B1A0550	KOVVURI MOHAN SANTOSH DURGA REDDY	III	CSE
152	163B1A0551	KURELLA EMALE ANGEL	III	CSE
153	163B1A0553	LANKA SIREESHA	III	CSE
154	163B1A0555	M.RAMESH	III	CSE
155	163B1A0559	MALLIPUDI SRI PRIYA	III	CSE
156	163B1A0560	MANDAPALLI SIREESHA	III	CSE
157	163B1A0562	MATTA SYAMALA	III	CSE
158	163B1A0564	MATTAPARTHI SRINIVAS	III	CSE
159	163B1A0565	MEDISETTI APOORVAGANI	III	CSE
160	163B1A0567	MEENAVALLI ARUNA SWETHA	III	CSE
161	163B1A0569	MOTUPALLI SRI PADMA	III	CSE
162	163B1A0570	MUNGANDA RAJITHA	III	CSE
163	163B1A0572	NALLAMILLI SRINIVASA REDDY	III	CSE
164	163B1A0573	NANDIKOLLA DURGA SIREESHA	III	CSE
165	163B1A0575	NARAM KAVYA MANJARI	III	CSE
166	163B1A0579	PALADUGU NAVYA	III	CSE
167	163B1A0581	PASUPULETI GANESH	III	CSE
168	163B1A0583	PEKETI SRIVIDYA	III	CSE
169	163B1A0585	PONNAPALLI TULASI	III	CSE
170	163B1A0587	PULAGAM HARSHITHA	III	CSE
171	163B1A0594	REDDY NARESH	III	CSE
172	163B1A0595	RYALI TEJA MADHAVI	III	CSE

173	163B1A0597	SHAIK IBRAHIMKHALILULLA	III	CSE
174	163B1A05A5	VADDI LAKSHMIDURGA	III	CSE
175	163B1A05A6	VAKADA MANOGNA	III	CSE
176	163B1A05A8	VALLURI LAKSHMI APARNA	III	CSE
177	163B1A05B1	VARASALA RAJA KUMARI	III	CSE
178	163B1A05B2	VATTIKUTI PRAMEELA	III	CSE
179	153B1A0106	DADALA SRAVANI	IV	CIVIL
180	153B1A0107	DHULIPALA BHASKARA SAI KRISHNA GANESH	IV	CIVIL
181	153B1A0109	INDRAKANTI GANAPATHI	IV	CIVIL
182	153B1A0110	KALA SIVABABA	IV	CIVIL
183	153B1A0112	KURAPATI ANIL KUMAR	IV	CIVIL
184	153B1A0113	MALLIDI CHIRANJEEVI REDDY	IV	CIVIL
185	153B1A0115	MASA STEVEN GIDIAN	IV	CIVIL
186	153B1A0128	TALATAM KASI VISWANADH	IV	CIVIL
187	153B1A0129	TAMMA PRASANNA TEJASWINI	IV	CIVIL
188	153B1A0131	VANAPALLI POORNIMADEVI	IV	CIVIL
189	153B1A0133	YEDDU SUBBALAKSHMI	IV	CIVIL
190	153B1A0201	ADABALA DORABABU	IV	EEE
191	153B1A0203	CHELLURI VIJAYA LAKSHMI	IV	EEE
192	153B1A0205	DONDAPATI SWAPNAPRIYA	IV	EEE
193	153B1A0207	YARLAGADDA USHA LAVANYA	IV	EEE
194	153B1A0209	JUTTUKA PEDAPANDU	IV	EEE
195	153B1A0210	KADA SAIRAM	IV	EEE
196	153B1A0212	KADIYALA KRUPATEJAS	IV	EEE
197	153B1A0217	KURUPUDI SRINIVASU	IV	EEE
198	153B1A0221	NARNI ACHYUTH	IV	EEE
199	153B1A0224	PETTA BHANU PRAKASH	IV	EEE
200	153B1A0225	PULIDINDI JAYALAKSHMI	IV	EEE
201	153B1A0227	TAVITIKI SANNY BABU	IV	EEE
202	153B1A0228	CH.PAVAN KUMAR	IV	EEE

203	153B1A0302	ANNAMPALLI DURGA VARA PRASAD	IV	MECH
204	153B1A0303	AYINAVILLI KISHORE	IV	MECH
205	153B1A0307	CHINTAKULA ANJANEYULU	IV	MECH
206	153B1A0308	CHINTAPALLI PRAVEENKUMAR	IV	MECH
207	153B1A0313	DULAM SATYA SARAN KRISHNA	IV	MECH
208	153B1A0315	GATTA SRINIVAS	IV	MECH



