



## Anil Neerukonda Institute of Technology & Sciences (Autonomous)

(Permanent Affiliation by Andhra University & Approved by AICTE  
Accredited by NBA (ECE, EEE, CSE, IT, Mech. Civil & Chemical) & NAAC

Sangivalasa-531 162, Bheemunipatnam Mandal, Visakhapatnam District

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### Department of Civil Engineering

Date: 11-10-2023

#### CIRCULAR

The Department of Civil Engineering is organizing an interactive session on "A Holistic Approach Towards Proper Diet and Stress Management" on 13-10-2023. The event details are given below:

#### Details:

**Title:** on "A Holistic Approach Towards Proper Diet and Stress Management"

**Resource Person:** Dr. Ch. Kavya Valli, M.Sc. Foods nutrition and dietetics,  
Clinical Nutritionist,  
ANH.

**Date:** 13-10-2023

**Venue:** Seminar Hall, Department of Civil Engineering, ANITS

**Time:** 10:30 AM

All the students and faculty are requested to attend the session

#### Event Coordinators:

##### Faculty:

Mrs. P.V.R.Sravya, Assistant Professor, Dept. of Civil

Mr. K. Suryanarayana, Assistant Professor, Dept. of Civil

##### Student:

Ms. K. Shivani (IV/IV CE)

Mr. K. Balaram (IV/IV CE)

(Dr. B.N.D. Narasinga Rao)

Head of the Department  
Department of Civil Engineering  
Anil Neerukonda Institute of Technology and Sciences  
Sangivalasa, Bheemunipatnam Mandal  
Visakhapatnam - 531162



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### Report

### Capacity development and skills enhancement activities-Life skills: Balanced diet - Nutritional well-being.

<b>Title of Event</b>	: "A Holistic Approach Towards Proper Diet and Stress Management"
<b>Date of Event</b>	: 13-10-2023
<b>Participants</b>	: II/IV, III/IV, and IV/IV
<b>Number of Participants</b>	: 90
<b>Details of Guest Speaker</b>	: Dr. Ch. Kavya Valli, M.Sc. Foods nutrition and dietetics Clinical Nutritionist ANH Visakhapatnam
<b>Faculty Co-coordinators</b>	: Mrs. P.V.R. Sravya Assistant Professor Dept. of Civil Engg. ANITS Mr. K. Suryanarayana Assistant Professor Dept. of Civil Engg. ANITS
<b>Student Coordinators:</b>	Ms. K. Shivani (IV/IV CE) Mr. K. Balaram (IV/IV CE)

