

Prasad V.Potluri Siddhartha Institute of Technology: Kanuru
(Autonomous)
Value Education Cell (VEC)

Dt: 09.04.2025

CIRCULAR

This is informed to all the II B.Tech students and staff that the Value Education Cell, PVPSIT is conducting a stress management session by Dr. Indla Vishal Reddy, Psychiatrist on 15.04.2025 at 03.00 PM.

All the II B.Tech students and staff can participate.

Venue: Auditorium, PVPSIT



Dr. B. Surya Prasada Rao
Coordinator, VE Cell



Principal
PRINCIPAL
PRASAD V. POTLURI
SIDDHARTHA INSTITUTE OF TECHNOLOGY
KANURU, VIJAYAWADA-520 007.

P. V. P. SIDDHARTHA INSTITUTE OF TECHNOLOGY, KANURU
(AUTONOMOUS)

VALUE EDUCATION CELL

STRESS MANAGEMENT SESSION REPORT

Date: 26.04.2025

Value Education cell of P.V.P.S.I.T has organised an awareness session on "Stress Management" by eminent Psychiatrist Dr. Vishal Indla, MD in Psychiatry, Vijayawada. Detailed report of the session is presented below.

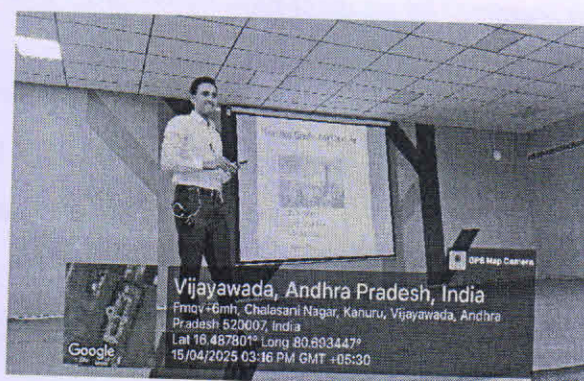
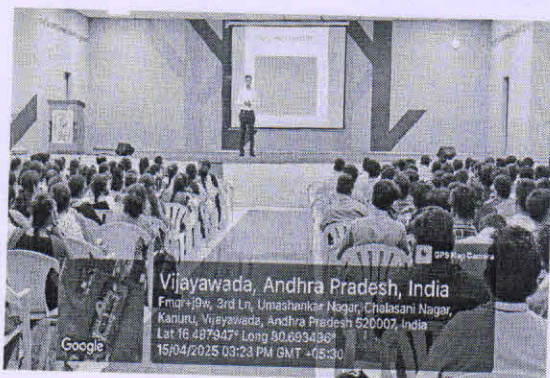
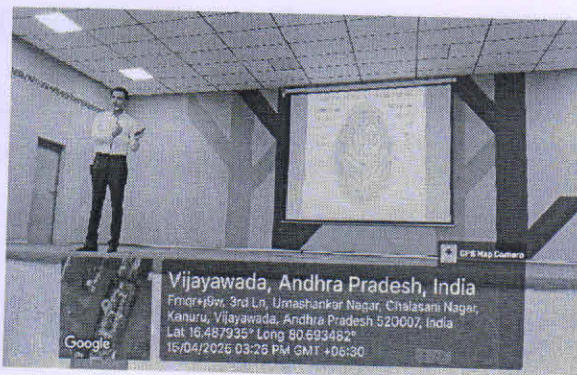
Theme of Event: "Stress Management for young students"

Resource Person: Dr. Vishal Indla, MD and DNB in Psychiatry,
Indlas Hospitals, Vijayawada.



