

OFFICE OF THE DIRECTOR

ASCET/CIR/2023-24

Date: 02-03-2024

CIRCULAR

All the students are hereby informed that Audisankara College of Engineering & technology (Autonomous) is organizing “**Soft Skill Development**” training from 13-03-2023 to 18-03-2023. Hence, all the students are informed to attend the training sessions without fail.



GU-Narsayam
Principal

PRINCIPAL
AUDISANKARA COLLEGE OF
ENGINEERING & TECHNOLOGY
(AUTONOMOUS)
GUDUR, TIRUPATI DT. (A.P.)

To: (1) Principals of SANK, – for information
(2) Viceprincipal, Polytechnic – for information
(3) All HoD's to circulate among the staff & Students
(4) CoE
(5) DEAN – Academics
(6) DEAN – Student Affairs
(7) DEAN – ICT, R&D, Quality
(8) Display on Student Notice Board
(9) A.O, Account Section
(10) HR Office, Library, Placement Cell
(11) Busi/C, PD, Security
(12) Hostel Girls & Boys – Through Warden
(13) Canteen, Stores
(14) Office

CC to: The Chairman – for kind information

DEPARTMENT OF COMPUTER SCIENCE AND ENGINEERING
(ARTIFICIAL INTELLIGENCE)

TIME TABLE

S.NO	Year	Total No,of Students	Session	Duration	Time
1	II	194	FN	13-03-2024 to 18-03-2024	9.30 am to 4.30 PM
2	III	191			

Gu-Narayana
 Principal

PRINCIPAL
**AUDISANKARA COLLEGE OF
 ENGINEERING & TECHNOLOGY
 (AUTONOMOUS)
 GUDUR, TIRUPATI DT. (A.P.)**

DEPARTMENT OF COMPUTER SCIENCE AND ENGINEERING
(ARTIFICIAL INTELLIGENCE)

REPORT

An awareness session on Soft Skills Training Sessions was conducted for modules-I & II at the engineering Department by the Training & Placement Cell of the Audisankara College of Engineering & Technology (ASCET). The seminar was attended from various departments in our institution. The motive of the seminar was to make the students aware of the forthcoming Training Sessions. Students got a thorough understanding of the schedule of the sessions.

Programs organized by the Department of soft skills competency during the year 2023-24

1. Interactive Group Activities
2. Group discussions
3. Listing Activities 1,2 and 3
4. Debates
5. JAM
6. Role Play etc



Speech delivered from the Mrs. Usha Nandini to the students on 13.03.2024



Speech by the T. Hari krishna for the skill developing program on 16.03.2024



The participants details:

S.No	Reg. No	Name of the Student
1	22G21A3102	ABBANNAGARI SESHA SAI
2	22G21A3104	ALLA LOKESH
3	22G21A3105	ALLAMPATI JAYESHREDDY
4	22G21A3106	AMARA SRAWA
5	22G21A3107	AMBAVARAM THIRUMAL REDDY
6	22G21A3108	AMILINENI RUPA SRI
7	22G21A3109	ARAVA PRAVEEN SAI
8	22G21A3110	AVARAMBETI VYSHNAVI
9	22G21A3111	AVVARI THANMAI
10	22G21A3112	BADUGU SURYA NARAYANA
11	22G21A3113	BALA BHASKAR REKHA
12	22G21A3114	BALAKRISHNAN DARSHAN
13	22G21A3115	BANALA JAYA SIDDHU
14	22G21A3116	BAPATHI VENKATESWARA REDDY
15	22G21A3117	BHUMANA RUPESH REDDY
16	22G21A3118	BODHEPALLI GURU PRATHAP
17	22G21A3119	BOGGULA PRANEETH KUMAR REDDY
18	22G21A3120	BRAMHADEVI DEEPAK
19	22G21A3121	BUSAGANI MAHESH KUMAR
20	22G21A3122	BYNAGARI VINEETH KUMAR
21	22G21A3123	CHALLA RENUKUMAR
22	22G21A3124	CHALLA VAMSI
23	22G21A3125	CHALLA YEDUKONDALU
24	22G21A3126	CHEBROLU SUDHIR
25	22G21A3128	CHILAKA BHAVANA
26	22G21A3129	CHILLAKURU VAMSI
27	22G21A3130	CHITTETI MYTHILI
28	22G21A3131	DABBUGODLA VENKATA SUNIL
29	22G21A3132	DANDI JAHNAVI
30	22G21A3133	DANTHOTI SUNIL KUMAR
31	22G21A3134	DASARI AUDILAKSHMI
32	22G21A3135	DASARI LIKITH SAI VAMSI

33	22G21A3136	DEGA SAI TEJA
34	22G21A3137	DEGA VISHNU
35	22G21A3138	DESIBOINA BALA MADHU
36	22G21A3139	DEVARAYAPALLI PRASANNA
37	22G21A3141	DOMMARAPATI VYSHNAVI
38	22G21A3142	DONKA SUSHMITHA
39	22G21A3143	ERLA KALYAN BABU
40	22G21A3144	GADDAM VISHNUVARDHAN
41	22G21A3145	GALAM VARUN KUMAR
42	22G21A3146	GALI VENKATESWARLU
43	22G21A3147	GALI VIKAS
44	22G21A3148	GAMPALA YASWITHA
45	22G21A3149	GANDOOR SHAHEEN
46	22G21A3150	GANESHAM HAREESH
47	22G21A3151	GANIPSETTI SAI SASI VARDHAN
48	22G21A3152	GANUGAPENTA GOVARDHAN
49	22G21A3153	GEMIDI SAI NIHITHA YADAV
50	22G21A3154	GOTHAM KALYAN
51	22G21A3155	GOTTI POOJITHA
52	22G21A3156	GUDAPAREDDY RAJITHA
53	22G21A3157	GUDEPU PUJITHA
54	22G21A3158	GUNDUBOINA PENCHALA PRASANTH
55	22G21A3159	JAGANNATI SUDHEER
56	22G21A3160	JANGAM KRANTHI VARDHAN
57	22G21A3161	JOGI CHANDANAPRIYA
58	22G21A3162	KAKUNURI CHINA KAMBAGIRI
59	22G21A3163	KALAHASTHRI SANDHYA
60	22G21A3164	KALLUTLA NANDINI
61	22G21A3166	KANDIKATTU SWAROOP KUMAR
62	22G21A3167	KANUPURU HARITHA
63	22G21A3169	KATTA TEJESWAR
64	22G21A3170	KAVALI PAVAN KUMAR
65	22G21A3171	KEMISETTY MANJUNADHA
66	22G21A3172	KODURU VISHNU VAMSI

67	22G21A3173	KOLLI LEKHANA
68	22G21A3174	KOMMALA USHA
69	22G21A3175	KOMMIREDDY VINAY KUMAR REDDY
70	22G21A3176	KONGA MANASA
71	22G21A3177	KOPPALA VANAJA
72	22G21A3178	KOVURU HARI PRIYA
73	22G21A3179	KUKARLA PRATHYUSHA
74	22G21A3180	KULLURU VANDANA
75	22G21A3182	KUNCHAM RAJESH
76	22G21A3183	KUNCHAM SAI KUMAR
77	22G21A3184	KUPPAMPATI NIHARIKA
78	22G21A3185	MADALA ALEKHYA
79	22G21A3186	MALIGA DIVYA DARSHINI
80	22G21A3187	MALLI MEGHANA
81	22G21A3188	MALLISETTY VASAVI
82	22G21A3189	MANDAVA NITEESH
83	22G21A3190	MANDHATI RAKESH
84	22G21A3191	MANDI VENUGOPAL REDDY
85	22G21A3192	MANGALI ANJALI
86	22G21A3193	MANGAPURAM VAMSI
87	22G21A3194	MANNARUGUDI POOJITHA
88	22G21A3195	MANNEM SREEKANTH REDDY
89	22G21A3196	MARRIPALLI ROHITH
90	22G21A3197	MEESALA AMULYA LIKHITHA
91	22G21A3198	MERAGA KALYAN
92	22G21A31A0	MOHAMMAD SUMAYA BANU
93	22G21A31A1	MONIKA V
94	22G21A31A2	MOPURU SAIKRISHNA
95	22G21A31A3	MOPURU SRIJA
96	22G21A31A4	MUTHUKURU MALLISWARI

97	22G21A31A5	NADELLA ANUSHA
98	22G21A31A6	NAGADASARI SANDEEP
99	22G21A31A7	NAGICHETTY RISHI KUMAR
100	22G21A31A8	NALABOTHU SUPRIYA
101	22G21A31A9	NALLIBOINA PRANAY TEJA
102	22G21A31BO	NANDYALA SIVA VARDHAN REDDY
103	22G21A31B1	NAVURI YESWANTH SHEKHAR
104	22G21A31B2	NELATURU BHARGAVI
105	22G21A31B3	NIPPATLAPALLI NAVYA
106	22G21A31B4	ONTERU MANOHAR
107	22G21A31B5	PACHA MAITHRI
108	22G21A31B6	PADIGIREDDY BHANUPRAKASH REDDY
109	22G21A31B7	PAGALA PRADEEP
110	22G21A31B8	PALADUGU RENUKA
111	22G21A31B9	PALAPARTHI MADHU
112	22G21A31C1	PANDHI SATHISH
113	22G21A31C2	PARIMI YASWANTH
114	22G21A31C3	PARLAPALLI SATHWIKA
115	22G21A31C4	PASAM BHAVYA
116	22G21A31C5	PATAN ARMAN AHAMED KHAN
117	22G21A31C6	PATHAKUNTI MARUTHI REDDY
118	22G21A31C7	PEDDASOMAPPAGARI SARATH KUMAR REDDY
119	22G21A31C8	PELLURU MUNIMANJU
120	22G21A31C9	PEPALLA VAMSHI
121	22G21A31D0	PESALA KAVYA SREE
122	22G21A31D1	PESALA KINNERA
123	22G21A31D2	PIDIKITI YASWANTH
124	22G21A3167	KANUPURU HARITHA
125	22G21A31D3	PIILIADUGULA SIREESHA
126	22G21A31D4	PINDI REEMA

127	22G21A31D5	PODILI SRAVYA
128	22G21A31D6	POLICHERLA GOPICHAND
129	22G21A31D7	POLURU SANDEEP
130	22G21A31D9	POTTELU SRIKAR YADAV
131	22G21A31E0	PULIPATI SUSMITHA
132	22G21A31E1	RAM RITHYUSHA
133	22G21A31E2	RAMAGIRI HEMANTH KUMAR
134	22G21A31E4	RAMIREDDY CHANDANA
135	22G21A31E6	ROUTHU KIRAN
136	22G21A31E7	SANE TEJASWI
137	22G21A31E8	SANGU DEEPIKA
138	22G21A31F0	SATHU SWATHI
139	22G21A31F1	SHAIK ABDUL AHAD TABISH
140	22G21A31F2	SHAIK ABDUL KHADAR
141	22G21A31F3	SHAIK ABID
142	22G21A31F4	SHAIK ABRAR
143	22G21A31F5	SHAIK ARSHAD
144	22G21A31F6	SHAIK JAKEER HUSSAIN
145	22G21A31F7	SHAIK KARIMULLA
146	22G21A31F8	SHAIK KARIMULLA
147	22G21A31G0	SHAIK KHAJA AFROZALI
148	22G21A31G1	SHAIK MASTHAN BABU
149	22G21A31G2	SHAIK SAMEER
150	22G21A31G3	SHAIK SHABNA
151	22G21A31G4	SHAIK SHARMILA
152	22G21A31G5	SHAIK TAMANNA
153	22G21A31G6	SHAIK TANVEEZ
154	22G21A31G7	SHAIK TARANA ANJU
155	22G21A31G8	SHAIK YASMIN
156	22G21A31G9	SOMISETTI HEMANTH KUMAR
157	22G21A31H0	SURIPOGU ANUSHA
158	22G21A31H1	SYED ADIL BASHA
159	22G21A31H2	TANGUTURI VENUGOPAL REDDY
160	22G21A31H3	TEGACHERLA SAMIYELU
161	22G21A31H4	THIPPIREDDY VAISHNAVI

162	22G21A31H5	THIPPULURI MAHENDRA REDDY
163	22G21A31H7	THOTA SUHARIKA
164	22G21A31H8	THURAKA SIVA KIRAN
165	22G21A31H9	TIRUMALAKONDA SANDHYA
166	22G21A31I0	TIRUMALASETTY GOUTHAM SAI SURYA
167	22G21A31I1	TUPILI PAVANI
168	22G21A31I2	UPPU VENNELA
169	22G21A31I3	VANKI MOHANA SRIVARSHA
170	22G21A31I4	VANNAM MOUNIKA
171	22G21A31I5	VASANTHAM CHARAN TEJA
172	22G21A31I6	VAYYAVURU HARITHA
173	22G21A31I8	VELPULA SUDHEER KUMAR
174	22G21A31I9	VUNDELA NARENDRA REDDY
175	22G21A31J0	YADDANAPUDI VENKATA SIVA JAHNAVI
176	22G21A31J1	YALLNTI VENKATA SAI TEJA
177	22G21A31J2	YANAMALA GUNASEKHAR
178	22G21A31J3	YANAMALA SUDHEER
179	22G21A31J4	JARRAGADDALA MAHESH
180	22G21A31J5	YATA NAGENDRA BABU
181	22G21A31J6	YELCHURU REESHIKA
182	22G21A31J7	VANAMALA SRINU
183	23G25A3102	TUMULURI GAYATHRI
184	21G21A31 D5	Prakash reddy.R
185	21G21A31J1	Y. VENKATESWARLU
186	22G21A31D6	RAMAVATH MANTHRU NAYAK
187	22G21A31D3	PIILIADUGULA SIREESHA
188	22G21A31D4	PINDI REEMA
189	22G21A31D5	PODILI SRAVYA
190	22G21A31D6	POLICHERLA GOPICHAND
191	22G21A31D7	POLURU SANDEEP
192	22G21A31D9	POTTELU SRIKAR YADAV
193	22G21A31E0	PULIPATI SUSMITHA
194	22G21A31E1	RAM RITHYUSHA
195	21G21A3101	AKKUPALLI KARTHIK

196	21G21A3102	AKUMALLI SHAIK VAHEED
197	21G21A3103	ALAPAKA SRIVAMSI
198	21G21A3104	AMRUTHALA MANOJ
199	21G21A3105	ANANGI BHANU PRASAD
200	21G21A3106	ANDALAMALA POOJITHA
201	21G21A3107	ANISETTY LIKITHA
202	21G21A3108	ARIGELA TEJESWAR
203	21G21A3109	ASA HARSHITHA
204	21G21A3110	ATLA SIVA KUMARI
205	21G21A3111	AVULA LAVANYA
206	21G21A3112	AVVARI SATHEESH
207	21G21A3114	BHIMAVARAM SUSHMA
208	21G21A3115	BHUMIREDDY RADHA KUMARI
209	21G21A3116	BODDU SIVA
210	21G21A3117	BODEDDULA RAVI TEJASWINI
211	21G21A3118	BUDATHATI MAHIPRAVARDHAN RAJ
212	21G21A3f19	BUDHARAJU PRANEETHA
213	21G21A3120	CHAGANTI TEJASWINI
214	21G21A3121	CHALLA BHAVYA
215	21G21A3122	CHALLA PANENDRABHANU
216	21G21A3123	CHAVADAM PRAVEEN
217	21G21A3124	CHEERLA VENKATA SUDHEER
218	21G21A3125	CHEJARLA JAGANMOHAN REDDY
219	21G21A3126	CHENCHEMGARI JAYANTH
220	21G21A3127	CHERUKURU NAVEEN
221	21G21A3128	CHINTAMREDDY DEEPIKA
222	21G21A3129	CHINTHAGINJALA REVATHI
223	21G21A3130	CHINTHAKUNTA SUBHAN BASHA
224	21G21A3131	CHITTIBOINA SUKANKAYA
225	21G21A3132	DANDE GAYATHRI

226	21G21A3133	DANDU HARISH KUMAR
227	21G21A3134	DASARI THIVIKRAM
228	21G21A3135	DEGA VENKATESH
229	21G21A3136	DEPUR DIVYA
230	21G21A3137	DEVANDLA PRAVEEN KUMAR
231	21G21A3138	DEVARA VENKATA SAI LAKSHMI NIKHITHA
232	21G21A3140	DEVINENI RAMAKANTH
233	21G21A3141	DUMPALA MOUNIKA
234	21G21A3142	ELIKA MAHESH
235	21G21A3143	ELIKA MAVEEN
236	21G21A3145	ERAGANABOINA BALAJI
237	2tG21A3146	GADDAM GEETHANJALI
238	21G21A3147	GADEPALLI GAYATRI
239	21G2tA3148	GANTA THARUN TEJA
240	21G21A3149	GODASU SIVA PRANAY
241	21G21A3150	GOGULA VIVEK
242	21G21A3151	GOLLA SATHEESH BABU
243	21G21A3152	GONGATI PENCHALA PRASAD
244	21G21A3153	GUDIMELLA SAI SIVA PRIYA
245	21G21A3154	GUJJULA PAVAN
246	21G21A 3155	GUNNAM SRI CHARAC
247	21G21A3156	GUNTURU MANOJ
248	21G21A3157	GUvvADI MADHAVI
249	21G21A3158	JAHNAVI K
250	21G21A3159	JAL4GAM BABJI
251	21G21A3160	JONNA NANI
252	21G21A3161	JOREPALLI REVATHI
253	21G21A3162	KALLURU HARIKA
254	21G21A3163	KAMATHAM LOHITHA
255	21G21A3164	KANDRIKA JAI SIMHA

256	21G21A3165	KANUPURU VISHNU VARDHAN
257	21G21A3166	KATAMREDDY MOHITHREDDY
258	21G21A3167	KODURU MANOHAR REDDY
259	21G21A3168	KOLA RAJESH
260	21G21A3169	KOLAGATLA REVATHI
261	21G21A3170	KOLLI NARESH
262	21G21A3171	KOLLIPAKU SIVAPRA SAD
263	21G21A3172	KOLLIPAKU VIVEK
264	21G21A3174	KONDURU VENKATA TEJ
265	21G21A3175	KONGARA ESWAR REDDY
266	21G21A3176	KOTHJKOTA VASU
267	21G21A3177	KOTHALURU PUSHPA MALATHI
268	21G21A3178	KUMMANAMALA SAIBHARATH
269	21G21A3180	LAKKIREDDY RADA SEKHAR REDDY
270	21G21A3181	LEBURU DEVI PRIYA
271	21G21A3182	M CHANDU
272	21G21A3183	MADHAMANCHI BHUVANESWARI
273	21G21A3184	MAHAMMED TABASSUM
274	21G21A3185	MAMIDI 8HARATH KUMAR
275	21G21A3186	MANAM MADHAN
276	21G21A3188	MANNEM RAKESH
277	21G21A 3190	MIDAMANURU DHANUSH KRISHNA CHOWDARI
278	21G21A3192	MOHAMMED ZUNED
279	21G21A3193	MUDDA PRANAY MOHAN
280	21G21A3194	MUDIREDDY SRI MANOJ REDDY
281	21G21A3195	MULI MYSURAREDDY
282	21G21A3196	MUNGARA HARSHAVARDHAN
283	21G21A 3197	MURAM VINAY KUMAR REDDY
284	21G21A3198	NAGIREDDY VARSHITHA
285	21G21A3199	NALAGATLA YASWANTH

286	21G21A31A2	NANDYALA CHENCHU KUMAR
287	21G21A31A4	NEELAKANTAM SATHVIKA
288	21G21A31A5	NEELAPOOJA MADHAVAN
289	21G21A31A6	NELANAKULA RUCHITHA
290	21G21A31A7	NELAPATI SUSMITHA
291	21G21A31A8	NELLORE MUNI CHANDU
292	21G21A31A9	NUTHALAPATI AMMANI
293	21G21A31B0	PACHAVA VENKATA NAGESWARA RAO
294	21G21A31B1	PAIDALA SUDARSHAN REDDY
295	21G21A31B3	PARCHURU SIDDHARTH
296	21G21A31B4	PARLAPALLI MANOJKUMARREDDY
297	21G21A31B5	PARVATHAM VENKATA HARSHA VARDHAN
298	21G21A31B6	PARVATHAREDDY RAVIKUMAR REDDY
299	21G21A31B7	PASUPULETI AKHIL KUMAR
300	21G21A31B8	PASUPULEC POORNA SAI
301	21G21A31B9	PEETLA THARUN KUMAR
302	21G21A31C0	PENAMALLI PRASHANTH
303	21G21A31C1	PETA VIJAYA LAKSHMI
304	21G21A31C2	PIKKILI SARVANI
305	21G21A31C3	PODALA VIGNESH
306	21G21A31C4	POKKIREDDY GAYATHRI
307	21G21A31C5	POKURU SUDHESHA
308	21G21A31C6	PONNA ADHINARASIMHULU
309	21G21A31C7	PONNAPULA NAVEEN
310	21G21A31C8	POTTA LAKSHMINARAYANA
311	21G21A31C9	PUCHAKAYALA PRASANNALAKSHMI
312	21G21A31D0	PULAKANT MANEESHA
313	21G21A31D1	PULAKANTI MOUNIKA
314	21G21A31D2	PULLA VISHNU PRIYA
315	21G21A31D3	PUNAMALLI MANASA

316	21G21A31D4	PUNURU PAVAN
317	21G21A31D7	RATAKONDA VENKATA DEEPIKA
318	21G21A31D8	RAVURI HARSHITH
319	21G21A31D9	RAVURU INDRASENAREDDY
320	21G21A31E0	RAYALLA MANOJ
321	21G21A31E1	SAJJARAO RAKESH
322	21G21A31E2	SAKHAPURAM PENCHALA PRASAD
323	21G21A31E5	SANA ESWAR UDAY KIRAN
324	21G21A31E6	SANISETTY TIRU VENKATA LAKSHMI
325	21G21A31E7	SHAIK ALI ABBAS
326	21G21A31E9	SHAIK ASHRA
327	21G21A31F0	SHAIK FARHAN
328	21G21A31F1	SHAIK HUMAIR RAYN ALI
329	21G21A31F2	SHAIK IMRAN
330	21G21A31F3	SHAIK JAVEED
331	21G21A31F4	SHAIK KALESHA
332	21G21A31F5	SHAIK MOUNISHA
333	21G21A31F6	SHAIK NAYAB
334	21G21A31F7	SHAIK NAYAB RASOOL
335	21G21A31G0	ZULEKHA YASMEEN
336	21G21A31G1	SOLLU HEMANTH KUMAR
337	21G21A31G2	SOMEPELLI NAGA SANDEEP
338	21G21A31G3	SOMIREDDY JYOTHIKA
339	21G21A31G4	SRIRAM VENKATA RISHIK
340	21G21A31G5	SRIRAMA SETTI VIJAY KUMAR
341	21G21A31G6	SUNKESULA MOHAMMED SHAHID
342	21G21A31G7	SURA JYOTHSWARA REDDY
343	21G21A31G9	SWARNA VINAY
344	21G21A31H0	THAKKELLAPATI CHAITANYA LAKSHMI
345	21G21A31H1	THALAKAYALA MOUNIKA

346	21G21A31H2	THAMBISETTY JHANSI
347	2tG21A31H3	TIPPULURI MAHESH REDDY
348	21G21A31H5	UPPALAPATI HARINI
349	21G21A31H6	VALIPI NAVEEN KUMAR
350	21G21A31H7	VANKI SETHU PRAVALLIKA
351	21G21A31H8	VANTERU HARSHAVARDHAN REDDY
352	21G21A31H9	VAYYAVURU RUPASRI
353	21G21A31I0	VEERAPA REDDY NANI KUMAR REDDY
354	21G21A31I1	VELUGOTI SUSHMA
355	21G21A31I2	VEMURU DINESH
356	21G21A31I3	VEREPALLI THARUNI
357	21G21A31I4	\INJAMURU PRADEEPTHI
358	21G21A31I5	YAMALA KAVYA
359	21G21A31I6	YAKALA VASAVI
360	21G21A31I7	YANAMALA JASWANTH
361	21G21A31I9	YARRAGANGU YASWANTH
362	21G21A31J0	YELLA MARY PRASASTHA
363	21G21A31J3	ARJUN KUMAR
364	21G21A31J4	MD KAMRAN
365	21G21A31J5	MD MOSHRRAF PARWEZ
366	21G21A31J6	ROHIT KUMAR
367	21G21A31J7	TAFAZZUL HAQUE
368	21G21A31J8	KONDURU LOKESH
369	22G25A3101	AVULA GURU PRASAD
370	22G25A3102	AVULA RAVITEJA
371	22G25A3103	BACHALA VISHNU VARDHAN REDDY
372	22G25A3105	CHENNAMPALLE BALA ANJANEYULU
373	22G25A3106	DANDE SAI MANOJ
374	22G25A3107	DEVELLA ARAVIND
375	22G25A3108	ERRI BALAKRISHNA

376	22G25A3109	KAIPU PRABHATH
377	22G25A3110	KOPPOLU TEJA
378	22G25A3112	MOLAKALA MOHAN KRISHNA
379	22G25A3113	PACHAVA VENGALA RAO
380	22G25A3114	RATHIKOTA SAI KRUPA
381	22G25A3115	SANNALA VENKATA SUNEEL
382	22G25A3116	UPPU AKSHITH
383	22G25A3117	VUSA YASWANTH
384	22G25A3118	YELLIMBETI SUJITH
385	20G21A3140	RAVURI VENKATA NAGA SIVA KUMAR

GU-Nayana
 Principal

PRINCIPAL
**AUDISANKARA COLLEGE OF
 ENGINEERING & TECHNOLOGY
 (AUTONOMOUS)**
 GUDUR, TIRUPATI DT. (A.P.)