#### **Objective of Event:**

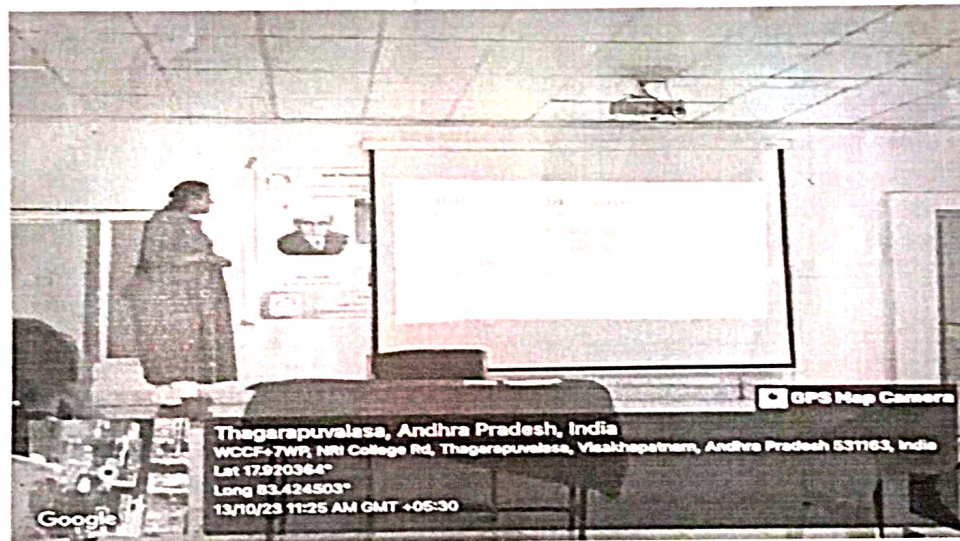
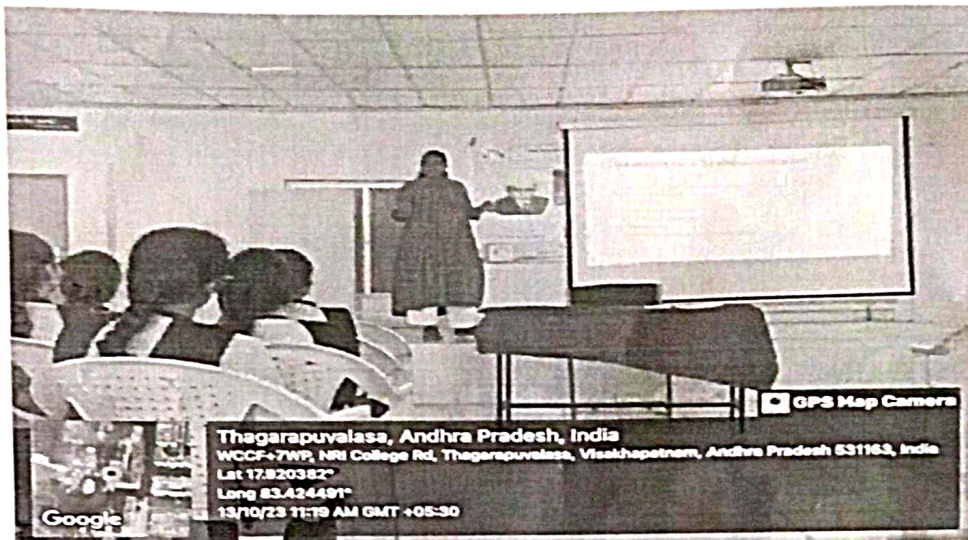
To create awareness on Balanced diet - Nutritional well-being and challenges face by the young adults and an easy and health way to approach and address these problems.

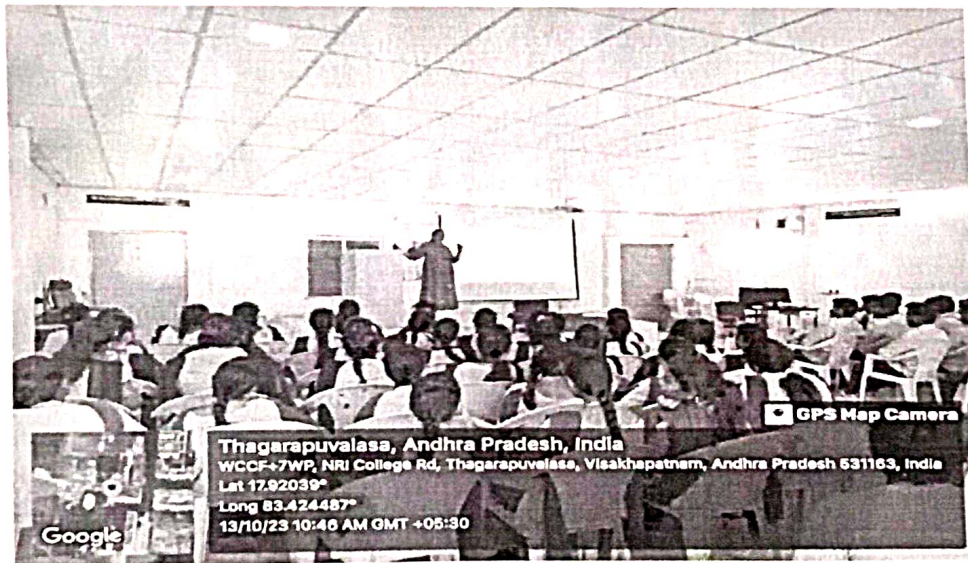
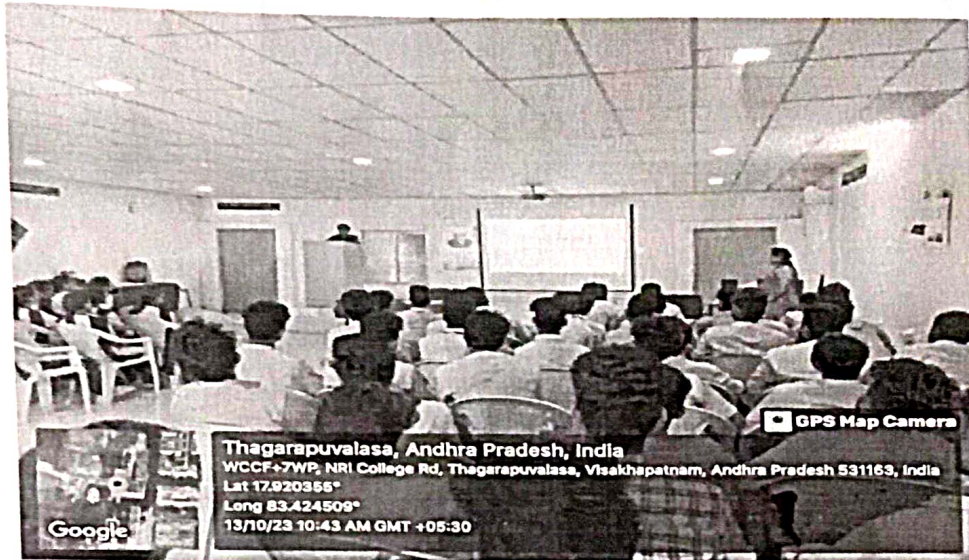
#### **Details of Event:**