Dr. Vishal Indla is a seasoned professional with 20 years of experience in the field of psychiatry. He has a special interest in working with college-aged individuals and has published extensively on stress management techniques. The resource person Dr. Vishal Indla shared insights on stress and anxiety being a common issue among individuals aged 15-25 years. He highlighted the importance of this session, particularly for the students with the increasing cases of stress, and mental health issues and its impact on academic performance. He explained to the students that how important is to manage stress during their professional or working years. He also talked about how important to manage family, relationships, friends and work because if they are balanced then the stress can be reduced. He expressed that having a balanced diet as well as exercising daily helps to manage stress. The tips given by the speaker were easy to follow and effective in reducing stress. The participants had a wonderful experience understanding the different exercises. There were discussions in between and at the end of the session in which the doubts and queries of participants were resolved. This guest lecture was a valuable learning experience for the students. It provided them with essential information and strategies for managing stress in their college lives.

Few Glimpses of the event:




(Dr. B. Surya Prasada Rao)
Coordinator / VE Cell

(Dr. Ch. Padmanabha Raju)
Convener / VE Cell

Prasad V.Potluri Siddhartha Institute of Technology: Kanuru

(Autonomous)

Value Education Cell (VEC)

STRESS MANAGEMENT

A.Y:2024-25 15.04.2025

Attendance Sheet

S.No.	Roll No	Name of the Student	Branch	Year	Sign
1	23501A04A8	Sk. Abdul Samad	ECE	11	Samad
2	23501A04B0	S.V.L. Karthik	ECE	11	Karthik
3	23501A04A7	Sk. Abdul Asif	ECE	11	Asif
4	23501A04C3	V. Durga Manikanta	ECE	11	Manikanta
5	23501A04A1	P. Shankar	ECE	11	Shankar
6	23501A04B3	S. Kishore	ECE	11	Kishore
7	23501A04C7	V. Prasad	ECE	11	Prasad
8	23501A04C1	V. Balaji	ECE	11	Balaji
9	23501A0480	N. Jagasimha	ECE	11	Jagasimha
10	23501A04A4	S. Venkat	ECE	11	S. Venkat
11	23501A04A9	S. Sujith	ECE	11	Sujith
12	23501A0496	P. Harsha	ECE	11	Harsha
13	23501A0492	P. Pavankumar	ECE	11	Pavan
14	23501A0320	K. Poorna Chandra	Mech	II	K. Poorna
15	23501A0329	M. Durga Prasad	Mech	II	M. Durga Prasad
16	23501A0324	K. Prem Kumar	Mech	II	K. Prem Kumar
17	24505A0309	P. Bhuvan Kumar	Mech	II	P. Bhuvan Kumar
18	23501A0309	P. Ravanth	Mech	11	P. Ravanth
19	24505A0302	B. Raj Kumar	Mech	11	B. Raj Kumar
20	24505A0308	H. Jaswinder	Mech	11	H. Jaswinder
21	23501A0353	V. Kalyan Sai Ram	Mech	II	V. Kalyan Sai Ram
22	23501A0240	M. Venkatarao	EEE	II	M. Venkatarao
23	23501A0241	M. Sandeep	EEE	II	M. Sandeep
24	23501A0230	K. L.V. M. D. Prasad	EEE	II	K. L.V. M. D. Prasad
25	23501A0237	K. Surendra	EEE	II	K. Surendra
26	23501A0488	T. Swarnal	ECE	II	T. Swarnal
27	23501A0137	N. Vaanath	Civil	II	N. Vaanath
28	23501A0102	B. Haradwaraj	Civil	II	B. Haradwaraj
29	23501A0110	D. Abhishek Kumar	"	"	D. Abhishek Kumar
30	23501A0110	D. Nani	"	"	D. Nani
31	23501A0134	M. Bhanu Arun	"	"	M. Bhanu Arun
32	23501A0101	A. N. Jagadeesh	"	"	A. N. Jagadeesh
33	23501A0103	B. Pruthi	Civil	II	B. Pruthi
34	23501A0105	B. Saikumar	Civil	II	B. Saikumar
35	23501A0106	B. Kalyan	"	"	B. Kalyan
36	2450160024	S. Raja	MBA	I	S. Raja