OFFICE OF THE DIRECTOR

ASCET/CIR/2023-24

Date: 02-03-2024

CIRCULAR

All the students are hereby informed that Audisankara College of Engineering & technology (Autonomous) is organizing “**Soft Skill Development**” training from 13-03-2024 to 18-03-2024. Hence, all the students are informed to attend the training sessions without fail.



GU-Narsayam
Principal

PRINCIPAL
AUDISANKARA COLLEGE OF
ENGINEERING & TECHNOLOGY
(AUTONOMOUS)
GUDUR, TIRUPATI DT. (A.P.)

To: (1) Principals of SANK, ASIT – for information
(2) Viceprincipal, Polytechnic – for information
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(5) DEAN – Academics
(6) DEAN – Student Affairs
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CC to: The Chairman – for kind information

DEPARTMENT OF COMPUTER SCIENCE AND ENGINEERING
(ARTIFICIAL INTELLIGENCE AND MACHINE LEARNING)

TIME TABLE

S.NO	Year	Total No,of Students	Session	Duration	Time
1	I	60	FN	13-03-2024 to 18-03-2024	9.30 am to 4.30 PM

GU-Narayana
 Principal

PRINCIPAL
**AUDISANKARA COLLEGE OF
 ENGINEERING & TECHNOLOGY
 (AUTONOMOUS)
 GUDUR, TIRUPATI DT. (A.P.)**

DEPARTMENT OF COMPUTER SCIENCE AND ENGINEERING
(ARTIFICIAL INTELLIGENCE AND MACHINE LEARNING)

REPORT

An awareness session on Soft Skills Training Sessions was conducted for modules-I & II at the engineering Department by the Training & Placement Cell of the Audisankara College of Engineering & Technology (ASCET). The seminar was attended from various departments in our institution. The motive of the seminar was to make the students aware of the forthcoming Training Sessions. Students got a thorough understanding of the schedule of the sessions.

Programs organized by the Department of soft skills competency during the year 2023-24

1. Interactive Group Activities
2. Group discussions
3. Listing Activities 1,2 and 3
4. Debates
5. JAM
6. Role Play etc

The participants details:

S.No	Reg. No	Name of the Student
1	23G2A33001	ACHI VISWATEJA
2	23G2A33002	ARKAT DEEPIKA
3	23G2A33003	B ROSHNA
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20	23G2A33020	KAKE SUJITHA
21	23G2A33021	KODAVANDLAPALLI LIKHITHA
22	23G2A33022	KONUGURU YAGNESH
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24	23G2A33024	KUMMITHI ARUNA JYOTHI
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43	23G2A33043	POKURU MANO KARTHIK
44	23G2A33044	RAGIRI VENKATA MANOHAR
45	23G2A33045	RAJA NAGA VARSHITH

46	23G2A33046	SAGILALA BHANUSRI
47	23G2A33047	SANA PENCHALA PRATHAP REDDY
48	23G2A33048	SEELAM ASMITHA
49	23G2A33049	SHAIK ARSHAD AHAMAD
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53	23G2A33053	THANA SURYA
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55	23G2A33055	THATIPARTHI LAKSHMI NIHILESWARI
56	23G2A33056	THERU SHYAM KUMAR
57	23G2A33057	THUPILI STEPHEN HERME
58	23G2A33058	YANDAPALLI ANIL KUMAR
59	23G2A33059	YAPARALA HARI PRASAD
60	23G2A33060	YELURU MANOJ

Gu-Narasimha
 Principal

PRINCIPAL
**AUDISANKARA COLLEGE OF
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 (AUTONOMOUS)
 GUDUR, TIRUPATI DT. (A.P.)**

OFFICE OF THE DIRECTOR

ASCET/CIR/2023-24

Date: 01-10-2023

CIRCULAR

It is glad to inform all the students and the faculty that Yoga and Meditation Training Program on Transcendental meditation will be conducted for two months by Ravi Kumar and team i.e., from 04-10-2023 to 15-12-2023 in the evening from 03:30 PM. to 04:30 PM. All are requested to avail the opportunity.



GU-Nanayani
Principal

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To:

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REPORT ON YOGA AND MEDITATION (2023-24)

The practice of yoga and meditation has been around for centuries, with Hatha yoga practices dating back as far as the 11th century in the Far East. Fast forward to the 1980's and the Western world caught on to the benefits of yoga and meditation, where both practices became highly popularized. Since then, thousands of studies have been devoted to highlighting the many benefits of yoga and meditation. Yoga is not only a practice of physical exercise which is beneficial to the body but at its core, has a meditative and spiritual grounding. If you'd like to learn more about the benefits of yoga and meditation, we outline it all on this blog.

The Benefits of Yoga and Meditation

Yoga and meditation can be likened to sisters – each practice is different in its own way, but both are grounded in spirituality and their benefits on the mind and the body. Practicing yoga is known to improve flexibility, balance, endurance and strength. While meditation helps to keep the mind sharp and clear, relieves stress and improves overall well-being. These are just a few of the many benefits of yoga and meditation.

Yoga

In total there are 14 different variations of yoga practice. For the most part, all yoga practices have similar benefits, including:

1. Relief of Back Pain

If you suffer from persistent back pain, the practice of yoga just once or twice a week can help with relief from pain and discomfort. Stretching exercises and poses as well as increased core strength help to improve flexibility and agility of rigid muscles, alleviating lower back pain.

2. Assists With Symptoms of Rheumatoid Arthritis

There are specific forms of yoga: Iyengar, Bikram, and gentle yoga which have proven to help in the management of rheumatoid arthritis (RA). The slow, easy pace of these forms of yoga alleviates tension and pain in joints and muscles, while also helping to build up physical strength in those suffering from RA.

3. Helps To Cure a Hangover

While the last thing on your mind may be a yoga class when suffering from a hangover, yoga is one of the best ways of detoxing your body. Certain poses including

the "plow", "bow" and shoulder stand help to activate the thyroid gland, which in turn kick starts your metabolism, ridding your body of toxins. Yoga also helps with blood circulation, helping to bring your body and mind back to its fresh self.

4. Improves Heart Health

As mentioned, yoga helps with stimulating blood circulation around the body, which helps to eliminate arterial plaque in the heart muscle. As a result, yoga assists in keeping your heart rate regular, strong and healthy. Yoga is highly relaxing; it lowers stress levels and high blood pressure.

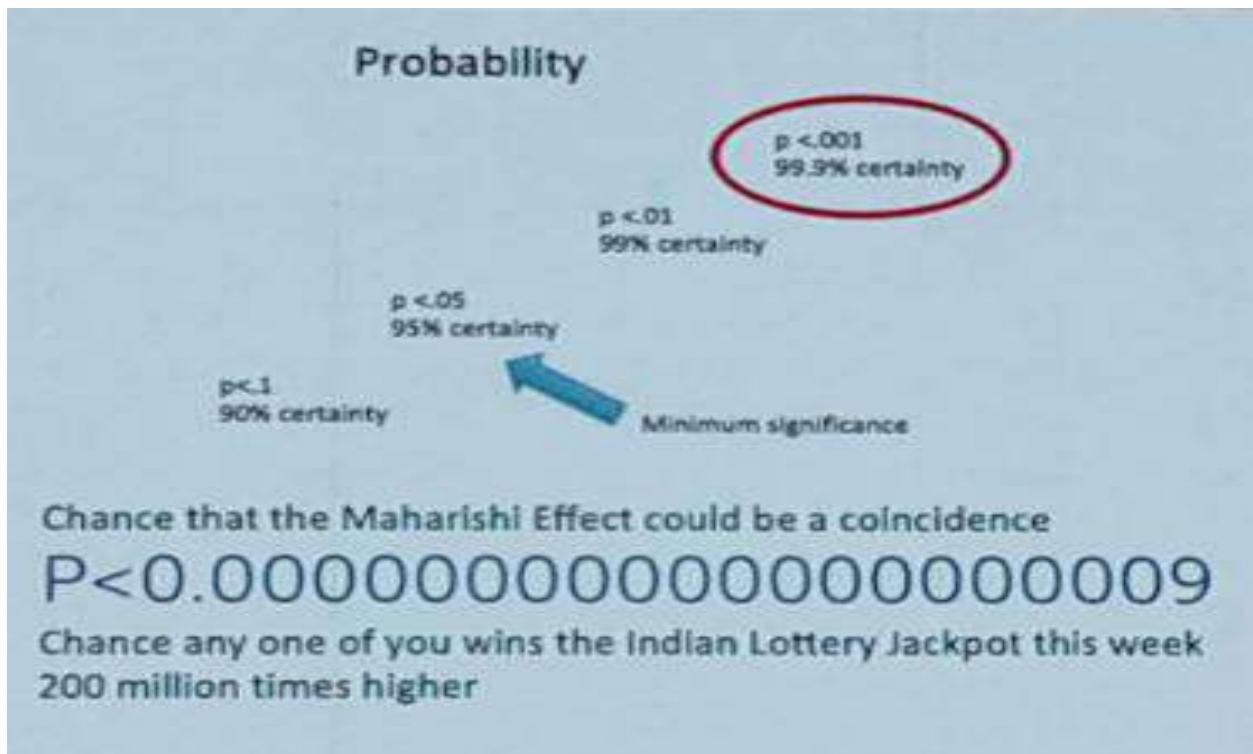
5. Helps to Combat Migraines

Looking for a simple solution on how to get rid of a headache without medication? This is where the benefits of yoga and meditation can be completely surprising. Nowadays, many people tend to over-medicate themselves and build up mountains of harmful toxins inside their systems. While the pain of a migraine can be totally unbearable, yoga is a great exercise to help prevent and fight them off. If you can bear it, one of the most beneficial poses is the "bridge" pose which helps to relax tension in the neck and shoulders, which can trigger migraines. These muscles and a myriad of others tend to become over-used and misaligned throughout our daily leaves which can lead to tension build-up – a common cause of migraines.

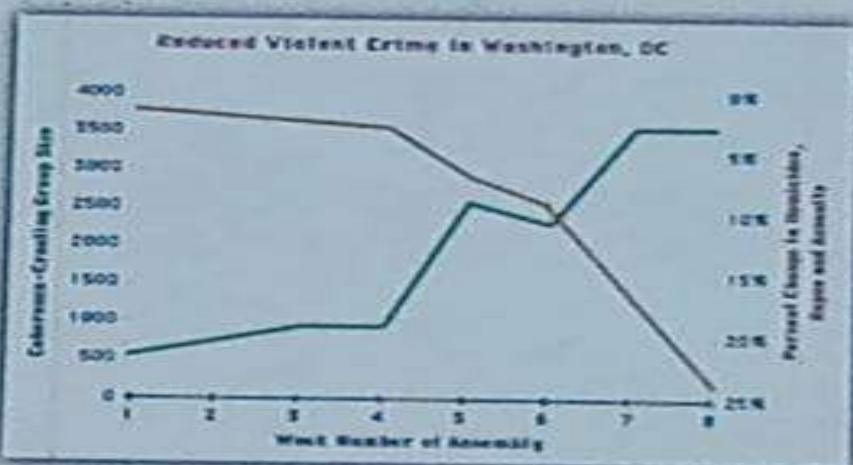
6. Regulates Digestion

If you suffer from persistent indigestion or constipation, yoga is a simple solution to get things moving! A number of yoga poses, twists and positions help to massage and squeeze internal organs, ultimately assisting with the movement of food and its digestion.

Yoga is also highly beneficial in stimulating our lymphatic system which works to flush our body of harmful toxins, which can cause indigestion.



Washington DC experiment

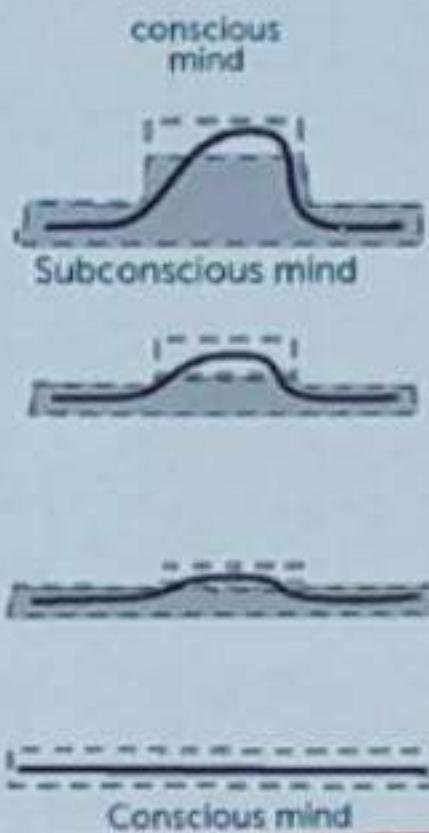


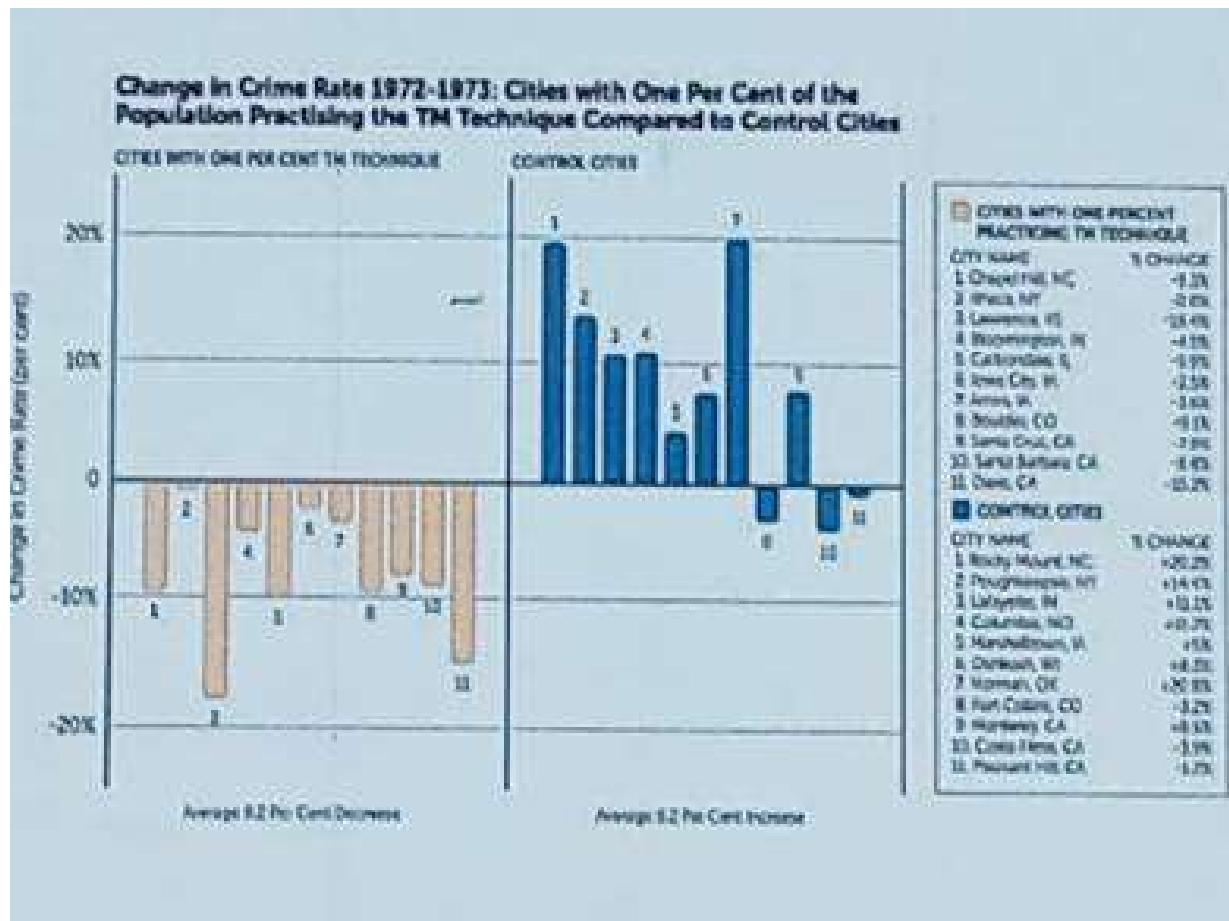
Transcending: stirring the ocean

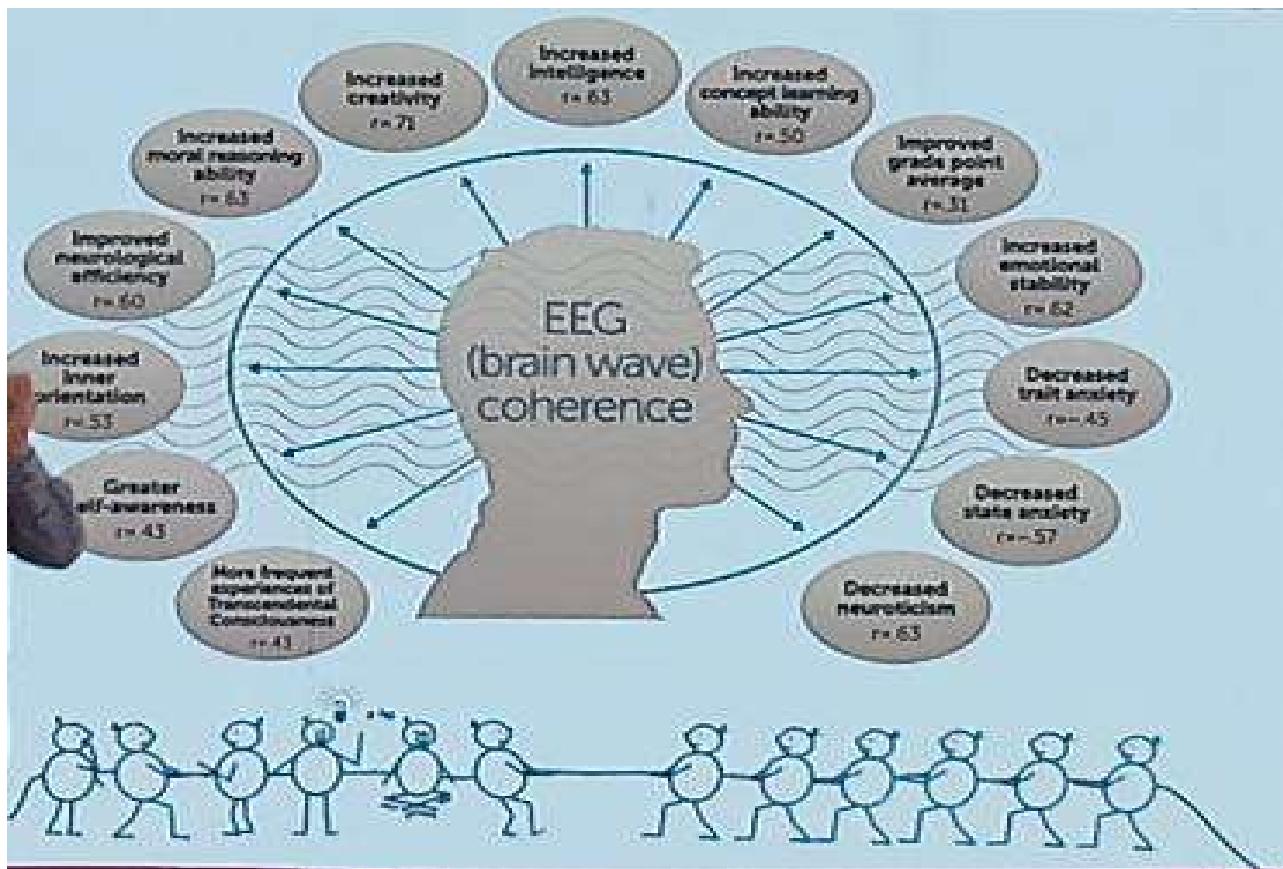


Spectacular experience?

- Least spectacular experience ever experienced
- Most spectacular experience ever researched









DEPARTMENT OF COMPUTER SCIENCE AND ENGINEERING
(ARTIFICIAL INTELLIGENCE AND MACHINE LEARNING)

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GU-Narayana
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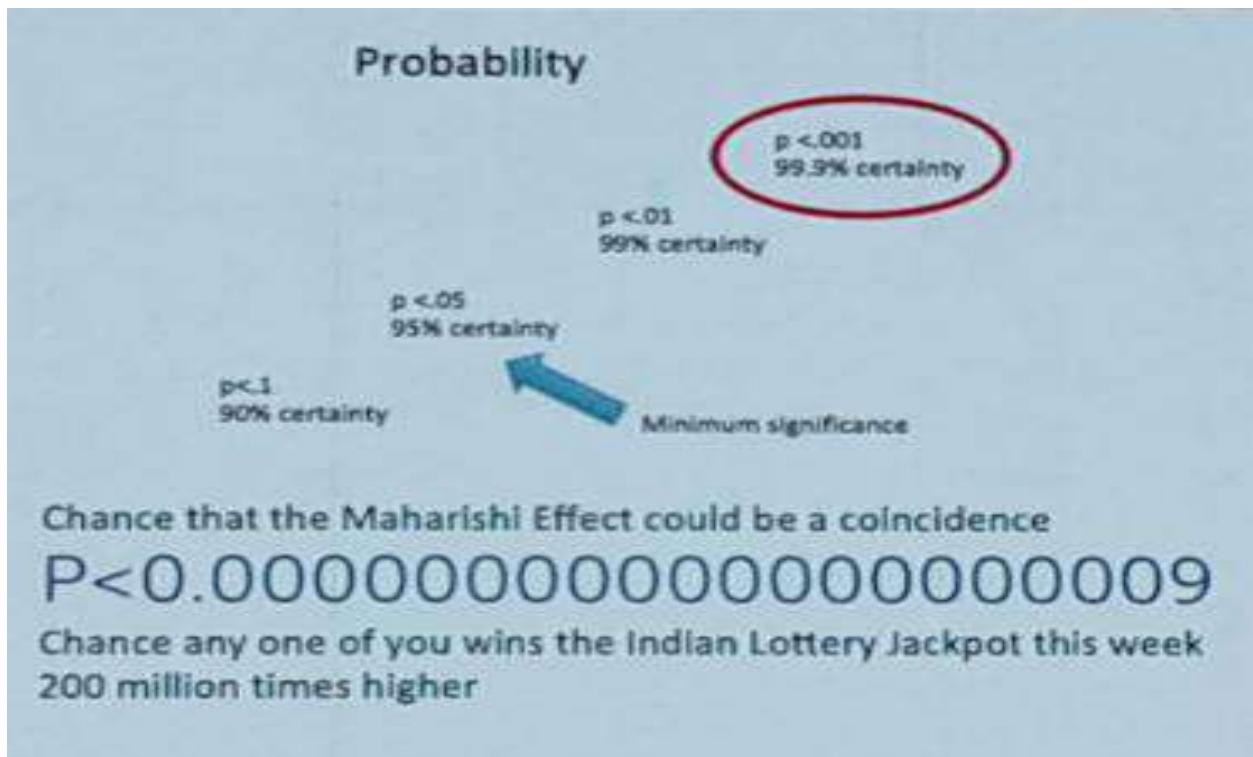
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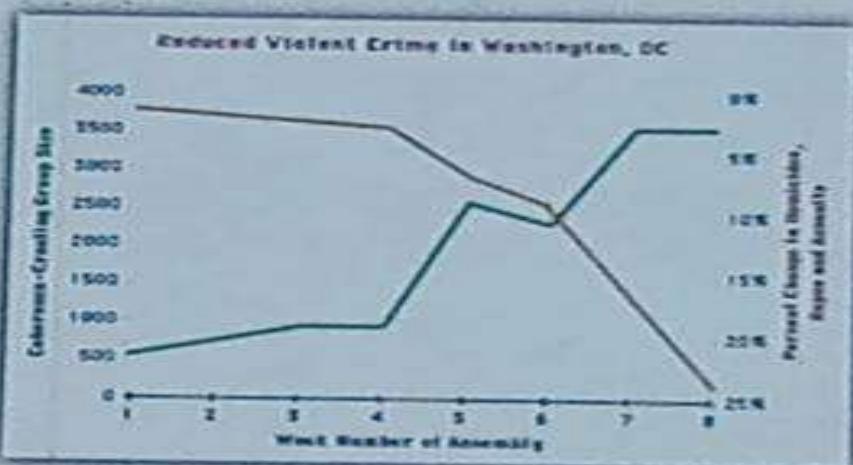
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Washington DC experiment