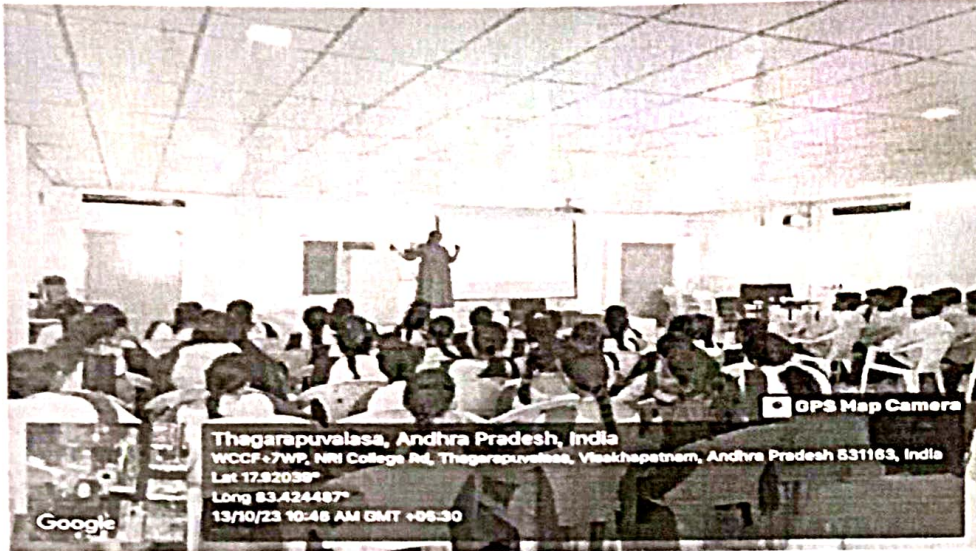
Department of Civil Engineering, ANITS had organized an interactive session on Balanced diet - Nutritional well-being, "A Holistic Approach Towards Proper Diet and Stress Management" by Dr. Ch. Kavya Valli, M.Sc. Foods nutrition and dietetics, Clinical Nutritionist, ANH, Visakhapatnam on various challenges faced by the young adults maintaining a balanced diet in terms of Physical, mental, and spiritual well-being. Dr. Ch. Kavya Valli guru has interacted with the students and addressed their concerns and suggested alternative and healthy measures to overcome those hurdles to lead a stress-free life.

The event was started at 10:30 AM and continued till 11:30 AM.

Proper diet, nutritious food intake, healthy meal plan.