S.No.	Roll No	Name of the Student	Branch	Year	Sign
37	23501A0333	N. Charith Jaya Sai	Mech	II	N. Charith
38	23501A0342	S. Moksaya Jayna	EEE	II	S. Moksaya
39	23501A0326	M. Aditya	Mech	II	M. Aditya
40	23501A0308	B. Rupesh	Mech	II	B. Rupesh
41	23501A0326	J. Manoj	Mech	II	J. Manoj
42	23501A0301	Ab. Rozak	mech	II	Ab. Rozak
43	23501A0310	R. Rameshkrishna	mech	II	R. Rameshkrishna
44	23501A0314	G. Sri Srinivas	mech	II	G. Sri Srinivas
45	23501A0304	B. Surya	mech	II	B. Surya
46	23501A0302	A. Shammuh	Mech	II	A. Shammuh
47	24505A0312	S. Yogendra	Mech	II	S. Yogendra
48	24508A0304	G. SRIRAM	Mech	II	G. SRIRAM
49	24505A0311	SK. Anousi	mech	II	SK. Anousi
50	23501A0321	Damodhan	Mech	II	Damodhan
51	23501A0343	Benny	Mech	II	Benny
52	23501A0359	Rakesh	mech	II	Rakesh
53	23501A0347	Hemanth	mech	II	Hemanth
54	24505A0307	Sai Sathish	mech	II	Sai Sathish
55	23501A0323	K. Anousi Sai	mech	II	K. Anousi Sai
56	23501A0350	V. Yedukond	mech	II	V. Yedukond
57	23501A0337	Dhanush	mech	II	Dhanush
58	23501A0334	Giridhar	mech	II	Giridhar
59	23501A0317	J. Pradeep	mech	II	J. Pradeep
60	23501A0306	Nikhil	mech	II	Nikhil
61	23501A0312	G. Bharath	mech	II	G. Bharath
62	23501A0356	Chakri	mech	II	Chakri
63	23501A0340	Manoj Kumar	mech	II	Manoj Kumar
64	24505A0305	J. Yeswanth	mech	II	J. Yeswanth
65	23501A0338	P. Yeswanth	mech	II	P. Yeswanth
66	23501A0346	B. Sri Sathish	Mech	II	B. Sri Sathish
67	23501A0341	P. Surya	mech	II	P. Surya
68	23501A0342	P. Charan	mech	II	P. Charan
69	24501A0302	Raj. Kishore	mech	II	Raj. Kishore
70	24501A0313	Pradeep	mech	II	Pradeep
71	23501A0330	M. Daleep Kumar	mech	II	M. Daleep Kumar
72	23501A0254	sk. shehaba	EEE	II	sk. shehaba
73	23501A0263	S. Viswanath	EEE	II	S. Viswanath
74	23501A0253	sk. mehmoor	EEE	II	sk. mehmoor
75	23501A12AB	R. Bhaskar	IT	II	R. Bhaskar
76	23501A12CB	P. P. Praveesh	IT	II	P. P. Praveesh
77	23501A1220	Ch. Prabhath	IT	II	Ch. Prabhath
78	23501A1215	B. Rishith	IT	II	B. Rishith
79	23501A0351	V. Bhanu	mech	II	V. Bhanu