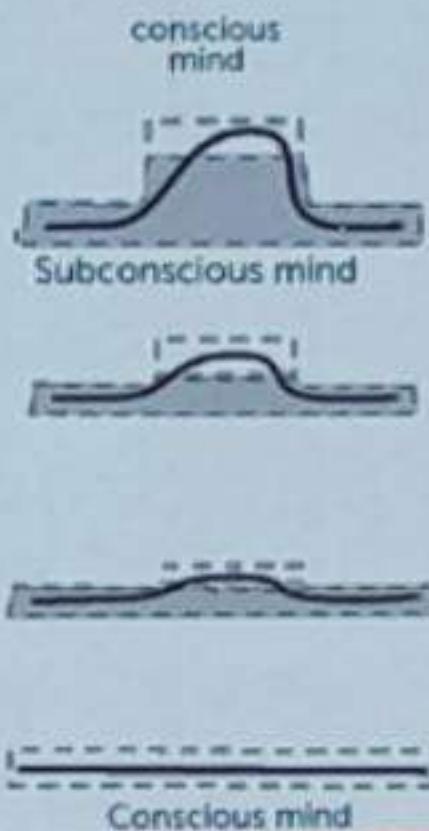


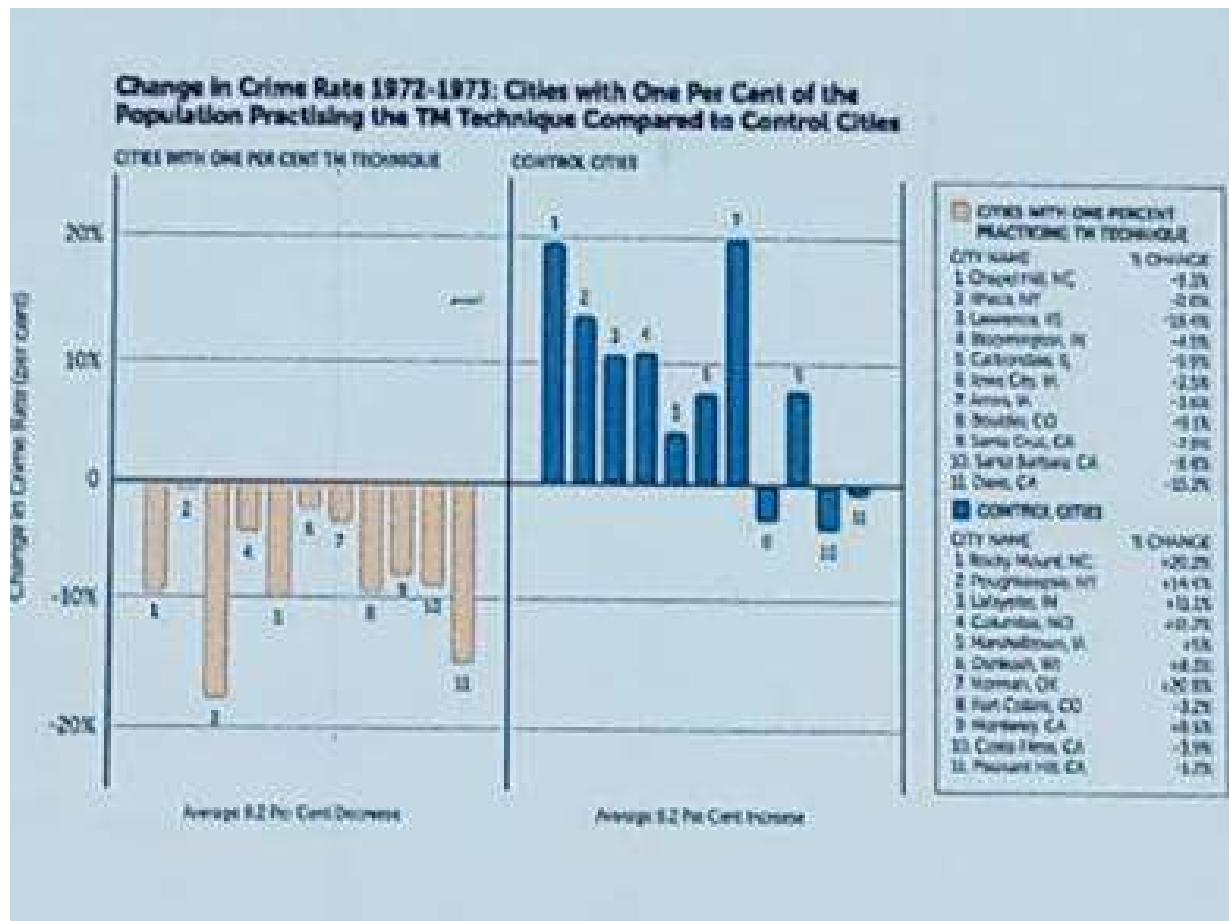
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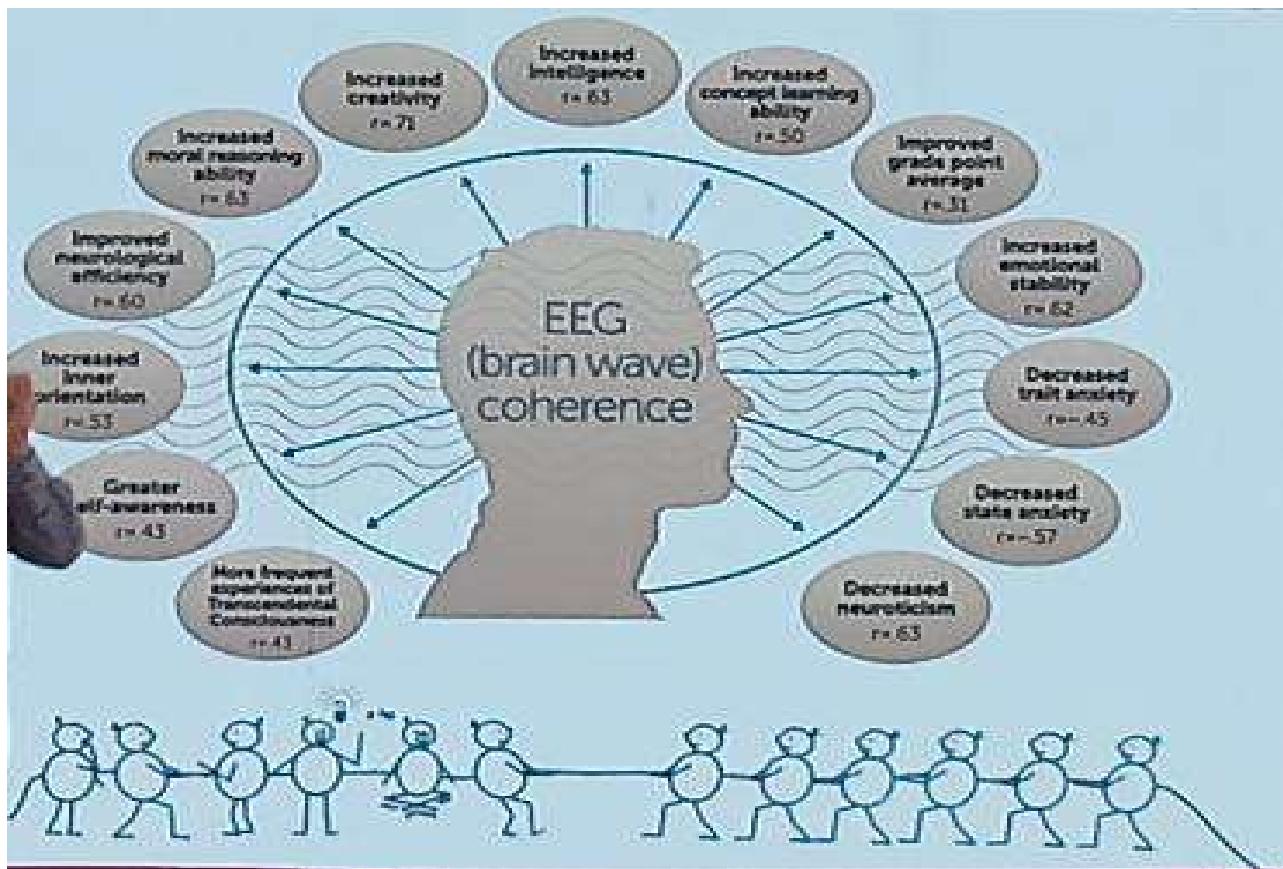


Spectacular experience?

- Least spectacular experience ever experienced
- Most spectacular experience ever researched









DEPARTMENT OF COMPUTER SCIENCE AND ENGINEERING
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2	III	191	AN		


Principal

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The participants details:

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2	22G21A3104	ALLA LOKESH
3	22G21A3105	ALLAMPATI JAYESHREDDY
4	22G21A3106	AMARA SRAWA
5	22G21A3107	AMBAVARAM THIRUMAL REDDY
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8	22G21A3110	AVARAMBETI VYSHNAVI
9	22G21A3111	AVVARI THANMAI
10	22G21A3112	BADUGU SURYA NARAYANA
11	22G21A3113	BALA BHASKAR REKHA
12	22G21A3114	BALAKRISHNAN DARSHAN
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20	22G21A3122	BYNAGARI VINEETH KUMAR
21	22G21A3123	CHALLA RENUKUMAR
22	22G21A3124	CHALLA VAMSI
23	22G21A3125	CHALLA YEDUKONDALU
24	22G21A3126	CHEBROLU SUDHIR
25	22G21A3128	CHILAKA BHAVANA
26	22G21A3129	CHILLAKURU VAMSI
27	22G21A3130	CHITTETI MYTHILI
28	22G21A3131	DABBUGODLA VENKATA SUNIL
29	22G21A3132	DANDI JAHNAVI
30	22G21A3133	DANTHOTI SUNIL KUMAR

31	22G21A3134	DASARI AUDILAKSHMI
32	22G21A3135	DASARI LIKITH SAI VAMSI
33	22G21A3136	DEGA SAI TEJA
34	22G21A3137	DEGA VISHNU
35	22G21A3138	DESIBOINA BALA MADHU
36	22G21A3139	DEVARAYAPALLI PRASANNA
37	22G21A3141	DOMMARAPATI VYSHNAVI
38	22G21A3142	DONKA SUSHMITHA
39	22G21A3143	ERLA KALYAN BABU
40	22G21A3144	GADDAM VISHNUVARDHAN
41	22G21A3145	GALAM VARUN KUMAR
42	22G21A3146	GALI VENKATESWARLU
43	22G21A3147	GALI VIKAS
44	22G21A3148	GAMPALA YASWITHA
45	22G21A3149	GANDOOR SHAHEEN
46	22G21A3150	GANESHAM HAREESH
47	22G21A3151	GANIPSETTI SAI SASI VARDHAN
48	22G21A3152	GANUGAPENTA GOVARDHAN
49	22G21A3153	GEMIDI SAI NIHITHA YADAV
50	22G21A3154	GOTHAM KALYAN
51	22G21A3155	GOTTI POOJITHA
52	22G21A3156	GUDAPAREDDY RAJITHA
53	22G21A3157	GUDEPU PUJITHA
54	22G21A3158	GUNDUBOINA PENCHALA PRASANTH
55	22G21A3159	JAGANNATI SUDHEER
56	22G21A3160	JANGAM KRANTHI VARDHAN
57	22G21A3161	JOGI CHANDANAPRIYA
58	22G21A3162	KAKUNURI CHINA KAMBAGIRI
59	22G21A3163	KALAHASTHRI SANDHYA
60	22G21A3164	KALLUTLA NANDINI
61	22G21A3166	KANDIKATTU SWAROOP KUMAR
62	22G21A3167	KANUPURU HARITHA
63	22G21A3169	KATTA TEJESWAR
64	22G21A3170	KAVALI PAVAN KUMAR

65	22G21A3171	KEMISETTY MANJUNADHA
66	22G21A3172	KODURU VISHNU VAMSI
67	22G21A3173	KOLLI LEKHANA
68	22G21A3174	KOMMALA USHA
69	22G21A3175	KOMMIREDDY VINAY KUMAR REDDY
70	22G21A3176	KONGA MANASA
71	22G21A3177	KOPPALA VANAJA
72	22G21A3178	KOVURU HARI PRIYA
73	22G21A3179	KUKARLA PRATHYUSHA
74	22G21A3180	KULLURU VANDANA
75	22G21A3182	KUNCHAM RAJESH
76	22G21A3183	KUNCHAM SAI KUMAR
77	22G21A3184	KUPPAMPATI NIHARIKA
78	22G21A3185	MADALA ALEKHYA
79	22G21A3186	MALIGA DIVYA DARSHINI
80	22G21A3187	MALLI MEGHANA
81	22G21A3188	MALLISETTY VASAVI
82	22G21A3189	MANDAVA NITEESH
83	22G21A3190	MANDHATI RAKESH
84	22G21A3191	MANDI VENUGOPAL REDDY
85	22G21A3192	MANGALI ANJALI
86	22G21A3193	MANGAPURAM VAMSI
87	22G21A3194	MANNARUGUDI POOJITHA
88	22G21A3195	MANNEM SREEKANTH REDDY
89	22G21A3196	MARRIPALLI ROHITH
90	22G21A3197	MEESALA AMULYA LIKHITHA
91	22G21A3198	MERAGA KALYAN
92	22G21A31A0	MOHAMMAD SUMAYA BANU
93	22G21A31A1	MONIKA V
94	22G21A31A2	MOPURU SAIKRISHNA

95	22G21A31A3	MOPURU SRIJA
96	22G21A31A4	MUTHUKURU MALLISWARI
97	22G21A31A5	NADELLA ANUSHA
98	22G21A31A6	NAGADASARI SANDEEP
99	22G21A31A7	NAGICHETTY RISHI KUMAR
100	22G21A31A8	NALABOTHU SUPRIYA
101	22G21A31A9	NALLIBOINA PRANAY TEJA
102	22G21A31BO	NANDYALA SIVA VARDHAN REDDY
103	22G21A31B1	NAVURI YESWANTH SHEKHAR
104	22G21A31B2	NELATURU BHARGAVI
105	22G21A31B3	NIPPATLAPALLI NAVYA
106	22G21A31B4	ONTERU MANOHAR
107	22G21A31B5	PACHA MAITHRI
108	22G21A31B6	PADIGIREDDY BHANUPRAKASH REDDY
109	22G21A31B7	PAGALA PRADEEP
110	22G21A31B8	PALADUGU RENUKA
111	22G21A31B9	PALAPARTHI MADHU
112	22G21A31C1	PANDHI SATHISH
113	22G21A31C2	PARIMI YASWANTH
114	22G21A31C3	PARLAPALLI SATHWIKA
115	22G21A31C4	PASAM BHAVYYA
116	22G21A31C5	PATAN ARMAN AHAMED KHAN
117	22G21A31C6	PATHAKUNTI MARUTHI REDDY
118	22G21A31C7	PEDDASOMAPPAGARI SARATH KUMAR REDDY
119	22G21A31C8	PELLURU MUNIMANJU
120	22G21A31C9	PEPALLA VAMSHI
121	22G21A31D0	PESALA KAVYA SREE
122	22G21A31D1	PESALA KINNERA
123	22G21A31D2	PIDIKITI YASWANTH
124	22G21A3167	KANUPURU HARITHA

125	22G21A31D3	PIILIADUGULA SIREESHA
126	22G21A31D4	PINDI REEMA
127	22G21A31D5	PODILI SRAVYA
128	22G21A31D6	POLICHERLA GOPICHAND
129	22G21A31D7	POLURU SANDEEP
130	22G21A31D9	POTTELU SRIKAR YADAV
131	22G21A31E0	PULIPATI SUSMITHA
132	22G21A31E1	RAM RITHYUSHA
133	22G21A31E2	RAMAGIRI HEMANTH KUMAR
134	22G21A31E4	RAMIREDDY CHANDANA
135	22G21A31E6	ROUTHU KIRAN
136	22G21A31E7	SANE TEJASWI
137	22G21A31E8	SANGU DEEPIKA
138	22G21A31F0	SATHU SWATHI
139	22G21A31F1	SHAIK ABDUL AHAD TABISH
140	22G21A31F2	SHAIK ABDUL KHADAR
141	22G21A31F3	SHAIK ABID
142	22G21A31F4	SHAIK ABRAR
143	22G21A31F5	SHAIK ARSHAD
144	22G21A31F6	SHAIK JAKEER HUSSAIN
145	22G21A31F7	SHAIK KARIMULLA
146	22G21A31F8	SHAIK KARIMULLA
147	22G21A31G0	SHAIK KHAJA AFROZALI
148	22G21A31G1	SHAIK MASTHAN BABU
149	22G21A31G2	SHAIK SAMEER
150	22G21A31G3	SHAIK SHABNA
151	22G21A31G4	SHAIK SHARMILA
152	22G21A31G5	SHAIK TAMANNA
153	22G21A31G6	SHAIK TANVEEZ
154	22G21A31G7	SHAIK TARANA ANJU
155	22G21A31G8	SHAIK YASMIN
156	22G21A31G9	SOMISETTI HEMANTH KUMAR
157	22G21A31H0	SURIPOGU ANUSHYA
158	22G21A31H1	SYED ADIL BASHA
159	22G21A31H2	TANGUTURI VENUGOPAL REDDY

160	22G21A31H3	TEGACHERLA SAMIYELU
161	22G21A31H4	THIPPIREDDY VAISHNAVI
162	22G21A31H5	THIPPULURI MAHENDRA REDDY
163	22G21A31H7	THOTA SUHARIKA
164	22G21A31H8	THURAKA SIVA KIRAN
165	22G21A31H9	TIRUMALAKONDA SANDHYA
166	22G21A31I0	TIRUMALASETTY GOUTHAM SAI SURYA
167	22G21A31I1	TUPILI PAVANI
168	22G21A31I2	UPPU VENNELA
169	22G21A31I3	VANKI MOHANA SRIVARSHA
170	22G21A31I4	VANNAM MOUNIKA
171	22G21A31I5	VASANTHAM CHARAN TEJA
172	22G21A31I6	VAYYAVURU HARITHA
173	22G21A31I8	VELPULA SUDHEER KUMAR
174	22G21A31I9	VUNDELA NARENDRA REDDY
175	22G21A31J0	YADDANAPUDI VENKATA SIVA JAHNAVI
176	22G21A31J1	YALLNTI VENKATA SAI TEJA
177	22G21A31J2	YANAMALA GUNASEKHAR
178	22G21A31J3	YANAMALA SUDHEER
179	22G21A31J4	JARRAGADDALA MAHESH
180	22G21A31J5	YATA NAGENDRA BABU
181	22G21A31J6	YELCHURU REESHIKA
182	22G21A31J7	VANAMALA SRINU
183	23G25A3102	TUMULURI GAYATHRI
184	21G21A31D5	Prakash reddy.R
185	21G21A31J1	Y. VENKATESWARLU
186	22G21A31D6	RAMAVATH MANTHRU NAYAK
187	22G21A31D3	PIILIADUGULA SIREESHA
188	22G21A31D4	PINDI REEMA
189	22G21A31D5	PODILI SRAVYA
190	22G21A31D6	POLICHERLA GOPICHAND
191	22G21A31D7	POLURU SANDEEP
192	22G21A31D9	POTTELU SRIKAR YADAV
193	22G21A31E0	PULIPATI SUSMITHA
194	22G21A31E1	RAM RITHYUSHA

195	21G21A3101	AKKUPALLI KARTHIK
196	21G21A3102	AKUMALLI SHAIK VAHEED
197	21G21A3103	ALAPAKA SRIVAMSI
198	21G21A3104	AMRUTHALA MANOJ
199	21G21A3105	ANANGI BHANU PRASAD
200	21G21A3106	ANDALAMALA POOJITHA
201	21G21A3107	ANisetty LIKITHA
202	21G21A3108	ARIGELA TEJESWAR
203	21G21A3109	ASA HARSHITHA
204	21G21A3110	ATLA SIVA KUMARI
205	21G21A3111	AVULA LAVANYA
206	21G21A3112	AVVARI SATHEESH
207	21G21A3114	BHIMAVARAM SUSHMA
208	21G21A3115	BHUMIREDDY RADHA KUMARI
209	21G21A3116	BODDU SIVA
210	21G21A3117	BODEDDULA RAVI TEJASWINI
211	21G21A3118	BUDATHATI MAHIPRAVARDHAN RAJ
212	21G21A3119	BUDHARAJU PRANEETHA
213	21G21A3120	CHAGANTI TEJASWINI
214	21G21A3121	CHALLA BHAVYA
215	21G21A3122	CHALLA PANENDRABHANU
216	21G21A3123	CHAVADAM PRAVEEN
217	21G21A3124	CHEERLA VENKATA SUDHEER
218	21G21A3125	CHEJARLA JAGANMOHAN REDDY
219	21G21A3126	CHENCHEMGARI JAYANTH
220	21G21A3127	CHERUKURU NAVEEN
221	21G21A3128	CHINTAMREDDY DEEPIKA
222	21G21A3129	CHINTHAGINJALA REVATHI
223	21G21A3130	CHINTHAKUNTA SUBHAN BASHA
224	21G21A3131	CHITTIBOINA SUKANKAYA

225	21G21A3132	DANDE GAYATHRI
226	21G21A3133	DANDU HARISH KUMAR
227	21G21A3134	DASARI THIVIKRAM
228	21G21A3135	DEGA VENKATESH
229	21G21A3136	DEPURI DIVYA
230	21G21A3137	DEVANDLA PRAVEEN KUMAR
231	21G21A3138	DEVARA VENKATA SAI LAKSHMI NIHITHA
232	21G21A3140	DEVINENI RAMAKANTH
233	21G21A3141	DUMPALA MOUNIKA
234	21G21A3142	ELIKA MAHESH
235	21G21A3143	ELIKA MAVEEN
236	21G21A3145	ERAGANABOINA BALAJI
237	21G21A3146	GADDAM GEETHANJALI
238	21G21A3147	GADEPALLI GAYATRI
239	21G21A3148	GANTA THARUN TEJA
240	21G21A3149	GODASU SIVA PRANAY
241	21G21A3150	GOGULA VIVEK
242	21G21A3151	GOLLA SATHEESH BABU
243	21G21A3152	GONGATI PENCHALA PRASAD
244	21G21A3153	GUDIMELLA SAI SIVA PRIYA
245	21G21A3154	GUJJULA PAVAN
246	21G21A3155	GUNNAM SRI CHARAC
247	21G21A3156	GUNTURU MANOJ
248	21G21A3157	GUvvADI MADHAVI
249	21G21A3158	JAHNAVI K
250	21G21A3159	JAL4GAM BABJI
251	21G21A3160	JONNA NANI
252	21G21A3161	JOREPALLI REVATHI
253	21G21A3162	KALLURU HARIKA
254	21G21A3163	KAMATHAM LOHITHA

255	21G21A3164	KANDRIKA JAI SIMHA
256	21G21A3165	KANUPURU VISHNU VARDHAN
257	21G21A3166	KATAMREDDY MOHITHREDDY
258	21G21A3167	KODURU MANOHAR REDDY
259	21G21A3168	KOLA RAJESH
260	21G21A3169	KOLAGATLA REVATHI
261	21G21A3170	KOLLI NARESH
262	21G21A3171	KOLLIPAKU SIVAPRA SAD
263	21G21A3172	KOLLIPAKU VIVEK
264	21G21A3174	KONDURU VENKATA TEJ
265	21G21A3175	KONGARA ESWAR REDDY
266	21G21A3176	KOTHJKOTA VASU
267	21G21A3177	KOTHALURU PUSHPA MALATHI
268	21G21A3178	KUMMANAMALA SAIBHARATH
269	21G21A3180	LAKKIREDDY RADA SEKHAR REDDY
270	21G21A3181	LEBURU DEVI PRIYA
271	21G21A3182	M CHANDU
272	21G21A3183	MADHAMANCHI BHUVANESWARI
273	21G21A3184	MAHAMMED TABASSUM
274	21G21A3185	MAMIDI 8HARATH KUMAR
275	21G21A3186	MANAM MADHAN
276	21G21A3188	MANNEM RAKESH
277	21G21A 3190	MIDAMANURU DHANUSH KRISHNA CHOWDARI
278	21G21A3192	MOHAMMED ZUNED
279	21G21A3193	MUDDA PRANAY MOHAN
280	21G21A3194	MUDIREDDY SRI MANOJ REDDY
281	21G21A3195	MULI MYSURAREDDY
282	21G21A3196	MUNGARA HARSHAVARDHAN
283	21G21A 3197	MURAM VINAY KUMAR REDDY
284	21G21A3198	NAGIREDDY VARSHITHA

285	21G21A3199	NALAGATLA YASWANTH
286	21G21A31A2	NANDYALA CHENCHU KUMAR
287	21G21A31A4	NEELAKANTAM SATHVIKA
288	21G21A31A5	NEELAPOOJA MADHAVAN
289	21G21A31A6	NELANAKULA RUCHITHA
290	21G21A31A7	NELAPATI SUSMITHA
291	21G21A31A8	NELLORE MUNI CHANDU
292	21G21A31A9	NUTHALAPATI AMMANI
293	21G21A31B0	PACHAVA VENKATA NAGESWARA RAO
294	21G21A31B1	PAIDALA SUDARSHAN ftEDDY
295	21G21A31B3	PARCHURU SIDDHARTH
296	21G21A31B4	PARLAPALLI MANOJKUMARREDDY
297	21G21A31B5	PARVATHAM VENKATA HARSHA VARDHAN
298	21G21A31B6	PARVATHAREDDY RAVIKUMAR REDDY
299	21G21A31B7	PASUPULETI AKHIL KUMAR
300	21G21A31B8	PASUPULEC POORNA SAI
301	21G21A31B9	PEETLA THARUN KUMAR
302	21G21A31C0	PENAMALLI PRASHANTH
303	21G21A31C1	PETA VIJAYA LAKSHMI
304	21G21A31C2	PIKKILI SARVANI
305	21G21A31C3	PODALA VIGNESH
306	21G21A31C4	POKKIREDDY GAYATHRI
307	21G21A31C5	POKURU SUDHESHNA
308	21G21A31C6	PONNA ADHINARASIMHULU
309	21G21A31C7	PONNAPULA NAVEEN
310	21G21A31C8	POTTA LAKSHMINARAYANA
311	21G21A31C9	PUCHAKAYALA PRASANNALAKSHMI
312	21G21A31D0	PULAKANT MANEESHA
313	21G21A31D1	PULAKANTI MOUNIKA
314	21G21A31D2	PULLA VISHNU PRIYA

