



SCIENT INSTITUTE OF TECHNOLOGY


Ibrahimpattam, R.R Dist 501506

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5.1.2 Life Skills (2020-2021)

S.NO	Name of the Capability enhancement programs	No of the students attended
1	International Yoga Day	80
2	Program On "Cardiovascular endurance"	53




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CIRCULAR

Date: 19.06.2020.

All the Staff and Students are informed that the college is organizing a free online yoga session to raise awareness on the various benefits of practicing yoga on the occasion of “International Yoga day”, on 21/06/2020 from 10.0AM to 11.00AM.


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Report on the International Day of Yoga conducted online

Date: 22.06.2020.


The college celebrated **International Day of Yoga on June 21, 2020** by conducting a free yoga session in the online mode due to prevailing Covid-19 pandemic situation. Speaking on this auspicious occasion, Dr. G Anil Kumar, Principal, expounded the importance of practicing yoga in our day-to-day life. He emphasized the benefits of yoga, especially in the present pandemic situation. The participants practiced various postures of yoga monitored by NSS volunteers and the session was conducted by the recitation of Shlokas

Total 80 students participated in the session enthusiastically along with the faculty members and made the program grand success.



Participants practicing the yoga postures




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Program Coordinator

(G Gopal)



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List of Students Participated in International Day of Yoga on 21.06.2020

S.NO	Roll Number	Name of the Student
1	17C01A0206	BONALA TEJA
2	17C01A0209	ERAMALLA UDAY KIRAN
3	17C01A0210	GORIGE SAI KIRAN
4	17C01A0211	KALAMANDALA SOWMYA
5	17C01A0212	KARANAM PHANI KAVYA
6	17C01A0226	VAMANAGIRI DIVYA
7	17C05A0206	K ARVIND
8	18C05A0201	B CHAKRAVARTHI
9	18C05A0215	S HARSHITHA
10	18C05A0222	GANDRATH KRANTHI KUMAR
11	18C05A0223	MASNA MANI KANTA
12	17C01A0410	MUNUKUNTLA JYOTHI
13	17C01A0411	NARSING KAVYA
14	17C01A0412	PATHURI SHRAVYA
15	17C01A0423	VUDUTHA KRISHNA TEJA
16	17C01A0424	YANALA JHANSI
17	17C01A0517	DENDI SNEHA REDDY
18	17C01A0518	DUSKAM SUKANYA
19	17C01A0539	MARAPALLY SAI KIRAN
20	17C01A0540	MIRYALA POOJITHA
21	17C01A0551	POLA NIHARIKA
22	17C01A0568	YALLA RISHWITHA
23	18C01A0412	KAKI GANESH
24	18C01A0413	KALAGONI HARI KRISHNA
25	18C01A0426	NALLAGONDA SURAJ
26	18C01A0427	NARAGIRINADUNI GOWTHAM
27	18C01A0440	SYED RUHEENA
28	18C01A0441	THANGELLA MANASA
29	18C01A0442	THATIKONDA PRATHYUSHA
30	18C01A0215	KORRA SWAMY
31	18C01A0218	MANGLARAM RUCHITHA
32	19C05A0207	JALANEELA SHIVA KUMAR
33	19C05A0208	JARPULA DEVENDAR
34	19C05A0220	P SRISAILAM
35	19C05A0221	SYED BABA
36	18C01A0525	GOTTAM MADHURI
37	18C01A0526	GOWRU MOUNIKA
38	18C01A0527	GUDDETI ANVESH



39	18C01A0556	MIRIYALA VARUN
40	18C01A0557	MOHAMMAD AKBAR PASHA
41	18C01A0568	POLA JAWALI
42	18C01A0569	POLAPELLI AJAY KUMAR
43	18C01A0585	VASUDEVULA RAMYA
44	18C01A0587	YASANI ACHYUTH REDDY
45	19C01A0410	CHINTAPATLA SOUJANYA
46	19C01A0412	DODDA PRASHANTH
47	19C01A0422	KANAKAM GOUTHAM
48	19C01A0423	MAHESHWARAM ANJALI
49	19C01A0425	MANDAVA UPENDAR
50	19C01A0434	PETLA GURU KIRAN
51	19C01A0435	POLA SOUMYA
52	19C01A0445	UDUGU SRIRAM
53	19C01A0446	V SHANVI REDDY
54	19C01A0447	YELE APARNA
55	20C05A0411	MOHAMMED AMER
56	19C01A0213	MYNAM PRIYANKA
57	19C01A0214	NALAMALA KAVYA SRI
58	19C01A0215	PAGADALA VAMSHI
59	19C01A0216	RAMAVATH DASRU
60	19C01A0217	RATHOD SUNITHA
61	20C05A0201	A SNEHA
62	20C05A0202	BAIGADDA RITISH KUMAR
63	20C05A0203	BALUSUPATI THARUN
64	20C05A0204	BERA DEEPAK
65	20C05A0212	JARUPULA BALU
66	20C05A0214	JATAVATH MUNI
67	20C05A0215	KETHAVATH RAVI
68	20C05A0226	NALLA SRIKANTH
69	20C05A0227	NERALLA SHIVA PRASAD
70	20C05A0228	PERKA SRIKANTH
71	20C05A0229	PULI SONIYA
72	19C01A0518	C RAMA KRISHNA
73	19C01A0519	CHANDA RAJA
74	19C01A0520	CHIDIMALLA PAVAN
75	19C01A0533	GOPU JOSEPH REDDY
76	19C01A0534	GUNDETI SACHIN REDDY
77	19C01A0554	NARABOINA YELLESY YADAV
78	19C01A0555	NARENDRULA ASHRITHA
79	19C01A0575	SOPPARI DEEKSHITH
80	19C01A0587	YAYYA THARUN





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Date: 07.04.2021.