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RAMACHANDRA PURAM - 533 255

SUMMARY OF THE SEMINAR

- Mrs Sarala, Health Assistant explained in the seminar that, Good personal hygiene is essential to promote good health.
- Personal hygiene habits such as washing your hands and brushing and flossing teeth will help keep bacteria, viruses, and illnesses away. And there are mental as well as physical benefits.
- “Practicing good body hygiene helps you feel good about yourself, which is important for your mental health,”.
- People who have poor hygiene -disheveled hair and clothes, body odour, bad breath, missing teeth, and the like- often are seen as unhealthy and may face discrimination.
- If you want to minimize your risk of infection and also enhance your overall health, follow these basic personal hygiene habits:
- **Bath regularly**: Wash your body and your hair often. “But you should clean your body and shampoo your hair at regular intervals that work for you”
- **Trim your nails**: Keeping your finger and toenails trimmed and in good shape will prevent problems such as hang nails and infected nail beds. Feet that are clean and dry are less likely to contract athlete’s foot
- **Brush and floss**: Ideally, you should brush your teeth after every meal. At the very least, brush your teeth twice a day and floss daily. Brushing minimizes the accumulation of bacteria in your mouth, which can cause tooth decay and gum disease
- **Wash your hands**: Washing your hands before preparing or eating food, after going to the bathroom, after coughing or sneezing, and after handling garbage, goes a long way toward preventing the spread of bacteria and viruses
- **Sleep tight**: Get plenty of rest- 8 to 10 hours a night- so that you are refreshed and are ready to take on the day every morning. Lack of sleep can leave you feeling run down and can compromise your body’s natural defenses, your immune system

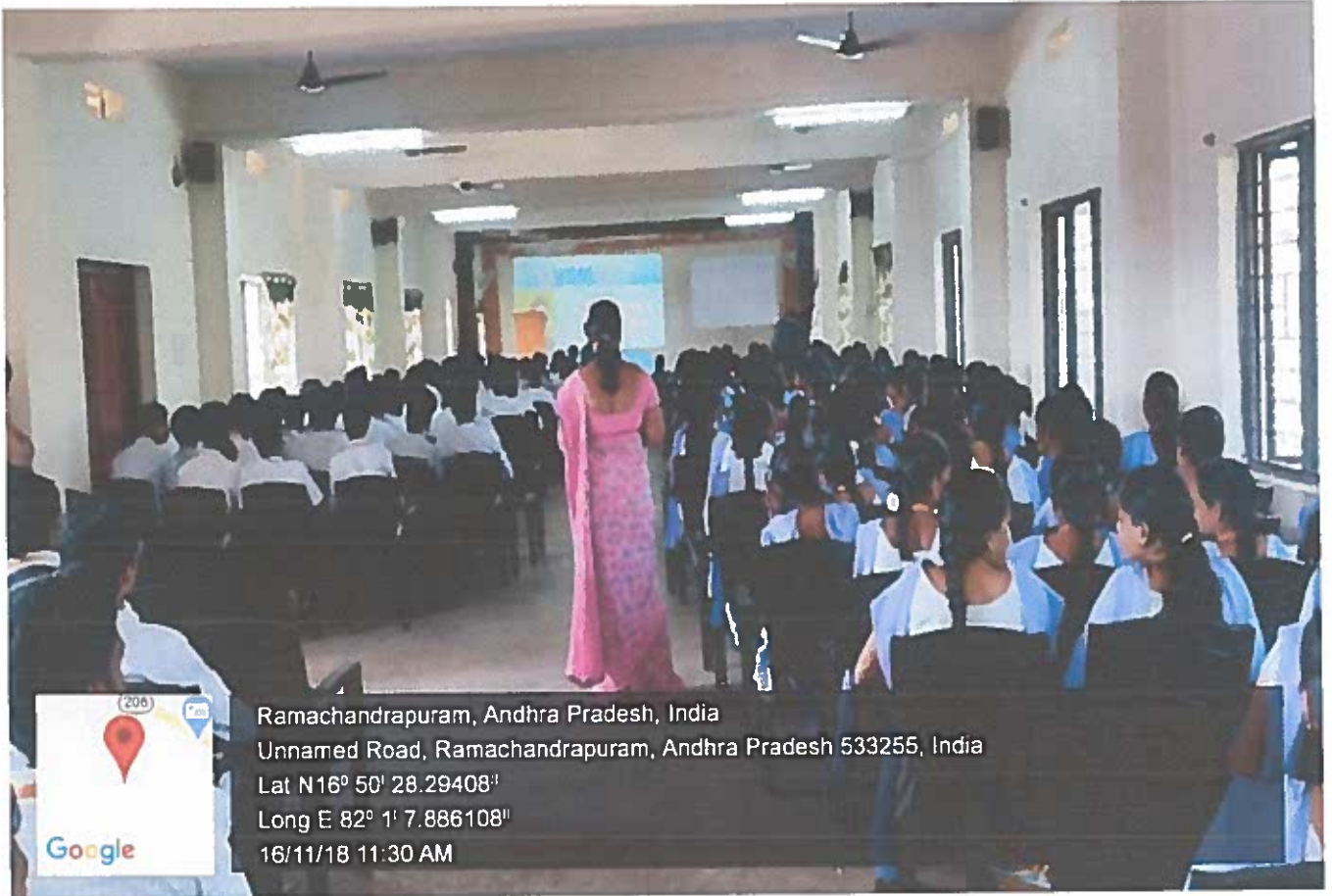
Personal Hygiene: Good Habits Help Keep You Healthy



SEMINAR ON PERSONAL HYGIENE 2018-2019

BY

S.SARALA,HEALTH ASSISTANT



**STUDENTS PARTICIPATING IN THE SEMINAR AT
SARVEPALLI RADHA KRISHNA SEMINAR HALL**