315	21G21A31D3	PUNAMALLI MANASA
316	21G21A31D4	PUNURU PAVAN
317	21G21A31D7	RATAKONDA VENKATA DEEPIKA
318	21G21A31D8	RAVURI HARSHITH
319	21G21A31D9	RAVURU INDRASENAREDDY
320	21G21A31E0	RAYALLA MANOJ
321	21G21A31E1	SAJJARAO RAKESH
322	21G21A31E2	SAKHAPURAM PENCHALA PRASAD
323	21G21A31E5	SANA ESWAR UDAY KIRAN
324	21G21A31E6	SANISETTY TIRU VENKATA LAKSHMI
325	21G21A31E7	SHAIK ALI ABBAS
326	21G21A31E9	SHAIK ASHRA
327	21G21A31F0	SHAIK FARHAN
328	21G21A31F1	SHAIK HUMAIR RAYN ALI
329	21G21A31F2	SHAIK IMRAN
330	21G21A31F3	SHAIK JAVEED
331	21G21A31F4	SHAIK KALESHA
332	21G21A31F5	SHAIK MOUNISHA
333	21G21A31F6	SHAIK NAYAB
334	21G21A31F7	SHAIK NAYAB RASOOL
335	21G21A31G0	ZULEKHA YASMEEN
336	21G21A31G1	SOLLU HEMANTH KUMAR
337	21G21A31G2	SOMEPELLI NAGA SANDEEP
338	21G21A31G3	SOMIREDDY JYOTHIKA
339	21G21A31G4	SRIRAM VENKATA RISHIK
340	21G21A31G5	SRIRAMA SETTI VIJAY KUMAR
341	21G21A31G6	SUNKESULA MOHAMMED SHAHID
342	21G21A31G7	SURA JYOTHSWARA REDDY
343	21G21A31G9	SWARNA VINAY
344	21G21A31H0	THAKKELLAPATI CHAITANYA LAKSHMI

345	21G21A31H1	THALAKAYALA MOUNIKA
346	21G21A31H2	THAMBISETTY JHANSI
347	21G21A31H3	TIPPULURI MAHESH REDDY
348	21G21A31H5	UPPALAPATI HARINI
349	21G21A31H6	VALIPI NAVEEN KUMAR
350	21G21A31H7	VANKI SETHU PRAVALLIKA
351	21G21A31H8	VANTERU HARSHAVARDHAN REDDY
352	21G21A31H9	VAYYAVURU RUPASRI
353	21G21A31I0	VEERAPA REDDY NANI KUMAR REDDY
354	21G21A31I1	VELUGOTI SUSHMA
355	21G21A31I2	VEMURU DINESH
356	21G21A31I3	VEREPALLI THARUNI
357	21G21A31I4	WINJAMURU PRADEEPTHI
358	21G21A31I5	YAMALA KAVYA
359	21G21A31I6	YAKALA VASAVI
360	21G21A31I7	YANAMALA JASWANTH
361	21G21A31I9	YARRAGANGU YASWANTH
362	21G21A31J0	YELLA MARY PRASASTHA
363	21G21A31J3	ARJUN KUMAR
364	21G21A31J4	MD KAMRAN
365	21G21A31J5	MD MOSHRAF PARWEZ
366	21G21A31J6	ROHIT KUMAR
367	21G21A31J7	TAFAZZUL HAQUE
368	21G21A31J8	KONDURU LOKESH
369	22G25A3101	AVULA GURU PRASAD
370	22G25A3102	AVULA RAVITEJA
371	22G25A3103	BACHALA VISHNU VARDHAN REDDY
372	22G25A3105	CHENNAMPALLE BALA ANJANEYULU
373	22G25A3106	DANDE SAI MANOJ
374	22G25A3107	DEVELLA ARAVIND

375	22G25A3108	ERRI BALAKRISHNA
376	22G25A3109	KAIPU PRABHATH
377	22G25A3110	KOPPOLU TEJA
378	22G25A3112	MOLAKALA MOHAN KRISHNA
379	22G25A3113	PACHAVA VENGALA RAO
380	22G25A3114	RATHIKOTA SAI KRUPA
381	22G25A3115	SANNALA VENKATA SUNEEL
382	22G25A3116	UPPU AKSHITH
383	22G25A3117	VUSA YASWANTH
384	22G25A3118	YELLIMBETI SUJITH
385	20G21A3140	RAVURI VENKATA NAGA SIVA KUMAR


 Principal

PRINCIPAL
**AUDISANKARA COLLEGE OF
 ENGINEERING & TECHNOLOGY
 (AUTONOMOUS)
 GUDUR, TIRUPATI DT. (A.P.)**

ASCET/CIR/2023-24

Date: 05-08-2023

CIRCULAR

All the students are hereby informed that Audisankara College of Engineering & technology (Autonomous) is organizing “**Soft Skill Development**” training from 16-08-2023 to 21-08-2023. Hence, all the students are informed to attend the training sessions without fail.



Gu-Nayyare
Principal

PRINCIPAL
AUDISANKARA COLLEGE OF
ENGINEERING & TECHNOLOGY
(AUTONOMOUS)
GUDUR, TIRUPATI DT. (A.P.)

To: (1) Vice principal, Polytechnic – for information
(2) All HoD's to circulate among the staff & Students
(3) CoE
(4) DEAN – Academics
(5) DEAN – Student Affairs
(6) DEAN – ICT, R&D, Quality
(7) Display on Student Notice Board
(8) A.O, Account Section
(9) HR Office, Library, Placement Cell
(10) Bus I/C, PD, Security
(11) Hostel Girls & Boys – Through Warden
(12) Canteen, Stores
(13) Office

CC to : The Chairman – for kind information

DEPARTMENT OF COMPUTER SCIENCE AND ENGINEERING

TIME TABLE

S.NO	Year	Total No,of Students	Session	Duration	Time
1	III	212	FN & AN	16-08-2023 to 21-08-2023	9.30 am to 4.30 PM

GU-Nandayani
 Principal

PRINCIPAL
 AUDISANKARA COLLEGE OF
 ENGINEERING & TECHNOLOGY
 (AUTONOMOUS)
 GUDUR, TIRUPATI DT. (A.P.)

DEPARTMENT OF COMPUTER SCIENCE AND ENGINEERING

REPORT

An awareness session on Soft Skills Training Sessions was conducted for modules-I & II at the engineering Department by the Training & Placement Cell of the Audisankara College of Engineering & Technology (ASCET). The seminar was attended from various departments in our institution. The motive of the seminar was to make the students aware of the forthcoming Training Sessions. Students got a thorough understanding of the schedule of the sessions.

Programs organized by the Department of soft skills competency during the year 2023-24

1. Interactive Group Activities
2. Group discussions
3. Listing Activities 1,2 and 3
4. Debates
5. JAM
6. Role Play etc

The participants details:

Sno	Reg. No	Name of the Student
1	21G21A0501	AARE RAJESWARI
2	21G21A0502	AARI GANESH KUMAR
3	21G21A0503	ADDALA YASASWINI
4	21G21A0504	A KUSHIVARDHAN
5	21G21A0505	ALAPAKA VENKAT
6	21G21A0507	ANNAM JAHNAVI
7	21G21A0508	ATTI HARINATH
8	21G21A0509	ATTIMJERI BHASKAR
9	21G21A0510	BADVELU DINESH
10	21G21A0511	B BHARATH KUMAR
11	21G21A0512	BANDI NANDINI
12	21G21A0513	BANDI RAMATHULASI
13	21G21A0514	BANDISURLA YASMIN
14	21G21A0515	BAYYA ROHITHA
15	21G21A0516	B NAVIN KUMAR
16	21G21A0517	BILLU LEELAMAHESH
17	21G21A0518	BODIMALLA SUDHEER
18	21G21A0519	BOJJA JAYASHREE
19	21G21A0520	BONDI PREMALATHA
20	21G21A0521	CHALLA VINAY YADAV
21	21G21A0522	CHEVIKALA SAI CHARAN
22	21G21A0523	CHEVURU AKHIL
23	21G21A0524	CHINTHA RAVI SANKAR
24	21G21A0525	CH MADHUSUDHAN REDDY
25	21G21A0526	CHINTHAMREDDY SRAVYA
26	21G21A0527	CHITTENI NITHEESHA
27	21G21A0528	CH VENKATA RAJA SEKHAR
28	21G21A0529	DAGGAVOLU VENKATESH
29	21G21A0530	DAMARLA MUKTHISRI
30	21G21A0531	DAMENABOINA LAKSHMI
31	21G21A0532	DANDU VANAJA
32	21G21A0533	DASARI NAGARJUNA
33	21G21A0534	DASARI RAHI
34	21G21A0535	DASARI SRINATH

35	21G21A0536	D VENKATA VINAY KUMAR
36	21G21A0537	DEVARA KONDA MOHAN
37	21G21A0538	DEVARAJAPPA GARI NITHIN
38	21G21A0539	DEVARALA SUPRAJA
39	21G21A0540	DEVARAPALLI MOULIKA
40	21G21A0541	D MANJULA SUVARNA
41	21G21A0542	DHONTHALA UMABINDU
42	21G21A0543	DODLA MANJU PRIYA
43	21G21A0544	DONTHU MADHURI
44	21G21A0545	DUGGI REDDY CHARITHA
45	21G21A0546	DUPPALA CHENNAKESAVA
46	21G21A0548	DUVVURU MONISH
47	21G21A0550	GALAJU SIDDARDA ACHARI
48	21G21A0551	GALETI VIJAYA LAKSHMI
49	21G21A0552	G SAI NIHIL REDDY
50	21G21A0553	GANGAPATLA SRAVANI
51	21G21A0554	GDEVA SUMANTH REDDY
52	21G21A0555	G VENKATA SASI KUMAR
53	21G21A0556	GOLLA NEELIMA SREE
54	21G21A0557	G RATNA PRANAVI
55	21G21A0558	GOLLAPROLU ANUSHAPRIYA
56	21G21A0559	GOMASANI ASHOK
57	21G21A0561	GUMMA LIKHITHA
58	21G21A0562	JADAPALLI GOVIND
59	21G21A0563	JADAPALLI MOUNIKA
60	21G21A0564	JALLI THANMAI
61	21G21A0565	J VISWANATHA REDDY
62	21G21A0566	KADIVETI SABHITHA
63	21G21A0567	KALLAHIMASOWMYA
64	21G21A0569	KANDULA RAM KISHORE
65	21G21A0570	KARIPIREDDY MANOJ
66	21G21A0571	KARIPOGU SRAVANI
67	21G21A0572	KARMALA ROSHINI
68	21G21A0574	KASURMURTHI YASHITHA
69	21G21A0575	KATARI RISHITHA RAJ
70	21G21A0576	KATURU NAVEEN
71	21G21A0577	KAVERIPAKAM SANTHOSH
72	21G21A0578	KODURU KALYANI
73	21G21A0579	KOMMI HEMANTH KUMAR
74	21G21A0580	KOMMINENI SINDHURI

75	21G21A0581	KOMMIREDDY HARSHITHA
76	21G21A0582	KONDURU MOUNIKA
77	21G21A0583	KONETI PRIYANKA
78	21G21A0584	KOPPARAPU CHANDRAHAS
79	21G21A0585	KOTA LAKSHMI LIKHITHA
80	21G21A0586	KOTAKONDA SRILAKSHMI
81	21G21A0587	KOVI SANTHI
82	21G21A0588	K CHARAN KUMAR REDDY
83	21G21A0589	KUPPAGIRI SUCHITHRA
84	21G21A0590	LAKKANABOINA VENKATESH
85	21G21A0591	MAHIMALURU VENKATESH
86	21G21A0592	MALEPATI HEMALATHA
87	21G21A0593	MALLI NARESH
88	21G21A0594	MANDALAPU AMRUTHA
89	21G21A0595	MANGALI RAGHU
90	21G21A0596	MANNEM PAVANI
91	21G21A0597	M HARSHAVARDHAN SAI
92	21G21A0598	MARUPUTI BABY
93	21G21A0599	MATHAKALA SUBRAMANYAM
94	21G21A05A0	MATTEPU SATHVIKA
95	21G21A05A2	MIRIYALA THEJASWI
96	21G21A05A3	MOHAMMAD ALTHAF BASHA
97	21G21A05A4	M SUJITH KUMAR REDDY
98	21G21A05A5	MUNAGALA SRAVANTHI
99	21G21A05A6	MUPPALA ANIL KUMAR
100	21G21A05A7	NAGARAM ANUSHA
101	21G21A05A8	NAGELLA SRINIVASULU
102	21G21A05A9	NAKKA SIVA NARAYANA
103	21G21A05B0	NALAGALA CHANDHU PRASAD
104	21G21A05B1	NAMBURI MOKSHAGNA
105	21G21A05B2	NANNAM SUSHMA SRI
106	21G21A05B3	N HARI CHANDRA PRASAD
107	21G21A05B4	NANUBALA YASHASWINI
108	21G21A05B5	NATTETI SUREKHA
109	21G21A05B6	NEELAM ROHINI
110	21G21A05B7	PACHARI VINAY KUMAR
111	21G21A05B8	PADDALA ABHISHEK PRASAD
112	21G21A05B9	PALAPARTHI MYTHILI
113	21G21A05C0	PANABAKA SAI BHAVANI
114	21G21A05C1	PANTA HEPSIBA
115	21G21A05C2	PANTA MANOVIKAS

116	21G21A05C3	PARICHLA MALLIKARJUN
117	21G21A05C4	PARRI ASHA
118	21G21A05C5	PATAN MAHAMMAD KHAN
119	21G21A05C6	P FARHAT NAVAZ KHAN
120	21G21A05C7	PEDDIREDDY JAHNAVI
121	21G21A05C8	PIDATHALA ROSARY KALPANA
122	21G21A05C9	PITTI RENUKA
123	21G21A05D0	PODAMEKALA NARENDRA
124	21G21A05D1	POKALA KAVITHA
125	21G21A05D2	POLUBOINA PRASANTH
126	21G21A05D3	POLURU NARENDRA
127	21G21A05D4	POTURU SRAVAN SAI
128	21G21A05D5	PULIPATI ANUSUYA
129	21G21A05D7	PULLURU SRI HARSHITHA
130	21G21A05D8	RAGI INDU
131	21G21A05D9	R VENKATA HEMANTH KUMAR
132	21G21A05E0	RAVINUTHALA JAHNAVI
133	21G21A05E1	REVURI KUSUMAVATHI
134	21G21A05E2	R N VENKATA SAI BHAVANA
135	21G21A05E3	SALLA PRIYANKA
136	21G21A05E4	SANGU PAVAN
137	21G21A05E5	S HANSIKA REDDY
138	21G21A05E6	SEELAM SOHITH
139	21G21A05J2	Velugoti sujitha
140	21G21A05E7	SEEMAKURTHI SAI GANESH
141	21G21A05E8	SESHADRIVASAM SUSMITHA
142	21G21A05E9	SHAIK AAFREEN
143	21G21A05F0	SHAIK ABDULLA
144	21G21A05F1	SHAIK ALLABAOKSHU
145	21G21A05F2	SHAIK HUSSAIN BASHA
146	21G21A05F4	SHAIK INTHIYAZ
147	21G21A05F5	SHAIK JASMINE
148	21G21A05F6	SHAIK MASTANVALI
149	21G21A05F7	SHAIK MOHAMMAD MASOOD
150	21G21A05F8	SHAIK NAGUR BASHA
151	21G21A05F9	SHAIK RESHMA
152	21G21A05G0	SHAIK SAIF
153	21G21A05G1	SHAIK SAZIDH
154	21G21A05G2	SHAIK SEEMA
155	21G21A05G3	SHAIK SUMIYA
156	21G21A05G4	SHAIK THAIMU

157	21G21A05G5	SHAIK THAJUDDHIN
158	21G21A05G6	SHAIK YASMIN
159	21G21A05G7	SIRIVELLA TEJASAI
160	21G21A05G8	SIYYALA OBULESU
161	21G21A05G9	SREERAM DEVENDRA
162	21G21A05H0	SRIRAM MAHESH
163	21G21A05H1	SURA SWAPNA DEVI
164	21G21A05H2	SURANENI PRATHIMA
165	21G21A05H3	SUREPALLI VEERA VINOD
166	21G21A05H4	SYED SHAMREEN
167	21G21A05H5	TANDRA SARANYA
168	21G21A05H6	TERA GIRISH KUMAR REDDY
169	21G21A05H7	THIRIVEEDHI SRIKANTH
170	21G21A05H8	THIRUVEEDULA THANUJA
171	21G21A05H9	THOKALA KAVYA
172	21G21A05I0	THONDA CHANDRIKA
173	21G21A05I1	THUMMALAPENTA BHAVANA
174	21G21A05I2	TIRUVEEDHI RAVI KIRAN
175	21G21A05I4	UPPU E VENKAT SAI SANDEEP
176	21G21A05I5	V SREE NIHILA SAI
177	21G21A05I6	VALLURU CHANDIPRIYA
178	21G21A05I7	V VENKATA SAI MADHURYA
179	21G21A05I8	V SREENIVASULU REDDY
180	21G21A05I9	VANIPENTA SREEDHAR REDDY
181	21G21A05J0	VEDICHERLA SREE NAVYA
182	21G21A05J1	VELAGALI HEMANTH KUMAR
183	21G21A05J3	VELURU AVINASH
184	21G21A05J4	VEMULA ABHISHIKTHA KIRAN
185	21G21A05J5	VOLIPI JAYAKRISHNA
186	21G21A05J6	Y POORNA NANDISWARA RAJU
187	21G21A05J7	YANAMALA LAKSHMI LAHARI
188	21G21A05J8	YANAMALA RAMPRASAD
189	22G25A0501	BATTALA HARITHA
190	22G25A0502	B DEVI PRIYANKA
191	22G25A0503	CHALLA INDHU
192	22G25A0504	DARLA VISHNU VARDHAN
193	22G25A0505	DUGGIPOGU PRASANNA
194	22G25A0506	GUNDRE YOGESH REDDY
195	22G25A0507	KADAPA RANGA SWAMY
196	22G25A0509	KONAPULI VAMSI
197	22G25A0510	N SANTHOSH REDDY

198	22G25A0511	O V SAILOKARANJAN RAJU
199	22G25A0512	PATI BALU
200	22G25A0513	PELLURU VISHNUWARDHAN
201	22G25A0514	PODILI VAMSI
202	22G25A0515	R JASWANTH KUMAR
203	22G25A0516	SRINATH
204	22G25A0517	HARISCHANDRA PRASAD
205	22G25A0518	VEDICHERLA AKHILA
206	18G21A05B9	N KRISHNA KISHORE
207	18G21A0534	CHINTALA CHERUVU JAIDEEP
208	20G21A0520	VIGNESH
209	20G21A05F5	SK MADHAR BASHA
210	18G21A05B7	Nallathuru Dhanasekhar
211	20G2A10589	M.Gurulokesh
212	19G21A0589	M GIRIDHAR REDDY

Gu-Nayani
 Principal

PRINCIPAL
 AUDISANKARA COLLEGE OF
 ENGINEERING & TECHNOLOGY
 (AUTONOMOUS)
 GUDUR, TIRUPATI DT. (A.P.)

OFFICE OF THE DIRECTOR

ASCET/CIR/2023-24

Date: 04-09-2023

CIRCULAR

It is glad to inform all the students and the faculty that Yoga and Meditation Training Program on Transcendental meditation will be conducted for two months by Ravi Kumar and team i.e., from 08-09-2023 to 07-11-2023 in the evening from 03:30 PM. to 04:30 PM. All are requested to avail the opportunity.



Gu-Narayana
Principal

PRINCIPAL
AUDISANKARA COLLEGE OF
ENGINEERING & TECHNOLOGY
(AUTONOMOUS)
GUDUR, TIRUPATI DT. (A.P.)

To:

- (1) Vice principal, Polytechnic – for information
- (2) All HoD's to circulate among the staff & Students
- (3) CoE
- (4) DEAN – Academics
- (5) DEAN – Student Affairs
- (6) DEAN – ICT, R&D, Quality
- (7) Display on Student Notice Board
- (8) A.O, Account Section
- (9) HR Office, Library, Placement Cell
- (10) Bus I/C, PD, Security
- (11) Hostel Girls & Boys – Through Warden
- (12) Canteen, Stores
- (13) Office

CC to : The Chairman – for kind information

REPORT ON YOGA AND MEDITATION (2023-24)

The practice of yoga and meditation has been around for centuries, with Hatha yoga practices dating back as far as the 11th century in the Far East. Fast forward to the 1980's and the Western world caught on to the benefits of yoga and meditation, where both practices became highly popularized. Since then, thousands of studies have been devoted to highlighting the many benefits of yoga and meditation. Yoga is not only a practice of physical exercise which is beneficial to the body but at its core, has a meditative and spiritual grounding. If you'd like to learn more about the benefits of yoga and meditation, we outline it all on this blog.

The Benefits of Yoga and Meditation

Yoga and meditation can be likened to sisters – each practice is different in its own way, but both are grounded in spirituality and their benefits on the mind and the body. Practicing yoga is known to improve flexibility, balance, endurance and strength. While meditation helps to keep the mind sharp and clear, relieves stress and improves overall well-being. These are just a few of the many benefits of yoga and meditation.

Yoga

In total there are 14 different variations of yoga practice. For the most part, all yoga practices have similar benefits, including:

1. Relief of Back Pain

If you suffer from persistent back pain, the practice of yoga just once or twice a week can help with relief from pain and discomfort. Stretching exercises and poses as well as increased core strength help to improve flexibility and agility of rigid muscles, alleviating lower back pain.

2. Assists With Symptoms of Rheumatoid Arthritis

There are specific forms of yoga: Iyengar, Bikram, and gentle yoga which have proven to help in the management of rheumatoid arthritis (RA). The slow, easy pace of these forms of yoga alleviates tension and pain in joints and muscles, while also helping to build up physical strength in those suffering from RA.

3. Helps To Cure a Hangover

While the last thing on your mind may be a yoga class when suffering from a hangover, yoga is one of the best ways of detoxing your body. Certain poses including

the "plow", "bow" and shoulder stand help to activate the thyroid gland, which in turn kick starts your metabolism, ridding your body of toxins. Yoga also helps with blood circulation, helping to bring your body and mind back to its fresh self.

4. Improves Heart Health

As mentioned, yoga helps with stimulating blood circulation around the body, which helps to eliminate arterial plaque in the heart muscle. As a result, yoga assists in keeping your heart rate regular, strong and healthy. Yoga is highly relaxing; it lowers stress levels and high blood pressure.

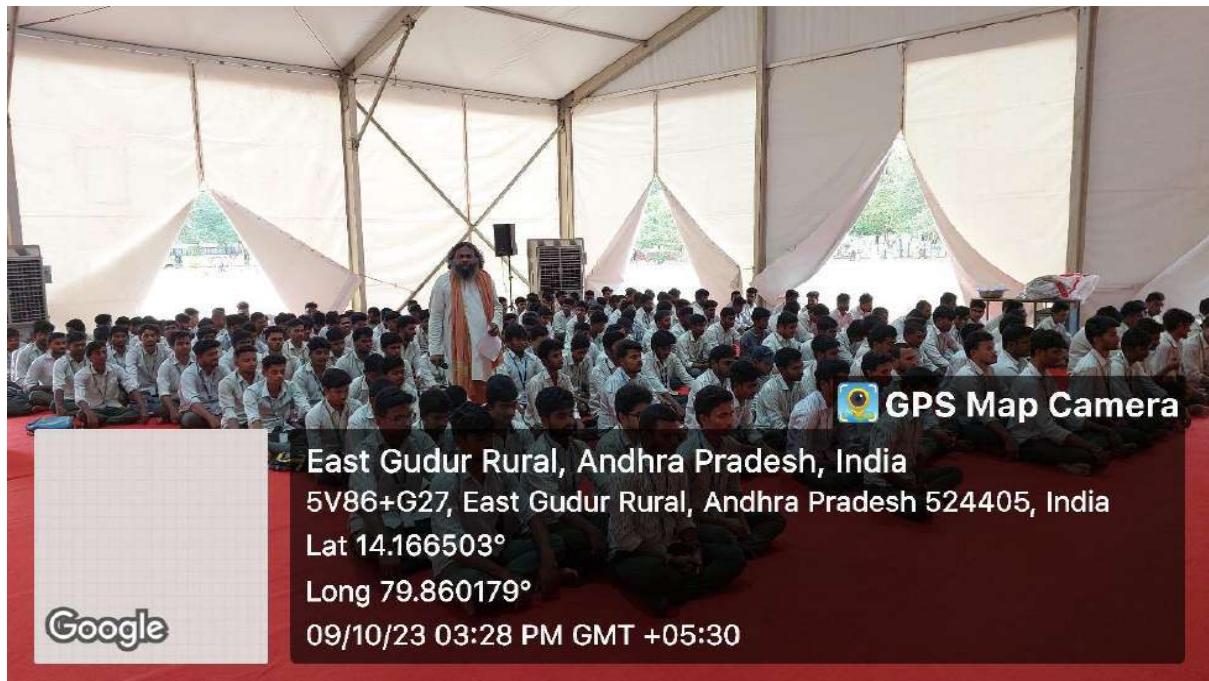
5. Helps to Combat Migraines

Looking for a simple solution on how to get rid of a headache without medication? This is where the benefits of yoga and meditation can be completely surprising. Nowadays, many people tend to over-medicate themselves and build up mountains of harmful toxins inside their systems. While the pain of a migraine can be totally unbearable, yoga is a great exercise to help prevent and fight them off. If you can bear it, one of the most beneficial poses is the "bridge" pose which helps to relax tension in the neck and shoulders, which can trigger migraines. These muscles and a myriad of others tend to become over-used and misaligned throughout our daily leaves which can lead to tension build-up – a common cause of migraines.

