

PRASAD V POTLURI
SIDDHARTHA INSTITUTE OF TECHNOLOGY
Kanuru, Vijayawada-7
DEPARTMENT OF FRESHMAN ENGINEERING
CIRCULAR

Date: 12-08-25

All the I B. Tech. Students are informed that Freshman Engineering Department is organizing a One- Day Seminar on “Go Healthy” on ~~23~~ 24-8-2025. All the students are informed to attend the seminar.

Details:

Topic: Go Healthy

Resource Person: Dr. Vikram Annamaneni

Date: ~~23~~ 24-8-2025

Time: 09:30 AM

Venue: Auditorium / Ground Floor Seminar Hall


Dr. M. Srilakshmi
Head

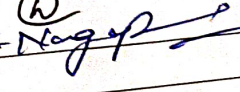
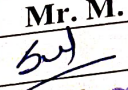
Freshman Engineering Department
PVP Siddhartha Institute of Technology
Kanuru, VIJAYAWADA-520 007.

PVP SIDDHARTHA INSTITUTE OF TECHNOLOGY

DEPARTMENT OF FRESHMAN ENGINEERING

SUMMARY REPORT ON EVENT ORGANIZED

ACADEMIC YEAR : 2025-2026

Date of Event organized & Time	23rd August 2025.
Name of the course	STUDENT INDUCTION PROGRAM
Title of the Program	One-Day Seminar on "Go Healthy"
Resource person	Dr. Vikram Annamaneni MBBS, MS (General Surgery), DNB (Surgical Gastroenterology)
Brief Report on the Event	As part of the Student Induction Program (SIP), a One-Day Seminar titled "Go Healthy" was organized for the first-year B. Tech. students on 23rd August 2025. The seminar aimed to create awareness among students about the importance of maintaining a healthy lifestyle through physical fitness, mental well-being, and balanced nutrition. The session was graced by Dr. Vikram Annamaneni, who served as the resource person for the event. Dr. Annamaneni delivered an enlightening talk on the significance of adopting healthy habits and shared practical strategies for managing stress effectively. He emphasized the need for students to cultivate wellness practices that can be seamlessly integrated into their daily routines. The seminar was highly interactive, with students actively participating in discussions and clarifying their doubts related to diet, exercise, and mental health. The session successfully motivated students to take proactive steps towards improving their overall well-being, thereby laying a strong foundation for a balanced and productive academic journey.
Year/Semester	I YEAR / I SEM
No. of the participants	All I B. Tech. students present during the Induction program.
Consolidated Feedback	Good
Suggestions if any	---
Name of the Coordinators & Signature of the Coordinators	Dr. A. Purnachandra Rao, Assoc. Prof., FED  Dr. P. Pavani, Assoc. Prof., FED  Dr. SK. Rehena, Asst. Prof., FED Dr. P. Lakshmi Lavanya, Asst. Prof., FED  Dr. G. Raghavendra Ganesh, Asst. Prof., FED  Mr. M. Naga Prasad, Asst. Prof., FED 
Signature of the HOD	

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PRASAD V POTLURI SIDDHARTHA INSTITUTE OF TECHNOLOGY
(Autonomous) Kanuru, Vijayawada

Freshman Engineering Department

Name of the Activity / Program: one-day seminar on "Go Healthy"

Speaker / Faculty : **Dr. Vikram Annamaneni**, MBBS, MS (General Surgery), DNB
(Surgical Gastroenterology)

Objectives:

- To create awareness among students about the importance of maintaining a healthy lifestyle.
- To emphasize the role of physical activity, mental health, and nutrition in leading a balanced life.
- To provide practical tips for managing stress effectively during academic life.
- To encourage students to adopt preventive health measures and self-care practices.

About the Topic/ Activity:

As a part of the Student Induction Program (SIP), a one-day seminar on "Go Healthy" was conducted for the first-year B.Tech students on 23rd August 2025. The seminar aimed to raise awareness about the importance of maintaining a healthy lifestyle, including physical fitness, mental well-being, and balanced nutrition. The session was graced by **Dr. Vikram Annamaneni**, who served as the **resource person** for the event.

Dr. Annamaneni delivered an insightful and interactive session, emphasizing the importance of adopting a holistic approach to health. He explained how lifestyle choices directly influence physical and mental well-being. The session covered key topics such as:

- ❖ The significance of balanced nutrition and proper hydration.
- ❖ Practical stress management and mindfulness techniques.
- ❖ The benefits of regular physical activity and sufficient sleep.
- ❖ The role of preventive health checkups and early diagnosis.

Students actively participated by asking questions related to diet, exercise, and stress management. The speaker addressed each query with scientific explanations and simple, actionable tips. His real-life examples and approachable delivery made the seminar both informative and motivating.

Conclusion:

The "Go Healthy" seminar successfully achieved its objectives by spreading awareness about the importance of maintaining a healthy body and mind. The insights shared by Dr. Vikram

Annamaneni encouraged students to incorporate wellness into their daily routines and to take proactive steps toward a healthier lifestyle.

The event served as an eye-opener for many students, reinforcing the message that health is the foundation of productivity, happiness, and academic success. The SIP Committee expressed gratitude to Dr. Annamaneni for his valuable contribution and to all students for their enthusiastic participation.





