

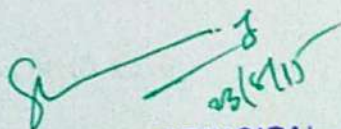


NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2015-16

TRAINING PROGRAMME

1.	ACADEMIC YEAR	2015-2016
2.	TITLE OF THE PROGRAMME	Yoga
3.	BROAD OBJECTIVE OF THE PROGRAMME	1) To enable the student to have good health. 2) To practice mental hygiene. 3) To possess emotional stability. 4) To integrate moral values. 5) To attain higher level of consciousness.
4.	NAME OF THE DEPARTMENT	CSE, EEE, ECE, Mech, Civil
5.	TARGETED GROUP OF STUDENTS	All students
6.	NUMBER OF DAYS REQUIRED TO ORGANIZE THE PROGRAMME	01 day
7.	PROPOSED DATE OF THE PROGRAMME	22-08-2015
8.	TOTAL NUMBER OF PERIODS REQUIRED FOR THE PROGRAMME	1.5 hrs
9.	LOCATION DETAILS	CSE Hall
10.	NUMBER OF PARTICIPANTS	34
11.	RESOURCE PERSON	Mrs. Gauravi Shetty
12.	FACULTY COORDINATOR	Mr. Hanumesh




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NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2015-16

NET/NIT/YOGA/PO/CIR/2015-16/26

20-08-2015

CIRCULAR

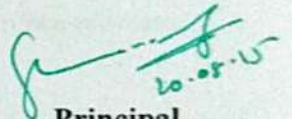
The Yoga training program is arranged on 22-08-2015 for the benefit of I, II, III and IV year students for all departments. All the students are requested to attend the program without fail.

Students are requested to bring a bedspread / Yoga mat to enable them to do the Yoga practice as per the instruction. They need to wear comfortable dress (regular formal dress) so that they will be able to sit on the floor.

Venue : CSE Hall

Timing : 01.30 pm to 03.00 pm




20.08.15

Principal

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RAICHUR-584 103

Copy to,

- 1) Notice Board
- 2) HoD's – CSE, ECE, EEE, Mech, Civil
- 3) Principal Office.

2



NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR ACADEMIC YEAR 2015-16

Program Objectives

- * Unique course of 'Training of trainers' type.
- * Demonstrations of complex Yoga procedures.
- * Training of conducting Yoga Classes.
- * Opportunity & practice of conducting Yoga sessions.

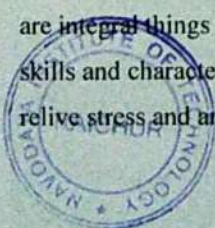
Exit Point Opportunity

- * This interdisciplinary course helps the students to start their own consultancy and therapy practice after successful internship completion.
- * Helps students to establish themselves as professional consultants in hospitals, food sectors, private clinics etc. or set up a nutrition counseling cell.

Teenage is the time period of students when they are stucked between variety of work load and pressures. They need to perfectly accomplish their task, prepare for variety of exams or test, need to score excellent marks, work better in their workplace and improve their performance and many other tension.

Students from all around the world have gained benefits by doing yoga. It helps the body to relax and soothes the mind. Also it helps to make the body flexible and improves concentration power. Also students can gain various other benefits from yoga that will help them in completing their work perfectly and make them high scorer in the class.

Meditation and yoga brings a positive vibes among the students and if they do it regularly it will help in bringing positive outcomes which is advantageous for the scholars. There are variety of positive outcomes of yoga for learners and various other peoples. Yoga and meditation programs are integral things to face an overwhelming amount of stress in their lives. They teach some of the skills and character that are essential to human ecosystem: flexibility, and strength. In addition to relive stress and anxiety, yoga also improves the overall health and wellbeing.





NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2015-16

TRAINING PROGRAM

Title of the Programme: Yoga training Programme

Name of the Resource Person: Mrs. Gauravi Shetty

Date: 22-08-2015

Venue: CSE Hall

The list of students who actively participated in Yoga training programme.

Sr. No.	Name of the Student	Department	Signature 22-08-2015
1.	NAVEEDA ANJUM	EEE	
2.	RAFIYA ANJUM	EEE	
3.	SANIYA TANVEER	EEE	
4.	GURUBASAPPA R.	EEE	
5.	JYOTHI	EEE	
6.	SANJANA YADAV	ECE	
7.	SHAIK MAHEBOOB	ECE	
8.	SHARANABASAVA	ECE	
9.	SHREESHANTHI M	ECE	
10.	SIDDANANJESH P	ECE	
11.	SOUJANYA CHIDRI	ECE	
12.	MEGHA PATIL	ECE	
13.	RUBIYA NAAZ	CSE	
14.	SANIYA TABASUM	CSE	
15.	SHAGUFTA YASMEEN	CSE	
16.	SHRILAKSHMI H	CSE	



NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2015-16

17.	FAKEERGOUDA	CSE	<i>Fakeer G</i>
18.	PRAVEEN K.A.P	Mech	<i>Praveen K</i>
19.	RAVI NANIKERI	Mech	<i>Ravi N</i>
20.	SHANKARGOUDA	Mech	<i>Shankar G</i>
21.	SHARATH KUMAR	Mech	<i>Sharath</i>
22.	SHIVARAJ	Mech	<i>Shivaraja</i>
23.	NAVEEN R G	Mech	<i>Naveen</i>
24.	PAVAN KUMAR Y	Mech	<i>Pavan Y</i>
25.	PRABIR BALA	Civil	<i>Prabir Bala</i>
26.	JAYASHREE K	Civil	<i>Jayashree K</i>
27.	JHARNA PRADHAN	Civil	<i>Jharna P</i>
28.	JIGME SELDON	Civil	<i>Jigme</i>
29.	MARUTHI	Civil	<i>Maruthi</i>
30.	MEGHA YADAV	Civil	<i>Megha</i>
31.	SUNITHA PATIL	Civil	<i>Sunitha</i>
32.	ARVIND KUMAR D	Civil	<i>Arvind D</i>
33.	HARIPRASAD G	Civil	<i>Hariprasad G</i>
34.	LINGARAJ	Civil	<i>Lingaraj</i>



[Signature]
Signature of the Faculty Coordinator



NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2015-16

TRAINING PROGRAMME

1.	ACADEMIC YEAR	2015-2016
2.	TITLE OF THE PROGRAMME	Yoga
3.	BROAD OBJECTIVE OF THE PROGRAMME	1) To enable the student to have good health. 2) To practice mental hygiene. 3) To possess emotional stability. 4) To integrate moral values. 5) To attain higher level of consciousness.
4.	NAME OF THE DEPARTMENT	CSE, EEE, ECE, Mech, Civil
5.	TARGETED GROUP OF STUDENTS	All students
6.	NUMBER OF DAYS REQUIRED TO ORGANIZE THE PROGRAMME	01 day
7.	PROPOSED DATE OF THE PROGRAMME	27-02-2016
8.	TOTAL NUMBER OF PERIODS REQUIRED FOR THE PROGRAMME	1.5 hrs
9.	LOCATION DETAILS	CSE Hall
10.	NUMBER OF PARTICIPANTS	35
11.	RESOURCE PERSON	Mrs. Gauravi Shetty
12.	FACULTY COORDINATOR	Mr. Hanumesh




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NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2015-16

NET/NIT/YOGA/PO/CIR/2015-16/ 27

25-02-2016

CIRCULAR

The Yoga training program is arranged on 27-02-2016 for the benefit of I, II, III and IV year students for all departments. All the students are requested to attend the program without fail.

Students are requested to bring a bedspread / Yoga mat to enable them to do the Yoga practice as per the instruction. They need to wear comfortable dress (regular formal dress) so that they will be able to sit on the floor.

Venue : CSE Hall

Timing : 01.30 pm to 03.00 pm




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Copy to,

- 1) Notice Board
- 2) HoD's – CSE, ECE, EEE, Mech, Civil
- 3) Principal Office.





NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR ACADEMIC YEAR 2015-16

Program Objectives

- * Unique course of 'Training of trainers' type.
- * Demonstrations of complex Yoga procedures.
- * Training of conducting Yoga Classes.
- * Opportunity & practice of conducting Yoga sessions.

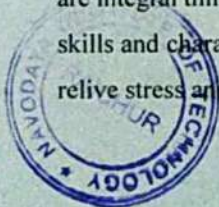
Exit Point Opportunity

- * This interdisciplinary course helps the students to start their own consultancy and therapy practice after successful internship completion.
- * Helps students to establish themselves as professional consultants in hospitals, food sectors, private clinics etc. or set up a nutrition counseling cell.

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NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2015-16

TRAINING PROGRAM

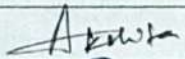

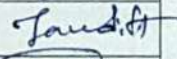
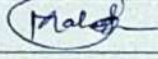
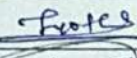
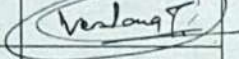
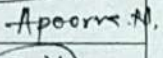
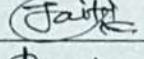
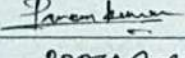
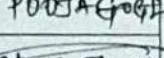
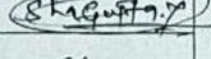
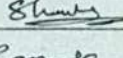
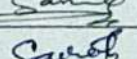
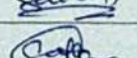
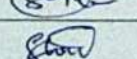

Title of the Programme: Yoga training Programme

Name of the Resource Person: Mrs. Gauravi Shetty

Date: 27-02-2016

Venue: CSE Hall

The list of students who actively participated in Yoga training programme.