6. Regulates Digestion

If you suffer from persistent indigestion or constipation, yoga is a simple solution to get things moving! A number of yoga poses, twists and positions help to massage and squeeze internal organs, ultimately assisting with the movement of food and its digestion.

Yoga is also highly beneficial in stimulating our lymphatic system which works to flush our body of harmful toxins, which can cause indigestion.





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(AUTONOMOUS)
GUDUR, TIRUPATI DT. (A.P.)

DEPARTMENT OF COMPUTER SCIENCE AND ENGINEERING

TIME TABLE

S.NO	Year	Total No,of Students	Session	Duration	Time
1	II	120	AN	08-09-2023 to 07-11-2023	03:30 PM to 4.30 PM
2	III	86			

GU-Nayani
 Principal

PRINCIPAL
**AUDISANKARA COLLEGE OF
 ENGINEERING & TECHNOLOGY
 (AUTONOMOUS)**
 GUDUR, TIRUPATI DT. (A.P.)

The participants details:

S.No	Reg. No	Name of the Student
1	22G21A0501	ADI HARISH
2	22G21A0502	ALCHURI HARSHITHA
3	22G21A0503	ANIMI SREENIVASULU
4	22G21A0504	ANKI NANI
5	22G21A0505	ARAVA MADHU
6	22G21A0506	ARUMUGAM DEVI CHARAN
7	22G21A0507	ATMAKURU JASWANTH
8	22G21A0508	AUNDAGUNDALA LEELAVATHI
9	22G21A0509	AVALA DHANUNJAI
10	22G21A0510	AVULA ABHIRAM
11	22G21A0511	AVULA MANASA
12	22G21A0512	BADVEL GAIBUSA
13	22G21.X0522	BOMMISETTY SREENIVASULU
14	22G21A0523	BORRA MAHENDRA
15	22G21A0524	BUDURU CHANDRA
16	22G21A0525	CHAKKA JYOTHSNAVI
17	22G21A0526	CHALLA PARVATHI
18	22G21A0527	CHALLA SAILAJA
19	22G21A0528	CHALLA SUPRAJA
20	22G21AO529	CHAPPALI PRASAD
21	22G21A0530	CHAPPIDI HARIKA
22	22G21A0531	CHAVA POORNA CHANDAR
23	22G21A0532	CHEJARLA SUPRIYA
24	22G21A0533	CHENNURU HIMA BINDU
25	22G21AO535	CHILAKA CHARAN SUBBA REDDY
26	22G21 IA0536	CHILAKURI HARSHITHA
27	22G21A0537	CHINTHALA MAHITHA
28	22G21A0538	CHOWDAGANI BALA KUMAR
29	22G21A0539	DAMERA BHAVYA SREE
30	22G21A0540	DASARI KAVYA
31	22G21A0541	DASARI MEGHANA
32	22G21A0542	DASARI PRAVEEN KUMAR
33	22G21A0543	DASARI SANDHYA
34	22G21A0546	DEVARLA BALREDDY
35	22G21A0557	GANDAVARAM SUSHMA
36	22G21A0558	GANDIKOTA VENKATA HARISH
37	22G21A0559	GOLLAPALLI SRIVANI
38	22G21A0560	GONUGUNTA VENKATESWARLU
39	22G21A0561	GUDIGUNTLA THRIVENI
40	22G21A0562	G HARSHAVARSDHAN
41	22G21A0563	GUMMADI GOPIKAHANI
42	22G21A0564	GUNDUBOINA PRAVALIKA

43	22G21A0566	INAGANTI SAI VAISHNAVI
44	22G21A0567	ITTIGUNTA MAHESH
45	22G21A0568	JUPALLI INDHU
46	22G21A0569	K V VIJAY KUMAR YADAV
47	22G21A0570	KAKARLA VISHNU VARDHAN
48	22G21A0571	INNADI VEERA PRASANTH
49	22G21A0572	KANCHARLA MANIKANTA
50	22G21A0583	KATRINA BHANU PRAKASH
51	22G21A0585	KOMMA JAYA PRAKASH REDDY
52	22G21A0586	KONAPURAM HEMANTH
53	22G21A0587	KONETI NANDINI
54	22G21A0588	KONUMKULA DEEPTHI
55	22G21A0589	KOSURU SOWMYA
56	22G21A0590	KOTHALURU GAYATHRI
57	22G21A0591	KOTHALURU SIVA SATWIKA
58	22G21A0593	KUMMATHI MANJUNATHAREDDY
59	22G21A0594	KUPPANI PAVANI
60	22G21A0595	KURUVA SAI KUMAR
61	22G21A05A9	MUDIGETI MEGHANA
62	22G21A05B0	MUKKAMALLA HEMANTH REDDY
63	22G21A05B1	MUPPURI VAMSI
64	22G21A05B3	NALABAI VENKATESH
65	22G21A05B4	NALLABAYI PRAVEEN KUMAR
66	22G21A05B5	NALLAGORLA VAMSI
67	22G21A05B6	NANUBALA SUDESHNA
68	22G21A05B7	NEERUKATTU NARASIMHA RAO
69	22G21A05B9	NERASALA MOHAN
70	22G21A05D3	PIDUGU SUKANYA
71	22G21A05D4	POLEPALLI LAKSHMAN
72	22G21A05D5	POLEPALLI RAMCHARAN
73	22G21A05D6	POLINENI SANTHOSH KUMAR
74	22G21A05D7	PONNAGANTI MOHAN SAI
75	22G21A05D8	POOLA LIKITHA
76	22G21A05D9	POTTELLA DEVI SATHVIKA
77	22G21A05E0	PRALAYAKAVER1 THRINESH
78	22G21A05E1	PREGADA VENKATASUBBAMMA
79	22G21A05E3	PULIGOTI CHANDU
80	22G21A05E4	PUNUGOTI KEERTHANA
81	22G21A05E5	PUTHETI SUNDAR KUMAR
82	22G21A05E6	PUVVADI SWATHI
83	22G21A05E7	RAGIPINDI JAGADEESHWAR REDDY
84	22G21A05F4	SADAM UDAY KIRAN
85	22G21A05F5	SANAGAVARAM VENKATA LAKSHMI PASYANTHI
86	22G21A05F7	SANGARAJU AKSHAY RAJU

87	22G21A05F8	SANGIREDDYGARI RAMAMOHAN REDDY
88	22G21A05F9	SEERLA GANESH
89	22G21A05G0	SHAIK AAMEIR ZAKIR
90	22G21A05G1	SHAIK AFRID BABU
91	22G21A05G2	SHAIK FIROZ BABU
92	22G21A05H3	SIDDAM SANDHYA
93	22G21A05H4	SIDDAVATAM MOUNIKA
94	22G21A05H5	SODE MUNI SAI
95	22G21A05H6	SUSARLA SIREESHA
96	22G21A05H7	TALLURI SITA RAMAIAH CHOWDARY
97	22G21A05H8	THAIDULAPATI GAYATHRI
98	22G21A05H9	THALLA YAMINI
99	22G21A05I0	THALLURU SWARNALATHA
100	22G21A05I2	THUPILI GOUTHAM
101	22G21A05I3	THURLAPATI ROHITH SHARMA
102	22G21A05I4	SHAIK REEHAN
103	22G21A05I5	UPPU CHANDU KUMAR
104	22G21A05I6	UTTIPALLI VENKAT DURGESH
105	22G21A05J4	YELLANTI GURAVAMMA
106	22G21A05J6	DAMA HEMANTH NAIDU
		KADIYAM VENKATA MANIKANTA
107	22G21A05J7	KUMAR
108	22G21A05J8	M EESALA SRITEJA
109	21G21A0560	GOURABATHINA SAI SIVA DEEPTHI
110	23G25A0501	ATLA CHANDRA SEKHAR
111	23G25A0502	DUDEKULA CHAND BASHA
112	23G21A0503	GADIRAJU SREERAM SARMA
113	23G25A0504	JOREPALLI HEMANTH KUMAR
114	23G25A0505	MOHAMMED TANVEER HUSSAIN
115	23G25A0506	MUSALI SAPTHAGIRI
116	23G25A0507	PILLI LOKESH
117	23G25A0508	POTHALA HEMANTH REDDY
118	23G25A0509	PUJARI YUGANDHAR
119	23G25A0510	SHAIK ABEED
120	23G25A0511	SHAIK IMDADULLA

S.No	Reg. No	Name of the Student
1	21G21A0501	AARE RAJESWARI
2	21G21A0502	AARI GANESH KUMAR
3	21G21A0514	BANDISURLA YASMIN
4	21G21A0515	BAYYA ROHITHA
5	21G21A0516	B NAVIN KUMAR
6	21G21A0517	BILLU LEELAMAHESH
7	21G21A0518	BODIMALLA SUDHEER

8	21G21A0526	CHINTHAMREDDY SRAVYA
9	21G21A0527	CHITTENI NITHEESHA
10	21G21A0528	CH VENKATA RAJA SEKHAR
11	21G21A0529	DAGGAVOLU VENKATESH
12	21G21A0530	DAMARLA MUKTHISRI
13	21G21A0531	DAMENABOINA LAKSHMI
14	21G21A0532	DANDU VANAJA
15	21G21A0533	DASARI NAGARJUNA
16	21G21A0534	DASARI RAHI
17	21G21A0535	DASARI SRINATH
18	21G21A0536	D VENKATA VINAY KUMAR
19	21G21A0537	DEVARA KONDA MOHAN
20	21G21A0538	DEVARAJAPPA GARI NITHIN
21	21G21A0539	DEVARALA SUPRAJA
22	21G21A0540	DEVARAPALLI MOULIKA
23	21G21A0541	D MANJULA SUVARNA
24	21G21A0542	DHONTHALA UMABINDU
25	21G21A0543	DODLA MANJU PRIYA
26	21G21A0544	DONTHU MADHURI
27	21G21A0562	JADAPALLI GOVIND
28	21G21A0563	JADAPALLI MOUNIKA
29	21G21A0564	JALLI THANMAI
30	21G21A0565	J VISWANATHA REDDY
31	21G21A0566	KADIVETI SABHITHA
32	21G21A0567	KALLAHIMASOWMYA
33	21G21A0569	KANDULA RAM KISHORE
34	21G21A0570	KARIPIREDDY MANOJ
35	21G21A0576	KATURU NAVEEN
36	21G21A0577	KAVERIPAKAM SANTHOSH
37	21G21A0578	KODURU KALYANI
38	21G21A0579	KOMMI HEMANTH KUMAR
39	21G21A0580	KOMMINENI SINDHURI
40	21G21A0581	KOMMIREDDY HARSHITHA
41	21G21A0582	KONDURU MOUNIKA
42	21G21A0583	KONETI PRIYANKA
43	21G21A0584	KOPPARAPU CHANDRAHAS
44	21G21A0585	KOTA LAKSHMI LIKHITHA
45	21G21A0586	KOTAKONDA SRILAKSHMI
46	21G21A0587	KOVI SANTHI
47	21G21A0588	K CHARAN KUMAR REDDY

48	21G21A0589	KUPPAGIRI SUCHITHRA
49	21G21A0590	LAKKANABOINA VENKATESH
50	21G21A05A2	MIRIYALA THEJASWI
51	21G21A05A3	MOHAMMAD ALTHAF BASHA
52	21G21A05A4	M SUJITH KUMAR REDDY
53	21G21A05A5	MUNAGALA SRAVANTHI
54	21G21A05A6	MUPPALA ANIL KUMAR
55	21G21A05A7	NAGARAM ANUSHA
56	21G21A05A8	NAGELLA SRINIVASULU
57	21G21A05A9	NAKKA SIVA NARAYANA
58	21G21A05B0	NALAGALA CHANDHU PRASAD
59	21G21A05B7	PACHARI VINAY KUMAR
60	21G21A05B8	PADDALA ABHISHEK PRASAD
61	21G21A05C4	PARRI ASHA
62	21G21A05C5	PATAN MAHAMMAD KHAN
63	21G21A05C6	P FARHAT NAVAZ KHAN
64	21G21A05C7	PEDDIREDDY JAHNAVI
65	21G21A05C8	PIDATHALA ROSARY KALPANA
66	21G21A05C9	PITTI RENUKA
67	21G21A05D0	PODAMEKALA NARENDRA
68	21G21A05D1	POKALA KAVITHA
69	21G21A05D2	POLUBOINA PRASANTH
70	21G21A05D3	POLURU NARENDRA
71	21G21A05D4	POTURU SRAVAN SAI
72	21G21A05D5	PULIPATI ANUSUYA
73	21G21A05E4	SANGU PAVAN
75	21G21A05E6	SEELAM SOHITH
76	21G21A05F9	SHAIK RESHMA
77	21G21A05G0	SHAIK SAIF
78	21G21A05G1	SHAIK SAZIDH
79	21G21A05G2	SHAIK SEEMA
80	21G21A05G3	SHAIK SUMIYA
81	21G21A05J6	Y POORNA NANDISWARA RAJU
82	21G21A05J7	YANAMALA LAKSHMI LAHARI
83	21G21A05J8	YANAMALA RAMPRASAD
84	22G25A0501	BATTALA HARITHA
85	22G25A0514	PODILI VAMSI
86	19G21A0589	M GIRIDHAR REDDY



PRINCIPAL
**AUDISANKARA COLLEGE OF
 ENGINEERING & TECHNOLOGY
 (AUTONOMOUS)**
 GUDUR, TIRUPATI DT. (A.P.)

ASCET/CIR/2023-24

Date: 02-08-2023

CIRCULAR

All the students are hereby informed that Audisankara College of Engineering & technology (Autonomous) is organizing "**Language and communication skills**" training from 13-08-2023 to 18-08-2023. Hence, all the students are informed to attend the training sessions without fail.


Principal

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AUDISANKARA COLLEGE OF
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GUDUR, TIRUPATI DT. (A.P.)

To: (1) Vice principal, Polytechnic – for information
(2) All HoD's to circulate among the staff & Students
(3) CoE
(4) DEAN – Academics
(5) DEAN – Student Affairs
(6) DEAN – ICT, R&D, Quality
(7) Display on Student Notice Board
(8) A.O, Account Section
(9) HR Office, Library, Placement Cell
(10) Bus I/C, PD, Security
(11) Hostel Girls & Boys – Through Warden
(12) Canteen, Stores
(13) Office

CC to : The Chairman – for kind information

DEPARTMENT OF COMPUTER SCIENCE AND ENGINEERING (DATA SCIENCE)

TIME TABLE

S.NO	Year	Total No,of Students	Duration	Time
1	III	62	13-08-2023 to 18-08-2023	9.30 am to 4.30 PM


 Principal

PRINCIPAL
 AUDISANKARA COLLEGE OF
 ENGINEERING & TECHNOLOGY
 (AUTONOMOUS)
 GUDUR, TIRUPATI DT. (A.P.)

DEPARTMENT OF COMPUTER SCIENCE AND ENGINEERING (DATA SCIENCE)

REPORT

An awareness session on Soft Skills Training Sessions was conducted for modules-I & II at the engineering Department by the Training & Placement Cell of the Audisankara College of Engineering & Technology (ASCET). The seminar was attended from various departments in our institution. The motive of the seminar was to make the students aware of the forthcoming Training Sessions. Students got a thorough understanding of the schedule of the sessions.

Programs organized by the Department of soft skills competency during the year 2023-24

1. Interactive Group Activities
2. Group discussions
3. Listing Activities 1,2 and 3
4. Debates
5. JAM
6. Role Play etc

The participants details:

S.No	Reg. No	Name of the Student
1	21G21A3201	A. REDDY ROHITH KUMAR
2	21G21A3202	A. VENKATA VARDHAN
3	21G21A3204	BALUBOINA MAHESH
4	21G21A3205	B. LAKSHMIPATHI
5	21G21A3206	BANDI VEERA REDDY
6	21G21A3207	BAPANAPALLI JYOTHI
7	21G21A3208	BILLU HEMALATHA
8	21G21A3209	BUDURU KRISHNA TEJA
9	21G21A3210	CHALLA SIMHADRI
10	21G21A3211	D. YESWANTH KRISHNA
11	21G21A3212	DUVVURU KAVYA
12	21G21A3213	GALLA SUVARNA LATHA
13	21G21A3214	GANNAVARAPU RAGHA PRANATHI
14	21G21A3215	GARIKAPATI SRILATHA
15	21G21A3216	GUMMADI BABY SUCHITRA
16	21G21A3217	G.CHENCHU VARA PRASAD
17	21G21A3218	KALLURI VENKATA PRAVALIKA
18	21G21A3219	KALUPUTI HYMAVATHI
19	21G21A3220	KANCHI CHAITANYA SRI
20	21G21A3221	KANDE KAVYA
21	21G21A3222	KANDUKURU YESWANTH
22	21G21A3223	KANNAM MANEESHA
23	21G21A3224	KOMATI REDDY HARIKA
24	21G21A3225	KONDURU REVANTHVARMA
25	21G21A3226	LANKA VARUN TEJ
26	21G21A3227	MADDINENI NAVEENA
27	21G21A3228	M. NANDA KUMAR
28	21G21A3229	MARRIPATI LOKESH
29	21G21A3230	MITTAPALI NARASIMHA REDDY
30	21G21A3231	MUNJULURU VENKATA NAGA SATYA SAIESH
31	21G21A3232	NALAGARLA VYSHNAVI
32	21G21A3233	N.BHARATH KUMAR
33	21G21A3235	NULAKA DEVASENA
34	21G21A3236	OBBU SUNANDHA
35	21G21A3237	PALA LOVA KISHORE
36	21G21A3238	PALNATI KARTHIK REDDY
37	21G21A3239	PANTA MADHAN
38	21G21A3240	PATAN SAMEENA
39	21G21A3241	P. MOJU KUMAR REDDY
40	21G21A3242	PREMADAS SURAJ
41	21G21A3244	RAMIREDDY MANOHAR

42	21G21A3245	R.PEDA ANKA RAO
43	21G21A3246	ROSANURU DEEPAK
44	21G21A3247	SATUPATI NITHIN
45	21G21A3248	SK GULMEHAR SHIREEN
46	21G21A3249	SHAIK JAVEED
47	21G21A3250	SHAIK MASTHANVALLI
48	21G21A3251	SHAIK MOHAMMED
49	21G21A3253	S.MAHANTHREDDY
50	21G21A3254	S.VENGALABABU
51	21G21A3255	S. PRANADEEP
52	21G21A3256	TENALI VARSHITHA
53	21G21A3257	T.VENKATA SOWJANYA
54	21G21A3258	THANNIRU TEJA
55	21G21A3259	T. YASWANTH REDDY
56	21G21A3260	UPPALA AJAY
57	21G21A3261	V. HARSHAVARDHAN REDDY
58	21G21A3262	V.SESHASAI PRUDWIKRISHNA
59	21G21A3263	VELUGOTI VENKATA NARENDRA PRABHAS
60	21G21A3264	VEMULA SIMHADRI
61	21G21A3265	VENU G
62	21G21A3266	YARAVA ASWINI

Gu-Nayana
 Principal

PRINCIPAL
 AUDISANKARA COLLEGE OF
 ENGINEERING & TECHNOLOGY
 (AUTONOMOUS)
 GUDUR, TIRUPATI DT. (A.P.)

OFFICE OF THE DIRECTOR

ASCET/CIR/2023-24

Date: 01-10-2023

CIRCULAR

It is glad to inform all the students and the faculty that Yoga and Meditation Training Program on Transcendental meditation will be conducted for two months by Ravi Kumar and team i.e., from 04-10-2023 to 15-12-2023 in the evening from 03:30 PM. to 04:30 PM. All are requested to avail the opportunity.



Principal

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To: (1) Vice principal, Polytechnic – for information
(2) All HoD's to circulate among the staff & Students
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(12) Canteen, Stores
(13) Office

CC to : The Chairman – for kind information

REPORT ON YOGA AND MEDITATION (2023-24)

The practice of yoga and meditation has been around for centuries, with Hatha yoga practices dating back as far as the 11th century in the Far East. Fast forward to the 1980's and the Western world caught on to the benefits of yoga and meditation, where both practices became highly popularized. Since then, thousands of studies have been devoted to highlighting the many benefits of yoga and meditation. Yoga is not only a practice of physical exercise which is beneficial to the body but at its core, has a meditative and spiritual grounding. If you'd like to learn more about the benefits of yoga and meditation, we outline it all on this blog.

The Benefits of Yoga and Meditation

Yoga and meditation can be likened to sisters – each practice is different in its own way, but both are grounded in spirituality and their benefits on the mind and the body. Practicing yoga is known to improve flexibility, balance, endurance and strength. While meditation helps to keep the mind sharp and clear, relieves stress and improves overall well-being. These are just a few of the many benefits of yoga and meditation.

Yoga

In total there are 14 different variations of yoga practice. For the most part, all yoga practices have similar benefits, including:

1. Relief of Back Pain

If you suffer from persistent back pain, the practice of yoga just once or twice a week can help with relief from pain and discomfort. Stretching exercises and poses as well as increased core strength help to improve flexibility and agility of rigid muscles, alleviating lower back pain.

2. Assists With Symptoms of Rheumatoid Arthritis

There are specific forms of yoga: Iyengar, Bikram, and gentle yoga which have proven to help in the management of rheumatoid arthritis (RA). The slow, easy pace of these forms of yoga alleviates tension and pain in joints and muscles, while also helping to build up physical strength in those suffering from RA.

3. Helps To Cure a Hangover

While the last thing on your mind may be a yoga class when suffering from a hangover, yoga is one of the best ways of detoxing your body. Certain poses including

the "plow", "bow" and shoulder stand help to activate the thyroid gland, which in turn kick starts your metabolism, ridding your body of toxins. Yoga also helps with blood circulation, helping to bring your body and mind back to its fresh self.

4. Improves Heart Health

As mentioned, yoga helps with stimulating blood circulation around the body, which helps to eliminate arterial plaque in the heart muscle. As a result, yoga assists in keeping your heart rate regular, strong and healthy. Yoga is highly relaxing; it lowers stress levels and high blood pressure.

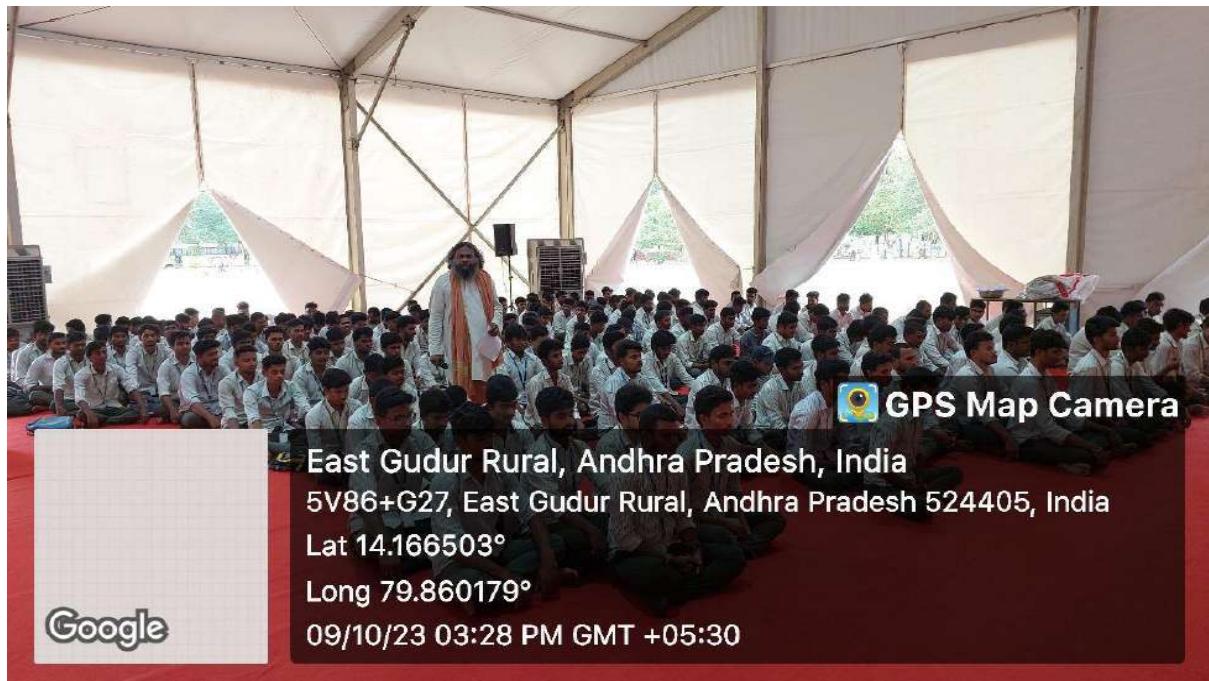
5. Helps to Combat Migraines

Looking for a simple solution on how to get rid of a headache without medication? This is where the benefits of yoga and meditation can be completely surprising. Nowadays, many people tend to over-medicate themselves and build up mountains of harmful toxins inside their systems. While the pain of a migraine can be totally unbearable, yoga is a great exercise to help prevent and fight them off. If you can bear it, one of the most beneficial poses is the "bridge" pose which helps to relax tension in the neck and shoulders, which can trigger migraines. These muscles and a myriad of others tend to become over-used and misaligned throughout our daily leaves which can lead to tension build-up – a common cause of migraines.