*K. Shivani*

(K. Shivani- IV/IV Civil)  
Student Coordinators

*K. Balaram*

(K. Balaram-IV/IV Civil)  
Student Coordinators

*(Mrs. P.V.R.Sravya)*

Faculty Coordinator

*(Mr. K. Suryanarayana)*

(Mr. K. Suryanarayana)

Faculty Coordinator

*(Dr. B. N. D. Narasinga Rao)*

(Dr. B. N. D. Narasinga Rao)

HoD, Civil

Head of the Department  
Department of Civil Engineering  
Neerukonda Institute of Technology and Science  
Sangivalasa Bheemunipatnam Manda  
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Website: [www.anits.edu.in](http://www.anits.edu.in)email: [principal@anits.edu.in](mailto:principal@anits.edu.in)**DEPARTMENT OF CIVIL ENGINEERING****B.Tech Civil Engineering****Attendance Sheet****Capacity Development and skill enhancement Activity**

S.No.	Regd. No.	Name of the Student	Signature
1	320126508019	Golla Satyavamsi [3/4]	Satyavamsi
2	A21126508001	Bella Ramakrishna [3/4]	Ramakrishna
3	A21126508003	Bhadri Krithana Priya [3/4]	Krithana Priya
4	A21126508004	Doppa Tarun Praneendra [3/4]	Tarun Praneendra
5	A21126508008	Doppa Harini [3/4]	Harini
6	A21126508014	Gurusu Divya [3/4]	Divya
7	A22126508017	Kandi Avinash [2/4]	Avinash
8	A22126508014	E. Sathikale [2/4]	Sathikale
9	A21126508018	K. Ramalakshmi [3/4]	K. Rama
10	A21126508010	G. KOTESWARA RAO [3/4]	G. Koteswara Rao
11	A21126508022	NELLA TRISHNU (III/IV)	N. Trishnu
12	A21126508025	PONNADA GNANESWARI [3/4]	Gnaneswari
13	A22126508010	GANDETI MOHAN KUMAR [2/4]	G. Mohan Kumar
14	A22126508019	GORLI NARENDRA [2/4]	G. Narendara
15	A22126508026	KOLLI PARASURAM [2/4]	K. Parasuram
16	A22126508051	SHAIK SARMAH [2/4]	S. Sarma
17	A22126508057	NARINA SOMA SMTYA SAI MORTHY [2/4]	N. S. S. Sai Morthy
18	A22126508059	DANDAGALA MANIKANTA [2/4]	D. Manikanta
19	A22126508057	SEEPA AKASH YADAV [2/4]	S. Akash Yadav
20	A22126508034	Patnaik Pawan Kumar [2/4]	P. Pawan Kumar
21	A22126508055	YALAMARTHA MSSL ESWARI [2/4]	Y. Eswari
22	A22126508064	LAKKISSETTI SAGAR [2/4]	L. Sagar
23	A22126508066	SUNARI MOUNIKA [2/4]	S. Mounika
24	3211265080119	Pawan Kumar SIRISSETTI [3/4]	Pawan Kumar Sirisetti
25	3211265080113	Balaram Kovilgi [3/4]	Balaram Kovilgi
26	3211265080125	VISWA SAI DINESH SIMHADASI [3/4]	Sai Dinesh
27	3211265080116	Prasanna K. Kumari BARI [3/4]	B. Prasanna Kumari
28	3211265080105	DHANESH REDDY [3/4]	Reddy

S.No.	Regd. No.	Name of the Student	Signature
29.	221126508101	K S SHIVANI (314)	Shivani
30.	22112650810	KARTHIKEYA UPPADA (414)	Karthikeya
31.	320126508041	TARUN KUMAR VANDANA (414)	Vandana
32.	A22126508001	AKKIREDDY Shobhani (214)	A. Shobhani
33.	A22126508002	A/ajangi Emmanuel (214)	A. Emmanuel
34.	A22126508048	GUNUPURU BHAVANA (214)	G. Bhavana
35.	A22126508053	BASINA LAKSHMI (214)	B. Lakshmi
36.	A22126508041	VIYYAPU TEJASWINI (214)	V. Tejaswini Sai
37.	A21126508049	DASARI Mahesh Babu (314)	D. Mahesh Babu
38.	A21126508044	D. Raja (314)	D. Raja
39.	A21126508033	Teluguri Sandeep Kumar (314)	T. Sandeep
40.	A21126508034	T. Yagna Vaikya (314)	T. yagna vaikya
41.	A21126508057	Gollangi Venugopal (314)	G. venugopal
42.	A21126508042	G. Dinesh Kumar (314)	G. Dinesh
43.	A21126508053	P. Sravan Kumar (314)	P. sravan
44.	A21126508058	Gollu Chaitanya (314)	G. Chaitanya
45.	A21126508047	Yedla Rana Lakshmi (314)	G. Rana
46.	A21126508039	P. DIVYA (314)	P. Divya
47.	A21126508056	N. P. Rasad (314)	N. Prasad
48.	A21126508059	P. Rajasekhari (314)	P. Raja
49.	A21126508057	T. Manjusha (214)	T. Manjusha
50.	A22126508061	A. Thaniya (214)	A. Thaniya
51.	A22126508045	D. SIVA KRISHNA (214)	D. Siva
52.	A22126508065	V. KAUSHIK (214)	V. Kaushik
53.	A22126508062	P. Jayashrini (214)	P. Jayashrini
54.	A21126508023	N. Bala Kumar (314)	N. Bala
55.	A21126508027	P. I. S. S. Narayana Murthy (314)	P. I. S. S. Narayana
56.	A21126508026	P. Bhavathi Kumar (314)	P. Bhavathi
57.	A21126508012	G. Raja Chaitanya Sri (314)	G. Chaitanya