S.No.	Roll No	Name of the Student	Branch	Year	Sign
80	24505A0105	I. Johanna	CIVIL	II	I. Johanna
81	24505A0102	A. Rakshita	CIVIL	II	A. Rakshita
82	23501A0221	D. Vaishnavi	EEE	II	D. Vaishnavi
83	23501A0211	Ch. Poojitha	EEE	II	Ch. Poojitha
84	23501A0108	B. Saumya	CIVIL	II	B. Saumya
85	23501A0129	M. Sindhu Lakshmi	CIVIL	II	Sindhu
86	23501A0138	N. Vikasini	CIVIL	II	Vikasini
87	24505A0103	B. Laxmapriya	CIVIL	II	B. Laxmapriya
88	24505A0114	P. Meghana Raghu	CIVIL	II	P. Meghana Raghu
89	23501A0121	K. Kavya	CIVIL	II	K. Kavya
90	23501A0136	N. Sadhika	CIVIL	II	N. Sadhika
91	23501A0410	A. Ranya	ECE	II	A. Ranya
92	23501A0455	K. Bhavya	ECE	II	Bhavya
93	23501A0423	Ch. Pranathi	ECE	II	Pranathi
94	23501A0460	K. Rishitha Jay	ECE	II	K. Rishitha Jay
95	23501A0443	S. Harini	ECE	II	Harini
96	23501A0494	P. Hanisha	ECE	II	Hanisha
97	23501A0446	J. Pallavi	ECE	II	Pallavi
98	23501A0450	K. Meghana	ECE	II	Meghana
99	23501A0566	K. Sirivalli	CSE	II	K. Sirivalli
100	23501A0551	G. Sujana	CSE	II	G. Sujana
101	23501A0531	D. Bhavana	CSE	II	D. Bhavana
102	23501A0523	Ch. Gnana deepika	CSE	II	Ch. Gnana deepika
103	23501A0505	A. Sri Siri	CSE	II	A. Sri Siri
104	23501A0522	Ch. Chaitra	CSE	II	Ch. Chaitra
105	23501A0512	A. Charithasri	CSE	II	Charithasri
106	23501A0439	G. Sujana Sri	ECE	II	Sujana
107	23501A0406	A. Kusuma	ECE	II	A. Kusuma
108	23501A0442	G. Reshma Sri	ECE	II	G. Reshma Sri
109	23501A0437	G. Lalitha Vasavi	ECE	II	G. Lalitha Vasavi
110	24505A0207	M. Harini	EEE	II	M. Harini
111	24505A0202	D. Harika	EEE	II	D. Harika
112	24505A0209	V. Kalpani	EEE	II	V. Kalpani
113	23501A0520	P. Brinda	CSE	II	Brinda
114	23501A0534	D. Bindu	CSE	II	Bindu
115	23501A0509	A. Bhavitha	CSE	II	Bhavitha
116	23501A0555	J. Bhavya	CSE	II	Bhavya
117	23501A0561	K. Divya prasanna aka	CSE	II	K. Divya prasanna aka
118	23501A0449	K. Vedasri	ECE	II	K. Vedasri
119	23501A0456	K. Lasya	ECE	II	K. Lasya
120	24505A0411	P. Sri Lakshmi	ECE	II	P. Sri Lakshmi
121	24505A0412	V. Vamsini Sree	ECE	II	V. Vamsini Sree
122	24505A0407	Khamare Nobeen	ECE	II	Khamare Nobeen
123	24505A0403	G. Charana Sri	ECE	II	G. Charana Sri
124	23501A0454	K. Vyshnavi	ECE	II	K. Vyshnavi
125	24501E0023	G. L. Nagarani	MBA	II	G. L. Nagarani
126	28501A0553	J. Dhanya Sri	CSE	II	J. Dhanya Sri
127	23501A0516	B. Divya	CSE	II	B. Divya