6. Regulates Digestion

If you suffer from persistent indigestion or constipation, yoga is a simple solution to get things moving! A number of yoga poses, twists and positions help to massage and squeeze internal organs, ultimately assisting with the movement of food and its digestion.

Yoga is also highly beneficial in stimulating our lymphatic system which works to flush our body of harmful toxins, which can cause indigestion.





GU.Narayana
Principal

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GUDUR, TIRUPATI DT. (A.P.)

DEPARTMENT OF COMPUTER SCIENCE AND ENGINEERING (DATA SCIENCE)

TIME TABLE

S.NO	Year	Total No,of Students	Session	Duration	Time
1	II	122	FN AN	04-10-2023 to 15-12-2023	03:30 PM to 4.30 PM
2	III	62			

S. N. Nagayane
 Principal

PRINCIPAL
 AUDISANKARA COLLEGE OF
 ENGINEERING & TECHNOLOGY
 (AUTONOMOUS)
 GUDUR, TIRUPATI DT. (A.P.)

The participants details:

S.No	Reg. No	Name of the Student
1	22G21A3201	A. INDIRA PRIYADARSHINI
2	22G21A3202	A. THARUN SINGH
3	22G21A3203	A.BALASUBRAHMANYAM
4	22G21A3204	AMBATI PALLAVI
5	22G21A3205	ANAPALLI SURESH
6	22G21A3206	ANKINAPALLI MODESH
7	22G21A3207	B. BHARATH KUMAR
8	22G21A3208	BANDLA MAMATHA
9	22G21A3209	BANDLA MOULI NITHEESH
10	22G21A3210	BEESU VYKUNTA REDDY
11	22G21A3211	BODDU ADITHYA
12	22G21A3212	BODDU PRAVEEN KUMAR
13	22G21A3213	BOJJA RAVI
14	22G21A3214	BOLLOJI NIKHIL
15	22G21A3215	B. VARUN KUMAR
16	22G21A3216	B. VARSHITHA
17	22G21A3217	CHALLA REVATHI
18	22G21A3218	CH. NAGA SASIRA
19	22G21A3219	CHALLUVADI VIKAS
20	22G21A3220	CHELIKA CHANDANA
21	22G21A3221	CHEMUDURU SREEJITHA
22	22G21A3222	CH.PAVAN KUMAR
23	22G21A3223	CH. GAYATHRI
24	22G21A3224	CH. GANGADEEPTHI
25	22G21A3225	CH. VENKATA MANOJ
26	22G21A3226	CH. LAKSHMI DURGA
27	22G21A3227	CHOWDAM GOVARDHAN
28	22G21A3228	DAMARAPU CHANDINI
29	22G21A3229	DARA HEMANTH
30	22G21A3230	DASARI ASHOK

31	22G21A3231	D. SHAIK MAHABOOB BASHA
32	22G21A3232	DEVATHA KEERTHI
33	22G21A3233	DUDIPALLI BABU
34	22G21A3234	D. VENKATANARAYANA
35	22G21A3235	GADDAM SRIHARI
36	22G21A3236	GAJULA MANOJ
37	22G21A3237	GALIBOINA HARISH
38	22G21A3238	GANESHAM ANUSHA
39	22G21A3239	GOGULA VIGNESWARA
40	22G21A3240	G. HARSHA VARDHAN
41	22G21A3241	GUDIPATI VISHNU
42	22G21A3242	G. BHAGYA LAKSHMI
43	22G21A3243	GUMMA HEMANTH
44	22G21A3244	G. VENKATA PAVAN
45	22G21A3245	GUNDUBOINA MAHATHI
46	22G21A3246	J. PRATHEEK PRAKASH
47	22G21A3247	JUPALLI DIVYA
48	22G21A3248	KADIRI PENCHALA SWAMY
49	22G21A3249	KAKI MOUNIKA
50	22G21A3250	KALAMSETTY ABHISHEK
51	22G21A3251	KANAPARTHI MANOJ
52	22G21A3253	KANDRA DINESH
53	22G21A3254	K. JASWANTH KUMAR
54	22G21A3255	KATARI JESSY JOY
55	22G21A3256	KATHULA PRAVEEN KUMAR
56	22G21A3258	KOLLARA KANAKA DURGA
57	22G21A3259	KOMARA VAMSI
58	22G21A3260	K. PENCHALA NARASIMHA MOKSHAGNA
59	22G21A3261	KUMMAGIRI LAVANYA
60	22G21A3262	KUMMITHI NAVNEENA
61	22G21A3263	KUPPA PRAKASH
62	22G21A3264	LINGALA BANNI
63	22G21A3265	MALIMELU AJAY
64	22G21A3266	MALLI CHINNIKRISHNA
65	22G21A3267	MAMUDURU HAREESH
66	22G21A3268	MANDHALA HEMALATHA
67	22G21A3269	MAREDDY MAHITHA MADHURI

68	22G21A3270	M.VENKATESWARLU
69	22G21A3271	MUNGARA HARSHITHA
70	22G21A3272	NAGIPOGU KRISHNA
71	22G21A3273	NALLABHANTU JAHNAVI
72	22G21A3274	NALLAGORLA NAVEEN KUMAR
73	22G21A3275	NASINA SRI KRISHNA
74	22G21A3276	NAYANIPATI VENNELA
75	22G21A3277	NETAGANI SHIVA
76	22G21A3278	NINDRA DEVIPRIYA
		PADMARAJU SASANK KUMAR
77	22G21A3279	RAJU
78	22G21A3280	PAGADALA SAI KUMAR
79	22G21A3281	PANCHETI JAGADEESH
80	22G21A3282	P. YASWANTH
81	22G21A3283	P. VENKATA SRAVAN KUMAR
82	22G21A3284	PARISIBOINA CHANDU
83	22G21A3285	PARLAPALLI MANJUBHARGAVI
84	22G21A3286	PASALA SREENU
85	22G21A3287	PEDDIREDDY LAKSHMI PRASANNA
86	22G21A3288	PETA SAI MANIKANTA
87	22G21A3290	POKALA LAHARI
88	22G21A3291	POLIPAKA CHAITANYA
89	22G21A3292	POLURU NITHIN
90	22G21A3293	POTHUGANTI HASSAN
91	22G21A3294	PUTTAMANENI POORNESH
92	22G21A3295	RACHAPUDI ABHISHEK
93	22G21A3298	RAYAPU HARSHINI
94	22G21A3299	RONDLA SADHIKA
95	22G21A32A0	ROUTHU PADMALATHA
96	22G21A32A1	SABHAPATHI THARUN
97	22G21A32A2	SALLA PAVANI
98	22G21A32A3	SANCHI ANJALI
99	22G21A32A4	S. VISHNU VARDHAN
100	22G21A32A5	SHAIK AFROZ
101	22G21A32A7	SHAIK GAJULA SUHIAL
102	22G21A32A8	SHAIK JAFAR MASTHAN
103	22G21A32A9	SHAIK RIZWANI

104	22G21A32B0	SHAIK SAMEERA
105	22G21A32B1	SHAIK SAYEED
106	22G21A32B2	SHAIK THAHASEEN
107	22G21A32B3	S. RUSHIDHAR REDDY
		SOMANA BOINA SAI
108	22G21A32B5	KEERTHANA
109	22G21A32B6	SOPPARA SUDHEER
110	22G21A32B7	SYED ABU SULEMAN
111	22G21A32B8	SYED JAVEED AHMAD
112	22G21A32B9	SYED SADEHIQ
113	22G21A32C0	SYED YASMEEN
114	22G21A32C1	T. SANDEEP KUMAR REDDY
115	22G21A32C2	T. VENKATA PRADEEP REDDY
116	22G21A32C3	T.NARENDRA SAI
117	22G21A32C4	T. BRAHMANANDA REDDY
118	22G21A32C5	UPPU JAYACHANDRA
119	22G21A32C6	VETTI DIVYASRI
120	22G21A32C7	VINJAMURU PAVITHRA
121	22G21A32C8	YELURU SUMANTH
122	22G21A32C9	Y. VISHNU VARDHAN REDDY
123	21G21A3201	A. REDDY ROHITH KUMAR
124	21G21A3202	A. VENKATA VARDHAN
125	21G21A3204	BALUBOINA MAHESH
126	21G21A3205	B. LAKSHMIPATHI
127	21G21A3206	BANDI VEERA REDDY
128	21G21A3207	BAPANAPALLI JYOTHI
129	21G21A3208	BILLU HEMALATHA
130	21G21A3209	BUDURU KRISHNA TEJA
131	21G21A3210	CHALLA SIMHADRI
132	21G21A3211	D. YESWANTH KRISHNA
133	21G21A3212	DUVVURU KAVYA
134	21G21A3213	GALLA SUVARNA LATHA
		GANNAVAPU RAGHA
135	21G21A3214	PRANATHI
136	21G21A3215	GARIKAPATI SRILATHA
137	21G21A3216	GUMMADI BABY SUCHITRA
138	21G21A3217	G.CHENCHU VARA PRASAD
139	21G21A3218	KALLURI VENKATA PRAVALIKA

140	21G21A3219	KALUPUTI HYMAVATHI
141	21G21A3220	KANCHI CHAITANYA SRI
142	21G21A3221	KANDE KAVYA
143	21G21A3222	KANDUKURU YESWANTH
144	21G21A3223	KANNAM MANEESHA
145	21G21A3224	KOMATI REDDY HARIKA
146	21G21A3225	KONDURU REVANTHVARMA
147	21G21A3226	LANKA VARUN TEJ
148	21G21A3227	MADDINENI NAVEENA
149	21G21A3228	M. NANDA KUMAR
150	21G21A3229	MARRIPATI LOKESH
151	21G21A3230	MITTAPALI NARASIMHA REDDY
		MUNJULURU VENKATA NAGA
152	21G21A3231	SATYA SAIESH
153	21G21A3232	NALAGARLA VYSHNAVI
154	21G21A3233	N.BHARATH KUMAR
155	21G21A3235	NULAKA DEVASENA
156	21G21A3236	OBBU SUNANDHA
157	21G21A3237	PALA LOVA KISHORE
158	21G21A3238	PALNATI KARTHIK REDDY
159	21G21A3239	PANTA MADHAN
160	21G21A3240	PATAN SAMEENA
161	21G21A3241	P. MANOJ KUMAR REDDY
162	21G21A3242	PREMADAS SURAJ
163	21G21A3244	RAMIREDDY MANOHAR
164	21G21A3245	R.PEDA ANKA RAO
165	21G21A3246	ROSANURU DEEPAK
166	21G21A3247	SATUPATI NITHIN
167	21G21A3248	SK GULMEHAR SHIREEN
168	21G21A3249	SHAIK JAVEED
169	21G21A3250	SHAIK MASTHANVALLI
170	21G21A3251	SHAIK MOHAMMED
171	21G21A3253	S.MAHANTHREDDY
172	21G21A3254	S.VENGALABABU
173	21G21A3255	S. PRANADEEP
174	21G21A3256	TENALI VARSHITHA
175	21G21A3257	T.VENKATA SOWJANYA
176	21G21A3258	THANNIRU TEJA

177	21G21A3259	T. YASWANTH REDDY
178	21G21A3260	UPPALA AJAY
179	21G21A3261	V. HARSHAVARDHAN REDDY
180	21G21A3262	V.SESHASAI PRUDWIKRISHNA
181	21G21A3263	V.V NARENDRA PRABHAS
182	21G21A3264	VEMULA SIMHADRI
183	21G21A3265	VENU G
184	21G21A3266	YARAVA ASWINI

S. Narayana
 Principal

PRINCIPAL
 AUDISANKARA COLLEGE OF
 ENGINEERING & TECHNOLOGY
 (AUTONOMOUS)
 GUDUR, TIRUPATI DT. (A.P.)

ASCET/CIR/2023-24

Date: 12-03-2024

CIRCULAR

All the students are hereby informed that Audisankara College of Engineering & technology (Autonomous) is organizing “**Soft Skill Development**” training from 18-03-2024 to 22-03-2024. Hence, all the students are informed to attend the training sessions without fail.



G. Narayana
Principal

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AUDISANKARA COLLEGE OF
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GUDUR, TIRUPATI DT. (A.P.)

To: (1) Viceprincipal, Polytechnic – for information
(2) All HoD's to circulate among the staff & Students
(3) CoE
(4) DEAN – Academics
(5) DEAN – Student Affairs
(6) DEAN – ICT, R&D, Quality
(7) Display on Student Notice Board
(8) A.O, Account Section
(9) HR Office, Library, Placement Cell
(10) Bus I/C, PD, Security
(11) Hostel Girls & Boys – Through Warden
(12) Canteen, Stores
(13) Office

CC to: The Chairman – for kind information

DEPARTMENT OF ELECTRONICS AND COMMUNICATION ENGINEERING

TIME TABLE

S.NO	Year	Total No,of Students	Session	Duration	Time
1	II	105	FN	18-03-2024 to 22-03-2024	9.30 am to 4.30PM
2	III	106			

GU.Nayana
 Principal

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 AUDISANKARA COLLEGE OF
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DEPARTMENT OF ELECTRONICS AND COMMUNICATION ENGINEERING
REPORT

An awareness session on Soft Skills Training Sessions was conducted for modules-I & II at the engineering Department by the Training & Placement Cell of the Audisankara College of Engineering & Technology (ASCET). The seminar was attended from various departments in our institution. The motive of the seminar was to make the students aware of the forthcoming Training Sessions. Students got a thorough understanding of the schedule of the sessions.

Programs organized by the Department of soft skills competency during the year 2023-24

1. Interactive Group Activities
2. Group discussions
3. Listing Activities 1,2 and 3
4. Debates
5. JAM
6. Role Play etc



Speech delivered from the Mrs. Usha Nandini to the students on 18.03.2024



Speech by the T. Hari krishna for the skill developing program on 20.03.2024



GU.Narayana
Principal

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GUDUR, TIRUPATI DT. (A.P.)

The participants details:

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1	22G21A0401	ACCHI LAKSHMI PRASANNA
2	22G21A0402	ADDANKI KIRAN KUMAR
3	22G21A0403	AGNIMETI AFRID
4	22G21A0404	AKKEM YAMUNA
5	22G21A0405	AKKUPALLI GURU KISHORE
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9	22G21A0409	AMBATI GOVINDA REDDY
10	22G21A0410	AMBATI VENKATA SURYA
11	22G21A0411	ANJURU SRIKHAR
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16	22G21A0418	BADUGULA LOKESWARI
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19	22G21A0421	BANDLA VENKATA KALYAN
20	22G21A0422	BANDLAMUDI MANI KUMAR
21	22G21A0423	BATHALA SATHISH
22	22G21A0424	BATTA SASI KUMAR
23	22G21A0425	BATTA SUNEEL
24	22G21A0426	BEEMACHERLA SUGUNA JYOTHI
25	22G21A0427	BELLAMKONDA ARAVIND
26	22G21A0428	BERI RAMU

27	22G21A0429	BIJIVEMULA LAKSHMI PRASANNA
28	22G21A0430	BODUGU VASU
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31	22G21A0433	BOYANAPALLI SAI SANDEEP
32	22G21A0434	BOYILAPALLI JYOTHSNA
33	22G21A0435	BUSSA AJAY KUMAR
34	22G21A0436	BYNA SWATHI
35	22G21A0437	CHAGAM REDDY VASUNDHARA
36	22G21A0438	CHALLA SRI LAKSHMI
37	22G21A0439	CHALLAGIRI VAISHNAVI
38	22G21A0440	CHANUMURI GAYATHRI
39	22G21A0441	CHAVALA JASWANTH KUMAR
40	22G21A0442	CHERUKURU CHARISHMA
41	22G21A0443	CH.LATHA
42	22G21A0444	CHINTHALA KISHORE
43	22G21A0445	CHINTHALAPUDI BHAVYA SRI
44	22G21A0446	CHINTHALAPUDI SRIJA
45	22G21A0447	CHITTEMREDDY SUBBAREDDY
46	22G21A0448	CHITTETI LOKESH KUMAR
47	22G21A0449	CHIVUKULA HARSHITHA
48	22G21A0473	GUDURU TEJA SAI RAM
49	22G21A0474	GUMMADI SANNUTHA
50	22G21A0475	GUNDALA MOUNIKA
51	22G21A0477	GUNTIMADUGU NAVEEN
52	22G21A0479	ILAKA SUHASINI
53	22G21A0481	JAMALLA VENKATESH
54	22G21A0482	JAVVAJI ANKITHA
55	22G21A0483	KADINTI SANDHYA
56	22G21A0484	KAKARLA VIJAYKUMAR

57	22G21A0485	KALAGUNTA POOJA
58	22G21A0486	KALAVALAPUDI KAVYA
59	22G21A0487	KAMAGIRI AHAMAD
60	22G21A0488	KAMBHAM VENKATA GANGADHAR REDDY
61	22G21A0489	KANCHI SATHWIKA
62	22G21A0490	KANDAVARAPU MAHESH
63	22G21A04B1	LEKKALA SATHEESH KUMAR REDDY
64	22G21A04B3	MADDOLU LAYA
65	22G21A04B4	MADHALA SAMBA SIVAIAH
66	22G21A04B5	MADHIKARU VENKATA SAI DURGA
67	22G21A04B6	MALEPATI LASYA
68	22G21A04B7	MALLAVARAM CHANDU
69	22G21A04B8	MALLEMULA SIVA SHANKARA VARA PRASAD
70	22G21A04B9	MALLI CHANDU
71	22G21A04C0	MANDADI KRANTHI KUMAR
72	22G21A04E5	NAGIREDDY SNEHALATHA REDDY
73	22G21A04E6	NAKKINABOINA PARUSURAM
74	22G21A04E7	NALAGARLA ANITHA
75	22G21A04E8	NANDIMANDALAM LIKHITHA
76	22G21A04E9	NANDIPALLI CHANDRIKA
77	22G21A04F0	NARASAPURAM MANOJ
78	22G21A04F1	NARIBOYINA SUPRAJA
79	22G21A04E5	NAGIREDDY SNEHALATHA REDDY
80	22G21A04E6	NAKKINABOINA PARUSURAM
81	22G21A04E7	NALAGARLA ANITHA
82	22G21A04F2	NARLA GREESHMA
83	22G21A04F3	NARRA SUNIL KUMAR
84	22G21A04F4	NELLORE MUNIBABU
85	22G21A04F5	NEMALI GUNASREE
86	22G21A04F6	NENDRAMBAKAM NIKHILESH

87	22G21A04F7	NIDIGINTI JYOSHNA PRIYA
88	22G21A04G3	PALUKURU UDAYA LAKSHMI
89	22G21A04G4	PALURU SURENDRA
90	22G21A04G5	PAMANJI GURAVAIAH
91	22G21A04G6	PANCHETI PAVITHRA
92	22G21A04G7	PARAMALA HARI PRASAD
93	22G21A04G8	PARICHERLA HARSHAVARDHAN
94	22G21A04G9	PARVATHA REDDY VASAVI
95	22G21A04J3	RAVULA SAI MANOJ
96	22G21A04J4	REBBA NAGA SIRISHA
97	22G21A04J5	REDDAM SUSHMA KEERTHI
98	22G21A04J6	REVILLA MANOJ
99	22G21A04J7	ROLLA BENNY HEEN
100	22G21A04J8	S HEMANTH
101	22G21A04J9	SAJJA TRIVENI
102	22G21A04K0	SANDRA SAIKUMAR
103	22G21A04K1	SANGEETHAM PRUDHVI
104	22G21A04K2	SANNAPUREDDY MASTHANAIAH
105	22G21A04J3	RAVULA SAI MANOJ
106	22G21A04J4	REBBA NAGA SIRISHA

S.No	Reg. No	Name of the Student
1	23G2A04001	ADDONAPU NAGESH
2	23G2A04002	ADIBOINA GURU LATHA
3	23G2A04003	ADIBOINA SREEKANTH
4	23G2A04004	ADLURU HARSHA VARDHAN RAJU
5	23G2A04005	AKKILI PRASAD REDDY
6	23G2A04006	AKKULAPALLI CHARAN
7	23G2A04007	AKKUPALLI NARASIMHULU
8	23G2A04008	AMBATI MAHENDRA REDDY
9	23G2A04009	AMBATI PRATHAP REDDY
10	23G2A04010	AMBATI VENKATA NAGA VARDHAN REDDY
11	23G2A04011	AMBATI VISHNU VARDHANA REDDY
12	23G2A04012	ANKINAPALLI PREETHI
13	23G2A04013	ANNAMETI SANTHOSH KUMAR
14	23G2A04014	ANNAPU REDDY MAHESWARA REDDY
15	23G2A04015	ANUMALASETTY SUNAND
16	23G2A04016	ATLA PRADEEP
17	23G2A04017	ATLA PRANEETH KUMAR
18	23G2A04018	ATLA YOGENDRA
19	23G2A04019	AVULAMANDHA BALAJI
20	23G2A04020	AVULAPATI HARSHAVARDHAN
21	23G2A04021	AYUDHALA VENKATESH
22	23G2A04022	AYYALURI CHANDRA REVANTH KUMAR REDDY
23	23G2A04023	BALLI BALAJI
24	23G2A04024	BANDARU NAVYA
25	23G2A04025	BANDLA MANOHAR
26	23G2A04026	BANKA GANGA BHARGAVI
27	23G2A04027	BASIREDDY KAVITHA
28	23G2A04028	BATHULA SHIVANI
29	23G2A04029	BATTA KAVYA

30	23G2A04030	BATTALA SREEJA SARANYA
31	23G2A04031	BELLAM SUMANTH REDDY
32	23G2A04032	BELLAMKONDA VENKATA SANDEEP
33	23G2A04034	BHEEMISETTY SAIKUMAR
34	23G2A04035	BHUMI REDDY SREEKANTH
35	23G2A04036	BILLU MANJULA
36	23G2A04037	BIRADHTI JYOTHI
37	23G2A04039	BOLLAM SUSHMITHA
38	23G2A04040	BOREDDY PRAVEEN KUMAR REDDY
39	23G2A04041	BUJJA PRASANTH
40	23G2A04042	BURRI GANESH
41	23G2A04043	BUTHURU JAGADEESHWAR REDDY
42	23G2A04044	CHALLA MADHU SUDHAN REDDY
43	23G2A04045	CHALLA RAMYA
44	23G2A04047	CHAPPALA KAVYA
45	23G2A04048	CHARAN KUMAR GOVINDAYAPALLI
46	23G2A04049	CHAVALA REDDY KIRAN
47	23G2A04050	CHAVALI VISWANATH
48	23G2A04051	CHEMURU LIKHITHA
49	23G2A04052	CHENNUPALLI VENKATA SUNIL KUMAR REDDY
50	23G2A04053	CHILAMALA OBULESU
51	23G2A04054	CHINNABOINA SUNEEL
52	23G2A04055	CHINNATTI MANOJ KUMAR
53	23G2A04056	CHINNI SARANYA
54	23G2A04057	CHINNI SUPRIYA
55	23G2A04058	CHINTHALA MANEMMA
56	23G2A04059	CHINTHAM REDDY CHARAN KUMAR REDDY
57	23G2A04060	CHINTHAPANTI KISHORE
58	23G2A04061	CHIRAMANA PRANAY
59	23G2A04062	CHITTIBOINA HARISH BABU

60	23G2A04063	CHITTETI SUBHASH
61	23G2A04075	DESIREDDY SRIKANTH REDDY
62	23G2A04076	DEVALLA VENKATA CHAITANYA
63	23G2A04077	DOLLU NAGENDRA
64	23G2A04078	DONTHU MAHATHI
65	23G2A04079	DONTHU VASANTHA
66	23G2A04080	DUDDUGUNTA VISHNU VARDHAN REDDY
67	23G2A04081	DUGGEMPUDI BHUMA REDDY
68	23G2A04082	DUVVURI ASIEL ASHRAI
69	23G2A04083	DUVVURU AKSHAYA
70	23G2A04084	EARLA SUJATHA
71	23G2A04085	EDURU VIVEK
72	23G2A04087	ELURU CHANDU
73	23G2A04088	ENUGOLU SOWMY SRI
74	23G2A04089	GADDE VAMSI
75	23G2A04090	GAIREDDY VISHNUVARDHAN
76	23G2A04091	GAJALA VENKATA VASU
77	23G2A04092	GALLA YOGA CHARAN TEJA
78	23G2A04093	GANAPAM GOVARDHAN REDDY
79	23G2A04094	GANDI SREEKANTH
80	23G2A04095	GANDIKOTA RAMACHANDRA
81	23G2A04096	GANGI GANGA PRATHAP NAIDU
82	23G2A04097	GANTA VENKAT NAVEEN
83	23G2A04098	GATTALA JAGADEESH
84	23G2A04099	GHATTOLU KUSUMA
85	23G2A04100	GIDDANGI RAJINI
86	23G2A04101	GOLLA HARISH
87	23G2A04102	GONTU VAMSI
88	23G2A04103	GONUPALLI MEGHANA
89	23G2A04104	GORRIPATI POORNIMA

90	23G2A04105	GOTHAM KARTHIK
91	23G2A04107	GUDURU VENU
92	23G2A04108	GUJJALA VISHNU VARDHAN BABU
93	23G2A04109	GULAPALA DILLI KUMAR
94	23G2A04110	GUNASANI DEEKSHITHA
95	23G2A04112	GUNJI SARATH
96	23G2A04113	GURAJALA HARATHI
97	23G2A04114	GUTURU MAHENDRA
98	23G2A04115	HASANAPURAM DINESH
99	23G2A04116	INDLA YASHWANTH
100	23G2A04117	INUGUNTA PAVANI
101	23G2A04118	IRAGARAJU VIKAS
102	23G2A04119	JADA REVANTH KUMAR REDDY
103	23G2A04120	JADDA JAGADEESH
104	23G2A04121	JAJULA NAGAVENI
105	23G2A04122	JAKKULA OOHA
106	23G2A04123	JALLIPALLI CHETHAN ROOP



Principal

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AUDISANKARA COLLEGE OF
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GUDUR, TIRUPATI DT. (A.P.)