S.No.	Regd. No.	Name of the Student	Signature
1.	A22126508015	G. Keerthi (2/4)	<u>Keerthi</u>
2.	A22126508022	Kandi boyina venkatasaphanindra (2/4)	<u>V.V. Phandire</u>
3.	A22126508009	Chitlada Parankoteswara Rao (2/4)	<u>Ch. Lokeshwarao</u>
4.	A22126508011	Dappadi Shanmukha Rao (2/4)	<u>D. Shanmukha Rao</u>
5.	A22126508029	K. Seda Vanaja (2/4)	<u>K. Vanaja</u>
6.	A22126508012	D. Usha Dharani (2/4)	<u>D. Dhanu</u>
7.	32012650802	Susmitha (4/4)	<u>A. Sushu</u>
8.	320126508012	D. Aparna Tejwani (2/4)	<u>D. Aparna</u>
9.	320126508013	G. Jahnvi (4/4)	<u>G. Jahnvi</u>
10.	320126508035	S. Manju (4/4)	<u>S. Manju</u>
11.	A22126508010	C. Ramcharan (2/4)	<u>C. Ramcharan</u>
12.	A22126508003	C. Lokesh Prasad (2/4)	<u>C. Lokesh</u>
13.	320126508001	A. Kundanji Adabala (4/4)	<u>A. Kundanji</u>
14.	320126508005	B. Uday Kiran (4/4)	<u>B. Uday</u>
15.	320126508004	B. Charan Teja (4/4)	<u>B. Charan</u>
16.	A22126508023	K. Purva Chandana Rao (2/4)	<u>K. Purva Chandana</u>
17.	A22126508083	P. Gowtham (2/4)	<u>P. Gowtham</u>
18.	A22126508017	G. Dilli Rao (2/4)	<u>G. Dilli Rao</u>
19.	320126508029	M. Gunasekhar (4/4)	<u>M. Gunasekhar</u>
20.	320126508080	N. Rajarajasekhar Reddy (4/4)	<u>N. Rajarajasekhar</u>
21.	320126508025	S. Manju Suresh (4/4)	<u>S. Suresh</u>
22.	320126508021	J. Venkata Satya Sai Hemant (4/4)	<u>J. Venkata Satya</u>
23.	320126508009	C. Charan (4/4)	<u>C. Charan</u>
24.	320126508006	B. Jyothi Suresh (4/4)	<u>B. Jyothi Suresh</u>
25.	A22126508024	P. Bharat Kumar (3/4)	<u>P. Bharat Kumar</u>
26.	A22126508003	C. Satya Sai Hitha (3/4)	<u>C. Satya Sai Hitha</u>
27.	A22126508028	P. Navaneeth (3/4)	<u>P. Navaneeth</u>
28.	A22126508060	S. Anand Kumar (3/4)	<u>S. Anand Kumar</u>
29.	A22126508055	B. Ravikiran (3/4)	<u>B. Ravikiran</u>
30.	A22126508037	Y. Anurag (3/4)	<u>Y. Anurag</u>
31.	320126508033	Thunha Babu Braik (4/4)	<u>Thunha Babu</u>
32.	321126508122	D. Sai Kumar (3/4)	<u>D. Sai Kumar</u>
33.	321126508129	P. Varasi (3/4)	<u>P. Varasi</u>

  
(P.V. R. Sravya)  
Event Coordinator

  
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