S.No.	Roll No	Name of the Student	Branch	Year	Sign
123	23501A04C0	V. Bindu Sree	ECE	II	V. Bindu Sree
124	23501A04B5	T. Rithvika	ECE	II	T. Rithvika
125	23501A0482	N. Teresa	ECE	II	N. Teresa
126	23501E0038	Md. Nasrmeen	MBA	I	Nasrmeen
127	24501E0002	Ab. Zubeda	MBA	I	Zubeda
128	24501E0010	B. Pavitra	MBA	I	Pavitra
129	24501E0022	G. Chandrika	MBA	I	Chandrika
130	24501E0001	Nazia	MBA	I	Nazia
131	24501E0063	V. Praneetha	MBA	I	V. Praneetha
132	24501E0029	K. Harshitha Revathi	M.B.A	I	K. Harshitha Revathi
133	23501A0217	D. Divya Anvitha	EEE	II	Divya Anvitha
134	23501A0215	Ch. Jayasri	EEE	II	Ch. Jayasri
135	23501A0245	P. Kavya Sri	EEE	II	P. Kavya Sri
136	23501A0470	M. Trisha	ECE	II	M. Trisha
137	23501A0474	Md. Nazimunnisa	ECE	II	Nazimunnisa
138	23501A0486	P. Susheela	ECE	II	Susheela
139	23501A0490	P. Sreelekha	ECE	II	Sreelekha
140	23501A0472	Meka Saumya	ECE	II	Saumya
141	23501A0473	M. Purna Sahithi	ECE	II	Purna Sahithi
142	23501A0467	M. Niharika	ECE	II	Niharika
143	23501A0209	B. Priyanka	EEE	II	Priyanka
144	23501A0203	A. Susmitha	EEE	II	Susmitha
145	23501A0260	V. Vasaswini	EEE	II	Vasaswini
146	23501A0225	T. Bhavani	EEE	II	Bhavani
147	23501A0218	D. Sobha	EEE	II	Sobha
148	23501A0224	Hemanto	EEE	II	Hemanto
149	23501A0222	Jyothsna	EEE	II	Jyothsna
150	23501A0252	S. Harsha	EEE	II	Harsha
151	23501A0249	S. Amulya	EEE	II	Amulya
152	23501A0238	K. Manthi	EEE	II	Manthi
153	23501A0244	N. Dhavalabhin	EEE	II nd	N. Dhavalabhin
154	23501A0205	B. Vishnu	EEE	II nd	B. Vishnu
155	23501A0213	Ch. Shikhar	EEE	II nd	Ch. Shikhar
156	23501A0212	Ch. Poojithe	EEE	II nd	Ch. Poojithe
157	23501A0227	J. Leela	EEE	II nd	J. Leela
158	23501A0235	K. Soujanya	EEE	II nd	K. Soujanya
159	23501A0228	K. Mallika	EEE	II nd	K. Mallika
160	23501A0239	L. Hepsibha	EEE	II nd	L. Hepsibha
161	23501A0211	Ch. Poojithe	EEE	II nd	Ch. Poojithe
162	23501A0221	Ch. Prashanth	EEE	II nd	Ch. Prashanth
163	23501A0206	V. Bhavitha	EEE	II nd	V. Bhavitha
164	23501A0256	V. Vennela	EEE	II nd	V. Vennela
165	23501A0262	V. AKshaya	EEE	II nd	V. AKshaya
166	23501A0251	B. Keerthana	EEE	II nd	B. Keerthana