OFFICE OF THE DIRECTOR

ASCET/CIR/2023-24

Date: 30-07-2024

CIRCULAR

It is glad to inform all the students and the faculty that Yoga and Meditation Training Program on Transcendental meditation will be conducted for two months by Ravi Kumar and team i.e., from 05-08-2024 to 04-10-2024 in the evening from 03:30 PM. to 04:30PM. All are requested to avail the opportunity.


Principal

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(2) All HoD's to circulate among the staff & Students
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CCto: The Chairman – for kind information

REPORT ON YOGA AND MEDITATION (2023-24)

The practice of yoga and meditation has been around for centuries, with Hatha yoga practices dating back as far as the 11th century in the Far East. Fast forward to the 1980's and the Western world caught on to the benefits of yoga and meditation, where both practices became highly popularized. Since then, thousands of studies have been devoted to highlighting the many benefits of yoga and meditation. Yoga is not only a practice of physical exercise which is beneficial to the body but at its core, has a meditative and spiritual grounding. If you'd like to learn more about the benefits of yoga and meditation, we outline it all on this blog.

The Benefits of Yoga and Meditation

Yoga and meditation can be likened to sisters – each practice is different in its own way, but both are grounded in spirituality and their benefits on the mind and the body. Practicing yoga is known to improve flexibility, balance, endurance and strength. While meditation helps to keep the mind sharp and clear, relieves stress and improves overall well-being. These are just a few of the many benefits of yoga and meditation.

Yoga

In total there are 14 different variations of yoga practice. For the most part, all yoga practices have similar benefits, including:

1. Relief of Back Pain

If you suffer from persistent back pain, the practice of yoga just once or twice a week can help with relief from pain and discomfort. Stretching exercises and poses as well as increased core strength help to improve flexibility and agility of rigid muscles, alleviating lower back pain.

2. Assists With Symptoms of Rheumatoid Arthritis

There are specific forms of yoga: Iyengar, Bikram, and gentle yoga which have proven to help in the management of rheumatoid arthritis (RA). The slow, easy pace of these forms of yoga alleviates tension and pain in joints and muscles, while also helping to build up physical strength in those suffering from RA.

3. Helps To Cure a Hangover

While the last thing on your mind may be a yoga class when suffering from a hangover, yoga is one of the best ways of detoxing your body. Certain poses including

the "plow", "bow" and shoulder stand help to activate the thyroid gland, which in turn kick starts your metabolism, ridding your body of toxins. Yoga also helps with blood circulation, helping to bring your body and mind back to its fresh self.

4. Improves Heart Health

As mentioned, yoga helps with stimulating blood circulation around the body, which helps to eliminate arterial plaque in the heart muscle. As a result, yoga assists in keeping your heart rate regular, strong and healthy. Yoga is highly relaxing; it lowers stress levels and high blood pressure.

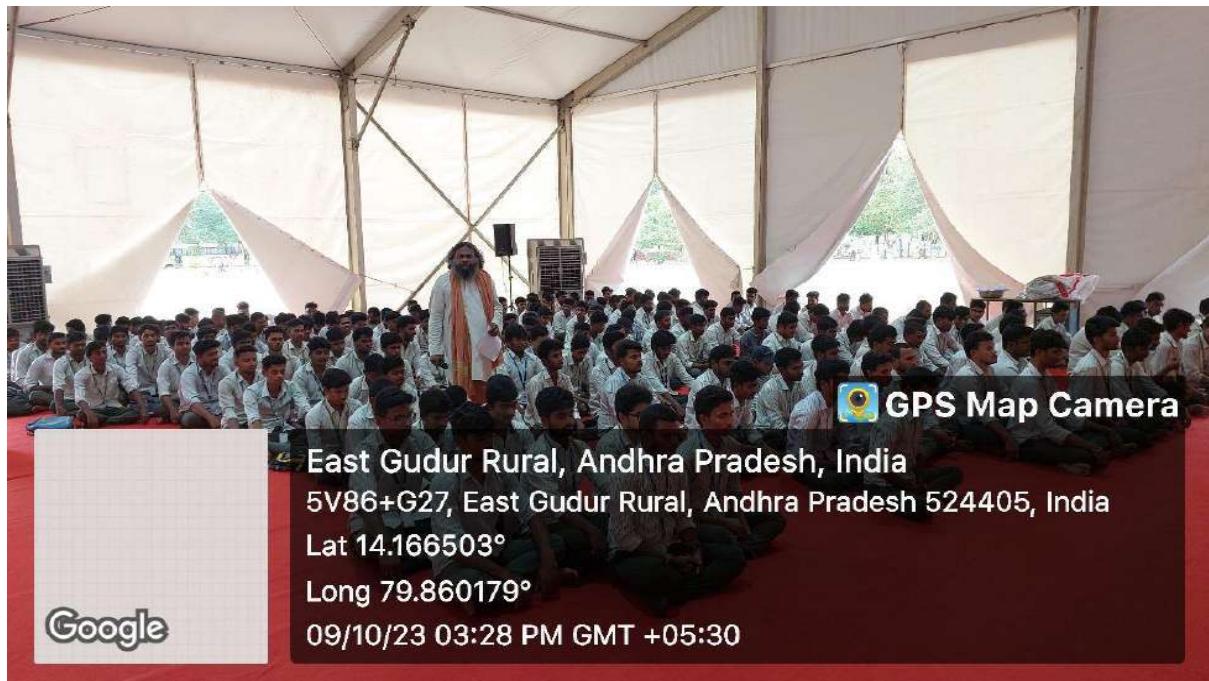
5. Helps to Combat Migraines

Looking for a simple solution on how to get rid of a headache without medication? This is where the benefits of yoga and meditation can be completely surprising. Nowadays, many people tend to over-medicate themselves and build up mountains of harmful toxins inside their systems. While the pain of a migraine can be totally unbearable, yoga is a great exercise to help prevent and fight them off. If you can bear it, one of the most beneficial poses is the "bridge" pose which helps to relax tension in the neck and shoulders, which can trigger migraines. These muscles and a myriad of others tend to become over-used and misaligned throughout our daily leaves which can lead to tension build-up – a common cause of migraines.

6. Regulates Digestion

If you suffer from persistent indigestion or constipation, yoga is a simple solution to get things moving! A number of yoga poses, twists and positions help to massage and squeeze internal organs, ultimately assisting with the movement of food and its digestion.

Yoga is also highly beneficial in stimulating our lymphatic system which works to flush our body of harmful toxins, which can cause indigestion.





GU.Narayana
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DEPARTMENT OF ELECTRONICS AND COMMUNICATION ENGINEERING

TIME TABLE

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2	III	106			

S. N. Narayana
 Principal

PRINCIPAL
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 GUDUR, TIRUPATI DT. (A.P.)

The participants details:

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13	22G21A0413	ANNURU DINESH
14	22G21A0414	ARINI AKSHAYA
15	22G21A0415	ATMAKURU VENKATA VARSHA
16	22G21A0418	BADUGULA LOKESWARI
17	22G21A0419	BALLOLU LAVANYA PRATHIBHA
18	22G21A0420	BANDI VENKATA PRANAV
19	22G21A0421	BANDLA VENKATA KALYAN
20	22G21A0422	BANDLAMUDI MANI KUMAR
21	22G21A0423	BATHALA SATHISH
22	22G21A0424	BATTA SASI KUMAR
23	22G21A0425	BATTA SUNEEL
24	22G21A0426	BEEMACHERLA SUGUNA JYOTHI
25	22G21A0427	BELLAMKONDA ARAVIND
26	22G21A0428	BERI RAMU
27	22G21A0429	BIJIVEMULA LAKSHMI PRASANNA

28	22G21A0430	BODUGU VASU
29	22G21A0431	BOLAGANI SRINIVAS GOUD
30	22G21A0432	BOLLA NAGARAJU
31	22G21A0433	BOYANAPALLI SAI SANDEEP
32	22G21A0434	BOYILAPALLI JYOTHSNA
33	22G21A0435	BUSSA AJAY KUMAR
34	22G21A0436	BYNA SWATHI
35	22G21A0437	CHAGAM REDDY VASUNDHARA
36	22G21A0438	CHALLA SRI LAKSHMI
37	22G21A0439	CHALLAGIRI VAISHNAVI
38	22G21A0440	CHANUMURI GAYATHRI
39	22G21A0441	CHAVALA JASWANTH KUMAR
40	22G21A0442	CHERUKURU CHARISHMA
41	22G21A0443	CH.LATHA
42	22G21A0444	CHINTHALA KISHORE
43	22G21A0445	CHINTHALAPUDI BHAVYA SRI
44	22G21A0446	CHINTHALAPUDI SRIJA
45	22G21A0447	CHITTEMREDDY SUBBAREDDY
46	22G21A0448	CHITTETI LOKESH KUMAR
47	22G21A0449	CHIVUKULA HARSHITHA
48	22G21A0473	GUDURU TEJA SAI RAM
49	22G21A0474	GUMMADI SANNUTHA
50	22G21A0475	GUNDALA MOUNIKA
51	22G21A0477	GUNTIMADUGU NAVEEN
52	22G21A0479	ILAKA SUHASINI
53	22G21A0481	JAMALLA VENKATESH
54	22G21A0482	JAVVAJI ANKITHA
55	22G21A0483	KADINTI SANDHYA
56	22G21A0484	KAKARLA VIJAYKUMAR
57	22G21A0485	KALAGUNTA POOJA

58	22G21A0486	KALAVALAPUDI KAVYA
59	22G21A0487	KAMAGIRI AHAMAD
60	22G21A0488	KAMBHAM VENKATA GANGADHAR REDDY
61	22G21A0489	KANCHI SATHWIKA
62	22G21A0490	KANDAVARAPU MAHESH
63	22G21A04B1	LEKKALA SATHEESH KUMAR REDDY
64	22G21A04B3	MADDOLU LAYA
65	22G21A04B4	MADHALA SAMBA SIVAIAH
66	22G21A04B5	MADHIKARU VENKATA SAI DURGA
67	22G21A04B6	MALEPATI LASYA
68	22G21A04B7	MALLAVARAM CHANDU
69	22G21A04B8	MALLEMULA SIVA SHANKARA VARA PRASAD
70	22G21A04B9	MALLI CHANDU
71	22G21A04C0	MANDADI KRANTHI KUMAR
72	22G21A04E5	NAGIREDDY SNEHALATHA REDDY
73	22G21A04E6	NAKKINABOINA PARUSURAM
74	22G21A04E7	NALAGARLA ANITHA
75	22G21A04E8	NANDIMANDALAM LIKHITHA
76	22G21A04E9	NANDIPALLI CHANDRIKA
77	22G21A04F0	NARASAPURAM MANOJ
78	22G21A04F1	NARIBOYINA SUPRAJA
79	22G21A04E5	NAGIREDDY SNEHALATHA REDDY
80	22G21A04E6	NAKKINABOINA PARUSURAM
81	22G21A04E7	NALAGARLA ANITHA
82	22G21A04F2	NARLA GREESHMA
83	22G21A04F3	NARRA SUNIL KUMAR
84	22G21A04F4	NELLORE MUNIBABU
85	22G21A04F5	NEMALI GUNASREE
86	22G21A04F6	NENDRABAKAM NIKHILESH
87	22G21A04F7	NIDIGINTI JYOSHNA PRIYA

88	22G21A04G3	PALUKURU UDAYA LAKSHMI
89	22G21A04G4	PALURU SURENDRA
90	22G21A04G5	PAMANJI GURAVAIAH
91	22G21A04G6	PANCHETI PAVITHRA
92	22G21A04G7	PARAMALA HARI PRASAD
93	22G21A04G8	PARICHERLA HARSHAVARDHAN
94	22G21A04G9	PARVATHA REDDY VASAVI
95	22G21A04J3	RAVULA SAI MANOJ
96	22G21A04J4	REBBA NAGA SIRISHA
97	22G21A04J5	REDDAM SUSHMA KEERTHI
98	22G21A04J6	REVILLA MANOJ
99	22G21A04J7	ROLLA BENNY HEEN
100	22G21A04J8	S HEMANTH
101	22G21A04J9	SAJJA TRIVENI
102	22G21A04K0	SANDRA SAIKUMAR
103	22G21A04K1	SANGEETHAM PRUDHVI
104	22G21A04K2	SANNAPUREDDY MASTHANAIAH
105	22G21A04J3	RAVULA SAI MANOJ
106	22G21A04J4	REBBA NAGA SIRISHA

S.No	Reg. No	Name of the Student
1	23G2A04001	ADDONAPU NAGESH
2	23G2A04002	ADIBOINA GURU LATHA
3	23G2A04003	ADIBOINA SREEKANTH
4	23G2A04004	ADLURU HARSHA VARDHAN RAJU
5	23G2A04005	AKKILI PRASAD REDDY
6	23G2A04006	AKKULAPALLI CHARAN
7	23G2A04007	AKKUPALLI NARASIMHULU
8	23G2A04008	AMBATI MAHENDRA REDDY
9	23G2A04009	AMBATI PRATHAP REDDY
10	23G2A04010	AMBATI VENKATA NAGA VARDHAN REDDY

11	23G2A04011	AMBATI VISHNU VARDHANA REDDY
12	23G2A04012	ANKINAPALLI PREETHI
13	23G2A04013	ANNAMETI SANTHOSH KUMAR
14	23G2A04014	ANNAPU REDDY MAHESWARA REDDY
15	23G2A04015	ANUMALASETTY SUNAND
16	23G2A04016	ATLA PRADEEP
17	23G2A04017	ATLA PRANEETH KUMAR
18	23G2A04018	ATLA YOGENDRA
19	23G2A04019	AVULAMANDHA BALAJI
20	23G2A04020	AVULAPATI HARSHAVARDHAN
21	23G2A04021	AYUDHALA VENKATESH
22	23G2A04022	AYYALURI CHANDRA REVANTH KUMAR REDDY
23	23G2A04023	BALLI BALAJI
24	23G2A04024	BANDARU NAVYA
25	23G2A04025	BANDLA MANOHAR
26	23G2A04026	BANKA GANGA BHARGAVI
27	23G2A04027	BASIREDDY KAVITHA
28	23G2A04028	BATHULA SHIVANI
29	23G2A04029	BATTA KAVYA
30	23G2A04030	BATTALA SREEJA SARANYA
31	23G2A04031	BELLAM SUMANTH REDDY
32	23G2A04032	BELLAMKONDA VENKATA SANDEEP
33	23G2A04034	BHEEMISETTY SAIKUMAR
34	23G2A04035	BHUMI REDDY SREEKANTH
35	23G2A04036	BILLU MANJULA
36	23G2A04037	BIRADHTI JYOTHI
37	23G2A04039	BOLLAM SUSHMITHA
38	23G2A04040	BOREDDY PRAVEEN KUMAR REDDY
39	23G2A04041	BUJJA PRASANTH
40	23G2A04042	BURRI GANESH

41	23G2A04043	BUTHURU JAGADEESHWAR REDDY
42	23G2A04044	CHALLA MADHU SUDHAN REDDY
43	23G2A04045	CHALLA RAMYA
44	23G2A04047	CHAPPALA KAVYA
45	23G2A04048	CHARAN KUMAR GOVINDAYAPALLI
46	23G2A04049	CHAVALA REDDY KIRAN
47	23G2A04050	CHAVALI VISWANATH
48	23G2A04051	CHEMURU LIKHITHA
49	23G2A04052	CHENNUPALLI VENKATA SUNIL KUMAR REDDY
50	23G2A04053	CHILAMALA OBULESU
51	23G2A04054	CHINNABOINA SUNEEL
52	23G2A04055	CHINNATTI MANOJ KUMAR
53	23G2A04056	CHINNI SARANYA
54	23G2A04057	CHINNI SUPRIYA
55	23G2A04058	CHINTHALA MANEMMA
56	23G2A04059	CHINTHAM REDDY CHARAN KUMAR REDDY
57	23G2A04060	CHINTHAPANTI KISHORE
58	23G2A04061	CHIRAMANA PRANAY
59	23G2A04062	CHITTIBOINA HARISH BABU
60	23G2A04063	CHITTETI SUBHASH
61	23G2A04075	DESIREDDY SRIKANTH REDDY
62	23G2A04076	DEVALLA VENKATA CHAITANYA
63	23G2A04077	DOLLU NAGENDRA
64	23G2A04078	DONTHU MAHATHI
65	23G2A04079	DONTHU VASANTHA
66	23G2A04080	DUDDUGUNTA VISHNU VARDHAN REDDY
67	23G2A04081	DUGGEMPUDI BHUMA REDDY
68	23G2A04082	DUVVURI ASIEL ASHRAI
69	23G2A04083	DUVVURU AKSHAYA
70	23G2A04084	EARLA SUJATHA

71	23G2A04085	EDURU VIVEK
72	23G2A04087	ELURU CHANDU
73	23G2A04088	ENUGOLU SOWMY SRI
74	23G2A04089	GADDE VAMSI
75	23G2A04090	GAIREDDY VISHNUVARDHAN
76	23G2A04091	GAJJALA VENKATA VASU
77	23G2A04092	GALLA YOGA CHARAN TEJA
78	23G2A04093	GANAPAM GOVARDHAN REDDY
79	23G2A04094	GANDI SREEKANTH
80	23G2A04095	GANDIKOTA RAMACHANDRA
81	23G2A04096	GANGI GANGA PRATHAP NAIDU
82	23G2A04097	GANTA VENKAT NAVEEN
83	23G2A04098	GATTALA JAGADEESH
84	23G2A04099	GHATTOLU KUSUMA
85	23G2A04100	GIDDANGI RAJINI
86	23G2A04101	GOLLA HARISH
87	23G2A04102	GONTU VAMSI
88	23G2A04103	GONUPALLI MEGHANA
89	23G2A04104	GORRIPATI POORNIMA
90	23G2A04105	GOTHAM KARTHIK
91	23G2A04107	GUDURU VENU
92	23G2A04108	GUJJALA VISHNU VARDHAN BABU
93	23G2A04109	GULAPALA DILLI KUMAR
94	23G2A04110	GUNASANI DEEKSHITHA
95	23G2A04112	GUNJI SARATH
96	23G2A04113	GURAJALA HARATHI
97	23G2A04114	GUTURU MAHENDRA
98	23G2A04115	HASANAPURAM DINESH
99	23G2A04116	INDLA YASHWANTH
100	23G2A04117	INUGUNTA PAVANI

101	23G2A04118	IRAGARAJU VIKAS
102	23G2A04119	JADA REVANTH KUMAR REDDY
103	23G2A04120	JADDA JAGADEESH
104	23G2A04121	JAJULA NAGAVENI
105	23G2A04122	JAKKULA OOHA
106	23G2A04123	JALLIPALLI CHETHAN ROOP

Gu-Nayani
 Principal

PRINCIPAL
 AUDISANKARA COLLEGE OF
 ENGINEERING & TECHNOLOGY
 (AUTONOMOUS)
 GUDUR, TIRUPATI DT. (A.P.)

ASCET/CIR/2023-24

Date: 02-08-2023

CIRCULAR

All the students are hereby informed that Audisankara College of Engineering & technology (Autonomous) is organizing “**Language and Communication Skills**” training from 13-08-2023 to 18-08-2023. Hence, all the students are informed to attend the training sessions without fail.


Principal

PRINCIPAL
AUDISANKARA COLLEGE OF
ENGINEERING & TECHNOLOGY
(AUTONOMOUS)
GUDUR, TIRUPATI DT. (A.P.)

To: (1) Viceprincipal, Polytechnic – for information
(2) All HoD's to circulate among the staff & Students
(3) CoE
(4) DEAN – Academics
(5) DEAN – Student Affairs
(6) DEAN – ICT, R&D, Quality
(7) Display on Student Notice Board
(8) A.O, Account Section
(9) HR Office, Library, Placement Cell
(10) Bus I/C, PD, Security
(11) Hostel Girls & Boys – Through Warden
(12) Canteen, Stores
(13) Office

CC to: The Chairman – for kind information

DEPARTMENT OF MASTER OF COMPUTER APPLICATIONS

TIME TABLE

S.NO	Year	Total No of Students	Duration	Time
1	I	85	13-08-2023 to 18-08-2023	9.30 am to 4.30 PM
2	II	116		

Su-Nayana
 Principal

PRINCIPAL
 AUDISANKARA COLLEGE OF
 ENGINEERING & TECHNOLOGY
 (AUTONOMOUS)
 GUDUR, TIRUPATI DT. (A.P.)

DEPARTMENT OF MASTER OF COMPUTER APPLICATIONS

REPORT

An awareness session on Soft Skills Training Sessions was conducted for modules-I & II at the engineering Department by the Training & Placement Cell of the Audisankara College of Engineering & Technology (ASCET). The seminar was attended from various departments in our institution. The motive of the seminar was to make the students aware of the forthcoming Training Sessions. Students got a thorough understanding of the schedule of the sessions.

Programs organized by the Department of soft skills competency during the year 2023-24

1. Interactive Group Activities
2. Group discussions
3. Listing Activities 1,2 and 3
4. Debates
5. JAM
6. Role Play etc



Speech delivered from the Mrs. Usha Nandini to the students on 13.08.2023



Speech by the T. Hari Krishna for the skill developing program on 16.08.2023



S. N. Nagajane
Principal

PRINCIPAL
AUDISANKARA COLLEGE OF
ENGINEERING & TECHNOLOGY
(AUTONOMOUS)
GUDUR, TIRUPATI DT. (A.P.)