CIRCULAR

All the B.Tech students are hereby informed that a free fitness program is going to be organized in the college gymnasium on the topic “**Cardiovascular Endurance**” on 09-04-2021. The program is organized under the “**Fitness for All**” initiative in order to bring awareness about the importance of healthy lifestyle among the students. Interested students can join the session after their class work i.e. 03.30pm.

For further details, students can contact Mr. G. Gopal, Physical Director.


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Report on the “Cardiovascular Endurance”

Date: 10.04.2021.

A free program was organized in the college gymnasium on the topic “Cardiovascular Endurance” on 09.04.2021. The program was organized under the motto “Fitness for All” initiative in order to bring awareness about the importance of a healthy lifestyle among the students.

Cardiovascular Endurance is a measure of how well you can do exercises that involve your whole body at moderate-to-high intensity, for an extended time. Improving your cardiovascular endurance can make it easier for you to carry out your daily tasks.

Following were some of the activities related to cardiovascular endurance improvement conducted in the program:

- Fitness activities
- Aerobics

The program was conducted successfully and around 53 students actively participated in this program enthusiastically.



Students while performing aerobics activity



Students participated Fitness activities

Program Coordinator



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List of students enrolled for 'cardiovascular endurance' on 09/04/ 2021

S.NO	Roll Number	Name of the Student	Signature
1	20C05A0221	MD NASIR	
2	20C05A0222	MEGAVATH SANJAY	
3	20C05A0232	SABAVATH RAMESH	
4	20C05A0233	SANNAGULA LAVANYA	
5	19C01A0538	JAIDI ANYUTHA REDDY	
6	19C01A0549	MOLA RAHUL	
7	19C01A0550	MUDIKE MALAVIKA	
8	19C01A0556	NAVYA BANOTH	
9	19C01A0557	NEHITHA SINGAM	
10	19C01A0559	NOOKALA BHEEM RAJ	
11	19C01A0573	SIRVI UTTAM CHOUDHARY	
12	19C01A0574	SOM VIVEK REDDY	
13	19C01A0575	SOPPARI DEEKSHITH	
14	19C01A0591	CHENNAMPALI PREMKUMAR	
15	19C01A0594	G RAVINDER	
16	20C05A0408	KONDOJU SRUJANA	
17	19C01A0438	PULI ARAVIND	
18	19C01A0439	RAJABOINA VENU	
19	19C01A0440	SAI VINAYAK M PAWAR	
20	19C01A0441	SAVALLA GANESH	
21	20C05A0407	KESARI NAVYA	
22	20C05A0203	BALUSUPATI THARUN	
23	20C05A0204	BERA DEEPAK	
24	20C05A0205	BUTHARAJU MAHESHWARI	
25	20C05A0206	CHANDRAGIRI NAGARAJU	
26	20C05A0207	ESLAVATH ANIL KUMAR	
27	20C05A0208	G SHIVA KUMAR REDDY	
28	20C05A0218	KORRA GOUTHAM RAJ	
29	20C05A0219	KOTTE MARUTHI	
30	20C05A0220	MANDORE VIJAY	
31	20C05A0234	SYED SANA BEGUM	
32	19C01A0506	ALLU RAHUL REDDY	
33	19C01A0507	ANIMONI VIJAY CHANDRA	
34	18C01A0540	KELLALA SHIVA	
35	18C01A0549	KYATHAM PREETHI	
36	18C01A0552	M VAISHNAVI	
37	18C01A0553	MAMIDI ASHWITHA	
38	18C01A0561	MUTHYALA SHALINI	
39	18C01A0562	NALIMELA PRANUSHA	
40	18C01A0563	NALLA SAI RAM REDDY	
41	18C01A0405	CHALLAPURAM NIKITHA	
42	18C01A0406	CHILA SATYANARAYANA	
43	18C01A0407	EDIGI AKHILA	
44	18C01A0410	GUDURU SRINITHA	

45	18C01A0421	MEDIPALLY ANITHA	<i>Anitha</i>
46	18C01A0422	MODHU NITHYA	<i>Nithya</i>
47	18C01A0425	NAGUBAI VAMSHI KRISHNA	<i>Vamsi</i>
48	18C01A0436	SHIREESHA	<i>Shireesha</i>
49	18C01A0437	SHUKLA VISHWANATH	<i>Vishwanath</i>
50	18C01A0438	SRIRAMULA SIRISHA	<i>Sirisha</i>
51	19C05A0403	KUKUDALA PRAVALIKA	<i>Pravalika</i>
52	19C05A0404	KUMMARI DILEEP	<i>Dileep</i>
53	19C05A0405	MASHA VAISHNAVI	<i>Vaishnavi</i>



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