S.No.	Roll No	Name of the Student	Branch	Year	Sign
166	23501A1238	T. Thanaalakshmi	IT	2 nd	TD
167	23501A1285	Pranya Prabhakar	IT	2 nd	Pranya
168	23501A1293	Lasya	IT	2 nd	Lasya
169	23501A1267	M. Sasanya	IT	2 nd	M. Sasanya
170	23501A1267	V. Akshaya	IT	2 nd	V. Akshaya
171	23501A1270	M. Radhika	IT	2 nd	M. Radhika
172	23501A0307	B. Sanjana	Mech	2 nd	Sanjana
173	23501A0311	G. Anitha	Mech	2 nd	Anitha
174	23501A0315	G. Jyothi Sri	Mech	2 nd	Jyothi
175	23501A0322	K. Bhuvana	Mech	2 nd	Bhuvana
176	23501A0357	Y. Bhargavi	Mech	2 nd	Bhargavi
177	24505A0301	B. Anjali	Mech	2 nd	Anjali
178	23501A0438	G. Neeraja	ECE	2 nd	Neeraja
179	23501A0405	A. Jayasri	ECE	2 nd	Jayasri
180	23501A0440	R. Meghana	ECE	2 nd	R. Meghana
181	23501A0445	S. Sowmya	ECE	2 nd	S. Sowmya
182	23501A0489	D. Meghana	ECE	2 nd	D. Meghana
183	24501E0057	S.K. Shafida	MBA	1 st	S.K. Shafida
184	23501A0424	Ch. Silvy Joice	ECE	2 nd	Silvy
185	23501A0465	Lakshmi Varapnya	ECE	2 nd	Lakshmi
186	23501A0428	D. Bhagyavathi	ECE	2 nd	D. Bhagyavathi
187	23501A0452	K. Sravya	ECE	2 nd	K. Sravya
188	23501A0401	Ab. Raheema	ECE	2 nd	Ab. Raheema
189	23501A0431	D. Teja Sree	ECE	2 nd	D. Teja Sree
190	23501A0412	B. Hanika	ECE	2	B. Hanika
191	23501A0236	K. Nikitha	EEE	2 nd	Nikitha
192	23501A0255	S. Nehitha	EEE	2 nd	Nehitha
193	23501A0246	P. Sai pritha	EEE	2 nd	pritha
194	23501A0261	V. Geetha Jyothi	EEE	2 nd	Geetha
195	23501A0208	B. Dhyana Deepika	EEE	2 nd	Dhyana
196	24505A0410	M. Navdeep	ECE	2 nd	Navdeep
197	24505A0409	K. Yoganand	EEE	2 nd	Yoganand
198	23501A0471	M. Balaram	ECE	2 nd	Balaram
199	23501A0489	P. Bhrama Sri Kambur	ECE	2 nd	P. Bhrama
200					
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S.No.	Roll No	Name of the Student	Branch	Year	Sign
	23501A0402				
209	Y. Devi Durga	Y. Devi Durga	ECE	II	Devi Y.
210	R. Anitha 23501A0498	R. Anitha	ECE	II	Anitha R
211	23501A0400	Y. Parvathi	ECE	II	Parvathi Y
212	23501A0408	Y. Chandana	ECE	II	Chandana
213	23501A0401	Y. Tejaswini	ECE	II	Tejaswini
214	23501A0404	T. Monisha	ECE	II	Monisha
215	23501A0407	T. Naga dhathini	ECE	II	Dhathini
216	23501A0405	V. Kusuma	ECE	II	Kusuma
217	23501A0479	N. Sai deurga	ECE	II	Saideurga
218	23501A0497	P. Jaya Sri	ECE	II	P. Jayasri
219	23501A0477	M. Rupa Sri	ECE	II	Rupa Sri
220	23501A0483	N. Sravanthi	ECE	II	Sravanthi
221	23501A0484	P. Sathvi	ECE	II	Sathvi
222	23501A0482	N. Eswari Devi	ECE	II	N. Eswaridevi
223	23501A0403	A. Papa	ECE	II	A. Papa
224	23501A0462	K. kavya	ECE	II	kavya
225	23501A0445	G. Himana	ECE	II	G. Himana
226	23501A0487	P. Nandini	ECE	II	P. Nandini
227	23501A0482	S. Bhanya	ECE	II	S. Bhanya
228	23501A0469	M. Divya Sri	ECE	II	M. Divya Sri
229	23501A0434	G. Dattasri	ECE	II	G. Dattasri
230	23501A0433	K. Karthik	ECE	II	K. Karthik