Sr. No.	Name of the Student	Department	Signature 27-02-2016
1.	AKSHITHA BHANDARI	EEE	
2.	BALAPPA	EEE	
3.	JAVED HUSSAIN	EEE	
4.	MAHESH H	EEE	
5.	JYOTHI	EEE	
6.	VANDANA TOTAGANTI	CSE	
7.	APOORVA N	CSE	
8.	JAITHEERTH	CSE	
9.	PAVAN KUMAR	CSE	
10.	POOJA GOGI	CSE	
11.	SHAGUFTA YASMEEN	CSE	
12.	SHRUTHI H	CSE	
13.	SAMEER PASHA SHAIK	Mech	
14.	SAINATH	Mech	
15.	SATEESH KUMAR	Mech	
16.	SHANKAR REDDY	Mech	

NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2015-16

17.	SHANTAMMA	Mech	Shantamma.k.
18.	NAVEEN R G	Mech	Naveen
19.	PAVAN KUMAR Y	Mech	Pk
20.	NAFFESUNNISA N ANSARI	ECE	Naffesun
21.	NIDHI K S PATIL	ECE	Nidhi
22.	NISHAT NAZNEEN	ECE	Nishat
23.	PALLAVI KULKARNI	ECE	Pallavi
24.	POOJA P K	ECE	Pooja
25.	SANJANA YADAV	ECE	Sanjana.Y.
26.	SHAIK MAHEBOOB	ECE	Shaik MB
27.	SHARANABASAVA	ECE	Sharanabasava
28.	K AVINASH	Civil	Avinash
29.	KHAJA KALEEMUDDIN	Civil	Khajalekaleem
30.	KHANEES FATIMA	Civil	Khaneez F
31.	LAXMI JANAKAR	Civil	Laxmi
32.	MD SOHEB HUSSAIN	Civil	Md Soheb Hussain
33.	NAGAMMA	Civil	Nagam
34.	SANGAMESH K.	Civil	Sangamesh.k.
35.	ABDUL HAFEEZ	Civil	Abdul




 Signature of the Faculty Coordinator

NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR

ACADEMIC YEAR 2015-2016

INDEX FOR PHYSICAL FITNESS

Sr. No.	Metric Number	Metric Type	Description of Proof	Page Number
1	5.1.3	QnM	Summary Sheet	01
2			Aims & Objectives for Physical Fitness	02
3			Student Attendance Sheet	03
4			Photo	05



NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2015-16

PHYSICAL FITNESS TRAINING PROGRAMME

1.	ACADEMIC YEAR	2015-2016
2.	TITLE OF THE PROGRAMME	Physical Fitness
3.	NAME OF THE DEPARTMENT	CSE, EEE, ECE, Mechanical, Civil
4.	TARGETED GROUP OF STUDENTS	I, II, III and IV Year Students
5.	LOCATION DETAILS	NET Gymnasium
6.	NUMBER OF PARTICIPANTS	23
7.	EVENT ORGANISERS(STUDENTS)	Kiran Kumar, Pooja Gogi
8.	FACULTY COORDINATOR	Mr. Sivakumar Reddy
9.	PROGRAMME PROPOSED BY	CSE Department




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NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2015-16

AIM AND OBJECTIVES FOR PHYSICAL FITNESS

Physical fitness is a state of well-being and good health. It aims to help you perform your day to day activities with minimal resistance. This can be achieved through a multitude of ways such as proper nutrition, physical exercise, sports, and sufficient rest.

Essentially there are 2 key activities that you can engage in to improve your stamina and build muscle strength.

1. Aerobic Activity: Aerobic activity makes your heart beat faster through activities like brisk walking, dancing, jogging, cycling, swimming or playing any outdoor sports. These activities make you breathe faster which increases your heart and lung fitness thereby building your stamina.

2. Muscle Strengthening Activity: These kind of activities help increase bone strength and muscular fitness. Your workout at the gym, yoga, kickboxing, functional training etc work on all your major muscle groups such as legs, hips, back, chest, abdomen, shoulders and arms. These exercises tear your muscles making them grow back stronger with the help of a good nutritional diet.

So to summarize the main aim of physical fitness is to keep your body up to date. Just like we update our mobile applications from time to time so that everything works properly, similarly, we must condition our bodies to enable us to perform up to our potential.





NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2015-16

TRAINING PROGRAM

Title of the Programme: Physical Fitness Programme

Date: 20/8/15

Venue: NET Gymnasium

The list of students who actively participated in Physical Fitness programme.