The participant's details:

S.No	Reg. No	Name of the Student
1	23G21F0001	ADDEPALLI KANAKARAJU
2	23G21F0002	ALLAKULA SUSANTH
3	23G21F0003	ANALA ROHITHA
4	23G21F0004	ANDE MOUNIKA
5	23G21F0005	BANDLA ANIL
6	23G21F0006	BATHALA MANEESHA
7	23G21F0007	CHEEPINAPI MAHENDRA
8	23G21F0008	CHILLAKURU RENUKA
9	23G21F0009	CHINTHAPANTI BHANUJA
10	23G21F0010	DAGGUPATI GOUTHAM
11	23G21F0011	DANAM MAHITHA
12	23G21F0012	DOLA RAGHU
13	23G21F0013	ERAKAM BHARGAV
14	23G21F0014	GUDURU GAYATHRI
15	23G21F0015	GUNDUBOYINA SAI LAKSHMI
16	23G21F0016	GUNJI PURNACHANDRA
17	23G21F0017	GURRAM HEMANTH KUMAR
18	23G21F0018	GUTHIKONDA VENKATA INDHU
19	23G21F0019	ILAKA MANEMMA
20	23G21F0021	ITHEPALLI LOKESH
21	23G21F0022	JAYA ANITHA RABBA
22	23G21F0023	JUVVALADINNE MAVEEN
23	23G21F0024	KANDANURU GAYATHRI
24	23G21F0025	KANNELURI PENCHALA PRASAD
25	23G21F0026	KATTA BHUVANESWARI
26	23G21F0027	KATTA MALA SREE
27	23G21F0028	KOPPARTI MAHESWAR REDDY

28	23G21F0029	KOTA SRILATHA
29	23G21F0030	KUDAMALA VENKATESWARLU
30	23G21F0031	KUNAPAREDDY RUSHI BALAJI
31	23G21F0032	KUNJI SRI VIDHYA
32	23G21F0033	KUPPALA PAVAN
33	23G21F0034	KUPPANNAGARI SURYA KIRAN REDDY
34	23G21F0035	KURUBA LAKSHMI
35	23G21F0036	LEKKALA LOKESH
36	23G21F0037	MANCHALA MAMATHA
37	23G21F0038	MANCHALA NAresh
38	23G21F0039	MANGALAPURI GANESH
39	23G21F0040	MANGAPURAM DEVIKA
40	23G21F0041	MEKALA GANGADHAR REDDY
41	23G21F0042	MELLAKANTI NIVAS
42	23G21F0043	MOCHARLLA KALYANI
43	23G21F0044	MUTCHU NAVNEEN
44	23G21F0045	NALAJALA ASHOK
45	23G21F0046	NELANUTHALA V S K ANANYA SRIKRUTHI
46	23G21F0047	NEMALLAPUDI THARUN SAI
47	23G21F0048	NIMMANA POORNACHANDRA
48	23G21F0049	NOSSAM VISHNU VARDHAN REDDY
49	23G21F0050	PACHARI VYSHNAVI
50	23G21F0051	PADHALA VISHNU
51	23G21F0052	PAMPANI SINDHU
52	23G21F0053	PAMULA SUNEEL
53	23G21F0054	PAMULA VAMSI
54	23G21F0055	PARADALAM HARIPRASAD
55	23G21F0056	PARVATHI BHAVANA
56	23G21F0057	PASALA SIVAKOTI

57	23G21F0058	PASUPULA LAKSHMI REKHA
58	23G21F0059	PENUMALA VENKATA RAO
59	23G21F0060	PERUBOINA CHARAN TEJA
60	23G21F0061	POKURU SUVARNA SAI
61	23G21F0062	PONNATI JYOSTHNA
62	23G21F0063	PONUGUPATI CHANDU
63	23G21F0064	POSINA RAMMOHAN REDDY
64	23G21F0065	PULI LATHA
65	23G21F0066	PULUGULLA BINDU
66	23G21F0067	SAKHAMURI VENKATA PRASAD
67	23G21F0068	SANAMPUDI KEERTHI
68	23G21F0069	SANNAREDDY LEELAMANUSH REDDY
69	23G21F0070	SHAIK RESHMA
70	23G21F0071	SHAIK SAJID BABU
71	23G21F0072	SHAIK SHAHUL
72	23G21F0073	SIDDU RAHUL
73	23G21F0074	SUNKU MASTHAN BABU
74	23G21F0075	THANGA KUSUMA MADHURI
75	23G21F0076	UMMADIPOLU MANISHA
76	23G21F0077	UMMADIPOLU MOUNIKA
77	23G21F0078	VEGINATI VENKATESWARLU
78	23G21F0079	VISWANADHAM ESWAR
79	23G21F0080	YANAMALA SREEKANTH
80	23G21F0081	YEGITEELA SATHWIKA
81	23G21F0082	YELURU SRINU
82	23G21F0083	YEMPULURU BHARATKUMAR
83	23G21F0084	YENAMALA VENKATACHANDANA
84	23G21F0085	YENUGU PADMAVATHI
85	23G21F0086	DEVIREDDY RAJITHA
86	22G21F0001	AITHA NAGA PRASANNA BABU

87	22G21F0002	ALLURU LAKSHMI SUPRIYA
88	22G21F0003	AMBATI PRATHIGNA
89	22G21F0004	ANAMALA PRAVALIKA
90	22G21F0005	ANNAPAREDDY MADHU BABU
91	22G21F0006	ATHIKAYALA LAVANYA
92	22G21F0007	ATMAKURU PENCHALAIH
93	22G21F0008	BANKAPURI SAI KUMAR
94	22G21F0009	BASIREDDY NARAYANA REDDY
95	22G21F0010	BATHALA PURUSHOTHAM
96	22G21F0011	BAVANARI NAGENDRA BABU
97	22G21F0012	BELLAMKONDA HAREESH
98	22G21F0013	BEZAWADA HARIPRIYA
99	22G21F0014	CHAKKA KASI SIVA SANKAR
100	22G21F0015	CHALLA GOWTHAMI
101	22G21F0016	CHALLA RUKMINI
102	22G21F0017	CHENGA NAVEEN
103	22G21F0018	CHINNA MOULA SYED
104	22G21F0019	CHINNI LAVANYA SIVA PRIYA
105	22G21F0020	CHINTALAPUDI MANUSHA REDDY
106	22G21F0021	CHINTHAALA MAHESH
107	22G21F0022	CHINTHAGINJALA SREENU
108	22G21F0023	CHINTHAKAYALA MADHURI
109	22G21F0024	CHITTAMSETTY SRI VARDHAN
110	22G21F0025	CHITTETI VENKATESH
111	22G21F0026	DUVVURU SAI PRANAVI
112	22G21F0027	EDHURU MERCY
113	22G21F0028	ERAGANABOINA LAKSHMI
114	22G21F0029	GADDE GREESHMA SAI
115	22G21F0030	GAJJALA YASASWINI
116	22G21F0031	GALI SIVAJI

117	22G21F0032	GODINA VAISHNAVA TEJA
118	22G21F0033	GOLLA AKHILA
119	22G21F0034	GOMASANI VENKATARAMANAMMA
120	22G21F0035	GUTTIKONDA PAVITHRA
121	22G21F0036	JAMALLA HARSHA VARDHAN
122	22G21F0037	KAKARLA NAVEEN
123	22G21F0038	KALYANI M
124	22G21F0039	KAMATHAM MAMATHA
125	22G21F0040	KAMBALA TEJA
126	22G21F0041	KANNEBOINA PRIYANKA
127	22G21F0042	KANUPURU VENU
128	22G21F0043	KARATAMPATI SIRI CHANDANA
129	22G21F0044	KASA DEVI
130	22G21F0045	KATARI BHARATHI
131	22G21F0046	KATARI VENKATESH
132	22G21F0047	KATTA DEEPTHI
133	22G21F0048	KATURU SUMANTHI
134	22G21F0049	KOLA LAKSHMI
135	22G21F0050	KOLLAM CHANDRA SEKHAR
136	22G21F0051	KOLLURI VENUGOPAL
137	22G21F0052	KONDA VENKATESWARLU
138	22G21F0053	KONDAVEETI MARY SRAVANTHI
139	22G21F0054	KONETI MADHAVI
140	22G21F0055	KOVI VENKATA PADMAVATHI
141	22G21F0056	KUNA VINEELA
142	22G21F0057	MACHARLA SATHISH
143	22G21F0058	MADANAMBETI JALAJAKSHI
144	22G21F0059	MADINENI LOKESH
145	22G21F0060	MALAVATHU VIJAYASANTHI
146	22G21F0061	MALLELA MANASA

147	22G21F0062	MAMANDURU JAGAN
148	22G21F0063	MEKAPILLA LALITHA
149	22G21F0064	MIDATHA DHARANI
150	22G21F0065	NALAJAM SARITHA
151	22G21F0066	NALAJAM VENKATESH
152	22G21F0067	PADDALA PRIYADARSINI
153	22G21F0068	PAKKERLA POOJITHA
154	22G21F0069	PALLAPU MADHU KUMAR
155	22G21F0070	PAMURU YAMINI
156	22G21F0072	PANTHANGI LIKHITHA
157	22G21F0073	PAPANABOINA BHANU TEJASWINI
158	22G21F0074	PASAM RAJANI
159	22G21F0075	PATCHINEELA USHA
160	22G21F0076	PATHI SUBRAMANYAM
161	22G21F0077	PATNAM VENKAT HEMANTH KUMAR
162	22G21F0078	PAVURALLA MAHA LAKSHMI
163	22G21F0079	PAVURALLA RADHA
164	22G21F0080	PELLURU LAVANYA
165	22G21F0081	PELLURU VANI
166	22G21F0082	PILLI THULASI
167	22G21F0083	POLUBOINA GEETHA
168	22G21F0084	POTTA PUSHPA
169	22G21F0085	PUCHAKAYALA ROHINI
170	22G21F0086	PULLAGURA PRAVEEN
171	22G21F0088	SAYYAD SUMIYA
172	22G21F0089	SELAM VANI
173	22G21F0090	SHAIK ALLA HASHID
174	22G21F0091	SHAIK FARHANA
175	22G21F0092	SHAIK KARIMULLA
176	22G21F0093	SHAIK MARIEM SIDDIKHA

177	22G21F0094	SHAIK SHAHIDA
178	22G21F0095	SHAIK SHAYEER HUSSAIN
179	22G21F0096	SHAIK SUNEHA
180	22G21F0097	SIDDANA LAKSHMI DEEPIKA
181	22G21F0098	SIVAJI SIVA KUMAR
182	22G21F0100	SUNKARA SNEHALATHA
183	22G21F0101	SURTHANI KALYAN
184	22G21F0102	SURTHANI NARENDRA
185	22G21F0103	SYED AHMED
186	22G21F0104	TATHAM SRAVANI
187	22G21F0105	THALLAM LEELA SRI
188	22G21F0106	THOTA MUNI SIREESHA
189	22G21F0107	ULLIPAYALA VASU
190	22G21F0108	VALIPI KOUSALYA
191	22G21F0109	VAVILLA CHINNABBIGARI SRINIVASULU
192	22G21F0110	VEMPATI MANASA
193	22G21F0111	VEMULA KAVYA
194	22G21F0112	VISWANADHAM SURENDRA
195	22G21F0113	YACHAMANENI MOUNIKA
196	22G21F0114	YANAMALA MOUNIKA
197	22G21F0115	YARRAMSETTY SAI PRASANTH
198	22G21F0116	YATTAPU VENKATA ANANTHA LAKSHMI
209	22G21F0117	YENUGU VARSHITHA
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**AUDISANKARA COLLEGE OF
ENGINEERING & TECHNOLOGY**
(AUTONOMOUS)
GUDUR, TIRUPATI DT. (A.P.)

OFFICE OF THE DIRECTOR

ASCET/CIR/2023-24

Date: 01-10-2023

CIRCULAR

It is glad to inform all the students and the faculty that Yoga and Meditation Training Program on Transcendental meditation will be conducted for two months by Ravi Kumar and team i.e., from 04-10-2023 to 15-12-2023 in the evening from 12:00 PM to 01:00PM. All are requested to avail the opportunity.


Principal

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To: (1) Viceprincipal, Polytechnic – for information
(2) All HoD's to circulate among the staff & Students
(3) CoE
(4) DEAN – Academics
(5) DEAN – Student Affairs
(6) DEAN – ICT, R&D, Quality
(7) Display on Student Notice Board
(8) A.O, Account Section
(9) HR Office, Library, Placement Cell
(10) Busi/C, PD, Security
(11) Hostel Girls & Boys – Through Warden
(12) Canteen, Stores
(13) Office

CCto: The Chairman – for kind information

REPORT ON YOGA AND MEDITATION (2023-24)

The practice of yoga and meditation has been around for centuries, with Hatha yoga practices dating back as far as the 11th century in the Far East. Fast forward to the 1980's and the Western world caught on to the benefits of yoga and meditation, where both practices became highly popularized. Since then, thousands of studies have been devoted to highlighting the many benefits of yoga and meditation. Yoga is not only a practice of physical exercise which is beneficial to the body but at its core, has a meditative and spiritual grounding. If you'd like to learn more about the benefits of yoga and meditation, we outline it all on this blog.

The Benefits of Yoga and Meditation

Yoga and meditation can be likened to sisters – each practice is different in its own way, but both are grounded in spirituality and their benefits on the mind and the body. Practicing yoga is known to improve flexibility, balance, endurance and strength. While meditation helps to keep the mind sharp and clear, relieves stress and improves overall well-being. These are just a few of the many benefits of yoga and meditation.

Yoga

In total there are 14 different variations of yoga practice. For the most part, all yoga practices have similar benefits, including:

1. Relief of Back Pain

If you suffer from persistent back pain, the practice of yoga just once or twice a week can help with relief from pain and discomfort. Stretching exercises and poses as well as increased core strength help to improve flexibility and agility of rigid muscles, alleviating lower back pain.

2. Assists With Symptoms of Rheumatoid Arthritis

There are specific forms of yoga: Iyengar, Bikram, and gentle yoga which have proven to help in the management of rheumatoid arthritis (RA). The slow, easy pace of these forms of yoga alleviates tension and pain in joints and muscles, while also helping to build up physical strength in those suffering from RA.

3. Helps To Cure a Hangover

While the last thing on your mind may be a yoga class when suffering from a hangover, yoga is one of the best ways of detoxing your body. Certain poses including

the "plow", "bow" and shoulder stand help to activate the thyroid gland, which in turn kick starts your metabolism, ridding your body of toxins. Yoga also helps with blood circulation, helping to bring your body and mind back to its fresh self.

4. Improves Heart Health

As mentioned, yoga helps with stimulating blood circulation around the body, which helps to eliminate arterial plaque in the heart muscle. As a result, yoga assists in keeping your heart rate regular, strong and healthy. Yoga is highly relaxing; it lowers stress levels and high blood pressure.

5. Helps to Combat Migraines

Looking for a simple solution on how to get rid of a headache without medication? This is where the benefits of yoga and meditation can be completely surprising. Nowadays, many people tend to over-medicate themselves and build up mountains of harmful toxins inside their systems. While the pain of a migraine can be totally unbearable, yoga is a great exercise to help prevent and fight them off. If you can bear it, one of the most beneficial poses is the "bridge" pose which helps to relax tension in the neck and shoulders, which can trigger migraines. These muscles and a myriad of others tend to become over-used and misaligned throughout our daily leaves which can lead to tension build-up – a common cause of migraines.

6. Regulates Digestion

If you suffer from persistent indigestion or constipation, yoga is a simple solution to get things moving! A number of yoga poses, twists and positions help to massage and squeeze internal organs, ultimately assisting with the movement of food and its digestion.

Yoga is also highly beneficial in stimulating our lymphatic system which works to flush our body of harmful toxins, which can cause indigestion.





S. Unnayani
Principal

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DEPARTMENT OF MASTER OF COMPUTER APPLICATIONS

TIME TABLE

S.NO	Year	Total No of Students	Session	Duration	Time
1	I	85	FN	04-10-2024 to 15-12-2024	12:00 PM to 01.00 PM
2	II	116			

GU-Nayani
 Principal

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 AUDISANKARA COLLEGE OF
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 (AUTONOMOUS)
 GUDUR, TIRUPATI DT. (A.P.)

The participant's details:

S.No	Reg. No	Name of the Student
1	23G21F0001	ADDEPALLI KANAKARAJU
2	23G21F0002	ALLAKULA SUSANTH
3	23G21F0003	ANALA ROHITHA
4	23G21F0004	ANDE MOUNIKA
5	23G21F0005	BANDLA ANIL
6	23G21F0006	BATHALA MANEESHA
7	23G21F0007	CHEEPINAPI MAHENDRA
8	23G21F0008	CHILLAKURU RENUKA
9	23G21F0009	CHINTHAPANTI BHANUJA
10	23G21F0010	DAGGUPATI GOUTHAM
11	23G21F0011	DANAM MAHITHA
12	23G21F0012	DOLA RAGHU
13	23G21F0013	ERAKAM BHARGAV
14	23G21F0014	GUDURU GAYATHRI
15	23G21F0015	GUNDUBOYINA SAI LAKSHMI
16	23G21F0016	GUNJI PURNACHANDRA
17	23G21F0017	GURRAM HEMANTH KUMAR
18	23G21F0018	GUTHIKONDA VENKATA INDHU
19	23G21F0019	ILAKA MANEMMA
20	23G21F0021	ITHEPALLI LOKESH
21	23G21F0022	JAYA ANITHA RABBA
22	23G21F0023	JUVVALADINNE MAVEEN
23	23G21F0024	KANDANURU GAYATHRI
24	23G21F0025	KANNELURI PENCHALA PRASAD
25	23G21F0026	KATTA BHUVANESWARI
26	23G21F0027	KATTA MALA SREE
27	23G21F0028	KOPPARTI MAHESWAR REDDY

28	23G21F0029	KOTA SRILATHA
29	23G21F0030	KUDAMALA VENKATESWARLU
30	23G21F0031	KUNAPAREDDY RUSHI BALAJI
31	23G21F0032	KUNJI SRI VIDHYA
32	23G21F0033	KUPPALA PAVAN
33	23G21F0034	KUPPANNAGARI SURYA KIRAN REDDY
34	23G21F0035	KURUBA LAKSHMI
35	23G21F0036	LEKKALA LOKESH
36	23G21F0037	MANCHALA MAMATHA
37	23G21F0038	MANCHALA NAresh
38	23G21F0039	MANGALAPURI GANESH
39	23G21F0040	MANGAPURAM DEVIKA
40	23G21F0041	MEKALA GANGADHAR REDDY
41	23G21F0042	MELLAKANTI NIVAS
42	23G21F0043	MOCHARLLA KALYANI
43	23G21F0044	MUTCHU NAVNEEN
44	23G21F0045	NALAJALA ASHOK
45	23G21F0046	NELANUTHALA V S K ANANYA SRIKRUTHI
46	23G21F0047	NEMALLAPUDI THARUN SAI
47	23G21F0048	NIMMANA POORNACHANDRA
48	23G21F0049	NOSSAM VISHNU VARDHAN REDDY
49	23G21F0050	PACHARI VYSHNAVI
50	23G21F0051	PADHALA VISHNU
51	23G21F0052	PAMPANI SINDHU
52	23G21F0053	PAMULA SUNEEL
53	23G21F0054	PAMULA VAMSI
54	23G21F0055	PARADALAM HARIPRASAD
55	23G21F0056	PARVATHI BHAVANA
56	23G21F0057	PASALA SIVAKOTI

57	23G21F0058	PASUPULA LAKSHMI REKHA
58	23G21F0059	PENUMALA VENKATA RAO
59	23G21F0060	PERUBOINA CHARAN TEJA
60	23G21F0061	POKURU SUVARNA SAI
61	23G21F0062	PONNATI JYOSTHNA
62	23G21F0063	PONUGUPATI CHANDU
63	23G21F0064	POSINA RAMMOHAN REDDY
64	23G21F0065	PULI LATHA
65	23G21F0066	PULUGULLA BINDU
66	23G21F0067	SAKHAMURI VENKATA PRASAD
67	23G21F0068	SANAMPUDI KEERTHI
68	23G21F0069	SANNAREDDY LEELAMANUSH REDDY
69	23G21F0070	SHAIK RESHMA
70	23G21F0071	SHAIK SAJID BABU
71	23G21F0072	SHAIK SHAHUL
72	23G21F0073	SIDDU RAHUL
73	23G21F0074	SUNKU MASTHAN BABU
74	23G21F0075	THANGA KUSUMA MADHURI
75	23G21F0076	UMMADIPOLU MANISHA
76	23G21F0077	UMMADIPOLU MOUNIKA
77	23G21F0078	VEGINATI VENKATESWARLU
78	23G21F0079	VISWANADHAM ESWAR
79	23G21F0080	YANAMALA SREEKANTH
80	23G21F0081	YEGITEELA SATHWIKA
81	23G21F0082	YELURU SRINU
82	23G21F0083	YEMPULURU BHARATKUMAR
83	23G21F0084	YENAMALA VENKATACHANDANA
84	23G21F0085	YENUGU PADMAVATHI
85	23G21F0086	DEVIREDDY RAJITHA
86	22G21F0001	AITHA NAGA PRASANNA BABU

87	22G21F0002	ALLURU LAKSHMI SUPRIYA
88	22G21F0003	AMBATI PRATHIGNA
89	22G21F0004	ANAMALA PRAVALIKA
90	22G21F0005	ANNAPAREDDY MADHU BABU
91	22G21F0006	ATHIKAYALA LAVANYA
92	22G21F0007	ATMAKURU PENCHALAIH
93	22G21F0008	BANKAPURI SAI KUMAR
94	22G21F0009	BASIREDDY NARAYANA REDDY
95	22G21F0010	BATHALA PURUSHOTHAM
96	22G21F0011	BAVANARI NAGENDRA BABU
97	22G21F0012	BELLAMKONDA HAREESH
98	22G21F0013	BEZAWADA HARIPRIYA
99	22G21F0014	CHAKKA KASI SIVA SANKAR
100	22G21F0015	CHALLA GOWTHAMI
101	22G21F0016	CHALLA RUKMINI
102	22G21F0017	CHENGA NAVEEN
103	22G21F0018	CHINNA MOULA SYED
104	22G21F0019	CHINNI LAVANYA SIVA PRIYA
105	22G21F0020	CHINTALAPUDI MANUSHA REDDY
106	22G21F0021	CHINTHAALA MAHESH
107	22G21F0022	CHINTHAGINJALA SREENU
108	22G21F0023	CHINTHAKAYALA MADHURI
109	22G21F0024	CHITTAMSETTY SRI VARDHAN
110	22G21F0025	CHITTETI VENKATESH
111	22G21F0026	DUVVURU SAI PRANAVI
112	22G21F0027	EDHURU MERCY
113	22G21F0028	ERAGANABOINA LAKSHMI
114	22G21F0029	GADDE GREESHMA SAI
115	22G21F0030	GAJJALA YASASWINI
116	22G21F0031	GALI SIVAJI

117	22G21F0032	GODINA VAISHNAVA TEJA
118	22G21F0033	GOLLA AKHILA
119	22G21F0034	GOMASANI VENKATARAMANAMMA
120	22G21F0035	GUTTIKONDA PAVITHRA
121	22G21F0036	JAMALLA HARSHA VARDHAN
122	22G21F0037	KAKARLA NAVEEN
123	22G21F0038	KALYANI M
124	22G21F0039	KAMATHAM MAMATHA
125	22G21F0040	KAMBALA TEJA
126	22G21F0041	KANNEBOINA PRIYANKA
127	22G21F0042	KANUPURU VENU
128	22G21F0043	KARATAMPATI SIRI CHANDANA
129	22G21F0044	KASA DEVI
130	22G21F0045	KATARI BHARATHI
131	22G21F0046	KATARI VENKATESH
132	22G21F0047	KATTA DEEPTHI
133	22G21F0048	KATURU SUMANTHI
134	22G21F0049	KOLA LAKSHMI
135	22G21F0050	KOLLAM CHANDRA SEKHAR
136	22G21F0051	KOLLURI VENUGOPAL
137	22G21F0052	KONDA VENKATESWARLU
138	22G21F0053	KONDAVEETI MARY SRAVANTHI
139	22G21F0054	KONETI MADHAVI
140	22G21F0055	KOVI VENKATA PADMAVATHI
141	22G21F0056	KUNA VINEELA
142	22G21F0057	MACHARLA SATHISH
143	22G21F0058	MADANAMBETI JALAJAKSHI
144	22G21F0059	MADINENI LOKESH
145	22G21F0060	MALAVATHU VIJAYASANTHI
146	22G21F0061	MALLELA MANASA

147	22G21F0062	MAMANDURU JAGAN
148	22G21F0063	MEKAPILLA LALITHA
149	22G21F0064	MIDATHA DHARANI
150	22G21F0065	NALAJAM SARITHA
151	22G21F0066	NALAJAM VENKATESH
152	22G21F0067	PADDALA PRIYADARSINI
153	22G21F0068	PAKKERLA POOJITHA
154	22G21F0069	PALLAPU MADHU KUMAR
155	22G21F0070	PAMURU YAMINI
156	22G21F0072	PANTHANGI LIKHITHA
157	22G21F0073	PAPANABOINA BHANU TEJASWINI
158	22G21F0074	PASAM RAJANI
159	22G21F0075	PATCHINEELA USHA
160	22G21F0076	PATHI SUBRAMANYAM
161	22G21F0077	PATNAM VENKAT HEMANTH KUMAR
162	22G21F0078	PAVURALLA MAHA LAKSHMI
163	22G21F0079	PAVURALLA RADHA
164	22G21F0080	PELLURU LAVANYA
165	22G21F0081	PELLURU VANI
166	22G21F0082	PILLI THULASI
167	22G21F0083	POLUBOINA GEETHA
168	22G21F0084	POTTA PUSHPA
169	22G21F0085	PUCHAKAYALA ROHINI
170	22G21F0086	PULLAGURA PRAVEEN
171	22G21F0088	SAYYAD SUMIYA
172	22G21F0089	SELAM VANI
173	22G21F0090	SHAIK ALLA HASHID
174	22G21F0091	SHAIK FARHANA
175	22G21F0092	SHAIK KARIMULLA
176	22G21F0093	SHAIK MARIEM SIDDIKHA

177	22G21F0094	SHAIK SHAHIDA
178	22G21F0095	SHAIK SHAYEER HUSSAIN
179	22G21F0096	SHAIK SUNEHA
180	22G21F0097	SIDDANA LAKSHMI DEEPIKA
181	22G21F0098	SIVAJI SIVA KUMAR
182	22G21F0100	SUNKARA SNEHALATHA
183	22G21F0101	SURTHANI KALYAN
184	22G21F0102	SURTHANI NARENDRA
185	22G21F0103	SYED AHMED
186	22G21F0104	TATHAM SRAVANI
187	22G21F0105	THALLAM LEELA SRI
188	22G21F0106	THOTA MUNI SIREESHA
189	22G21F0107	ULLIPAYALA VASU
190	22G21F0108	VALIPI KOUSALYA
191	22G21F0109	VAVILLA CHINNABBIGARI SRINIVASULU
192	22G21F0110	VEMPATI MANASA
193	22G21F0111	VEMULA KAVYA
194	22G21F0112	VISWANADHAM SURENDRA
195	22G21F0113	YACHAMANENI MOUNIKA
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