231	23501A0435				
232	23501A0481	A. Darsh	ECE	II	A. Darsh
233	23501A0402	Vazeer	ECE	II	Vazeer
234	23501A0417				
235	23501A0430				
236	23501A0457	K. Vamsi	ECE	II	K. Vamsi
237	23501A0469	Y. Bhanu Sai	ECE	II	Y. Bhanu Sai
238	23501A0429	D. M. S. Sathvi	ECE	II	D. M. S. Sathvi
239	23501A0451	K. Sasidhar	ECE	II	K. Sasidhar
240	23501A0441				
241	23501A0407				
242	23501A0468	M. Prathimal	ECE	II	M. Prathimal
243	24505A0408	K. Govind	ECE	II	K. Govind
244	23501A0404	A. Manohar	ECE	II	A. Manohar
245					
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S.No.	Roll No	Name of the Student	Branch	Year	Sign
252	2450SA1206	L. Dilip	IT	2nd	L. Dilip
253	2350IA1214	B. Nitesh	IT	2nd	B. Nitesh
254	2350IA1228	Ch. Himas Sekhara	IT	2nd	Sekhara
255	2350IA1231	D. Sai	IT	2nd	D. Sai
256	2350IA1297	P. Siva	IT	2nd	P. Siva
257	2450SA0113	P. Naga Ravi Raj	CE	2nd	P. Naga Ravi Raj
258	2450SA0108	K. Karanth Kumar	CE	2nd	K. Karanth Kumar
259	2350IA0115	B. Diva Sai Krishna	ECE	2nd	B. Diva Sai Krishna
260	2350IA0131	M. Tharanga	C.E	2nd	M. Tharanga
261	2350IA0143	S. Hemamathi	C.E	2nd	S. Hemamathi
262	2350IA0219	D. Sai Teja	EEE	2nd	D. Sai Teja
263	2350IA0214	Ch. Ravindra	EEE	2nd	Ch. Ravindra
264	2350IA0248	P. Prasad	EEE	2nd	P. Prasad
265	2350IA0243	M. Jagadeesh	EEE	2nd	M. Jagadeesh
266	2350IA0220	D. Purusha Krishna	EEE	2nd	D. Purusha Krishna
267	2350IA0250	S. Nikilash	EEE	2nd	S. Nikilash
268	2350IA0259	V. Nikhil	EEE	2nd	V. Nikhil
269	2350IA0345	S. Meera Shree	Mech	2nd	S. Meera Shree
270	2350IA0550	G. Jaisaishinivas	CSE	2nd	G. Jaisaishinivas
271	2350IA0537	D. Chinna Nasarvali	CSE	2nd	D. Chinna Nasarvali
272	2350IA0532	D. Heden	CSE	2nd	D. Heden
273	2350IA0223	G. Nagarajana	EEE	2nd	G. Nagarajana
274	2350IA0281	K. Chandu	EEE	2nd	K. Chandu
275	2350IA0125	K. Praveen	CE	2nd	K. Praveen
276	2350IA0126	K. Navanikumar	CE	2nd	K. Navanikumar
277	2350IA0107	B. Gopi Venu Prasad	CE	2nd	B. Gopi Venu Prasad
278	2350IA0119	G. Ajay Kumar	CE	2nd	G. Ajay Kumar
279	2350IA0139	N. Anand datt	CE	2nd	N. Anand datt
280	2350IA0112	Ch. Kishore Reddy	CE	2nd	Ch. Kishore Reddy
281	2350IA0109	B. Sajan	CE	2nd	B. Sajan
282	2350IA0128	M. Sai Sundhar	CE	2nd	M. Sai Sundhar
283	2350IA0144	T. Karthik	CE	2nd	T. Karthik
284	2350IA0104	B. Sai Kumar	CE	2nd	B. Sai Kumar
285	2350IA0146	V. Hari Narayana	CE	2nd	V. Hari Narayana
286	2350IA0142	P. Sandeep	CE	2nd	P. Sandeep
287	2350IA0132	H. Sunil	CE	2nd	H. Sunil
288	2450SA0201	A. Karthik	EEE	2nd	A. Karthik
289	2450SA0208	M. Manoj Kumar	EEE	2nd	M. Manoj Kumar
290	2350IA0210	B. Ganesh	EEE	2nd	B. Ganesh
291	2350IA0120	A. Prayush	CE	2nd	A. Prayush
292	2450SA0107	R. Prath Kumar	CE	2nd	R. Prath Kumar
293	2350IA0140	P. Sigan	CE	2nd	P. Sigan
294	2450SA0115	S. N. V. K. Saipara	CE	2nd	S. N. V. K. Saipara