Sr. No.	Name of the Student	Department	Signature
1.	RAFIYA ANJUM	EEE	Ru
2.	SANIYA TANVEER	EEE	Su
3.	GURUBASAPPA R.	EEE	Gurub
4.	NAVEEDA ANJUM	EEE	Naveed
5.	JYOTHI	EEE	Jyoti
6.	SOUJANYA CHIDRI	ECE	Sou
7.	MEGHA PATIL	ECE	Megha Patil
8.	SHREESHANTHI M	ECE	Shreeshanthi
9.	SIDDANANJESH P	ECE	Sidd
10.	SOUJANYA CHIDRI	ECE	Soujanya
11.	RUBIYA NAAZ	CSE	Rubi
12.	SANIYA TABASUM	CSE	Saniya
13.	SHAGUFTA YASMEEN	CSE	Shagu
14.	SHAGUFTA YASMEEN	CSE	Shagu
15.	SHRUTHI H	CSE	Shruthi.H.
16.	SHANKAR GOUDA	Mech	Shankar
17.	SHARATH KUMAR	Mech	Sharath





NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2015-16

18.	SHIVARAJ	Mech	<i>Shivraj</i>
19.	NAVEEN R G	Mech	<i>Naveen R G</i>
20.	MEGHA YADAV	Civil	<i>MeGa</i>
21.	SUNITHA PATIL	Civil	<i>Sunitha Patil</i>
22.	ARVIND KUMAR D	Civil	<i>AR</i>
23.	HARIPRASAD G	Civil	<i>Hariprasad G.</i>



[Signature]
Signature of the Faculty Coordinator



NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2015-16

PHYSICAL FITNESS PROGRAMME



Physical fitness programme held for all department students on 20/08/2015

NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR

ACADEMIC YEAR 2015-2016

INDEX FOR HEALTH & HYGIENE

Sr. No.	Metric Number	Metric Type	Description of Proof	Page Number
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2			Approval Letter	02
3			Circular	03
4			Introduction and Information	04
5			Student Attendance Sheets	05
6			Photo	17



NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2015-2016

TRAINING PROGRAMME

1.	ACADEMIC YEAR	2015-2016
2.	TYPE OF THE PROGRAMME PROPOSED	Health & Hygiene
3.	TITLE OF THE PROGRAMME	First Aid Training
4.	BROAD OBJECTIVE OF THE PROGRAMME	Ability to Protect, Assess, Alert & Attend the victim
5.	NAME OF THE DEPARTMENT	CSE, EEE, ECE, Mech, Civil
6.	TARGETED GROUP OF STUDENTS	All students
7.	NUMBER OF DAYS REQUIRED TO ORGANIZE THE PROGRAMME	01 day
8.	PROPOSED DATE OF THE PROGRAMME	29-08-2015
9.	TOTAL NUMBER OF PERIODS REQUIRED FOR THE PROGRAMME	03 hrs
10.	LOCATION DETAILS	NIT Auditorium
11.	NUMBER OF PARTICIPANTS	234
12.	RESOURCE PERSON	Dr. S. N. Patil, General Medicine, Navodaya Medical College
13.	FACULTY COORDINATOR	1. CSE Co-ordinator: Mrs. Shanti E. 2. EEE Co-ordinator: Mr. Kiran Kumar 3. ECE Co-ordinator: Mr. Md. Shoaibuddin 4. Mech Co-ordinator: Mr. Raja Shakarappa 5. Civil Co-ordinator: Mrs. Shweta Patil



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NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2015-2016

To,
The Principal
NIT, Raichur

Date: 24.08.2015

Subject: Approval of First Aid training program for all year students of CSE, EEE, ECE, Mech,
Civil department for academic year 2015-2016

Respected Sir,

This is with respect to the approval of First Aid training program for all year students of CSE, EEE, ECE, Mech, Civil department for academic year 2015-2016. Following are the details:

Title of the Programme: First Aid training Programme

Name of the Resource Person: Dr. S. N. Patil, General Medicine, Navodaya Medical College

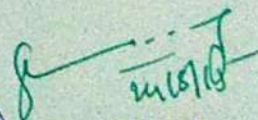
Date: 29-08-2015

Venue: NIT Auditorium

I request you to approve for the same. Thanking you in anticipation.

Department Coordinators

1. CSE Co-ordinator: Mrs. Shanti E.
2. EEE Co-ordinator: Mr. Kiran Kumar
3. ECE Co-ordinator: Mr. Md. Shoaibuddin
4. Mech Co-ordinator: Mr. Raja Shakarappa
5. Civil Co-ordinator: Mrs. Shweta Patil



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NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2015-2016

NET/NIT/H&HPO/CIR/2015-16/41

26-08-2015

CIRCULAR

This is to inform that First Aid training program is arranged on 29-08-2015 for the benefit of all year students for CSE, EEE, ECE, Mech and Civil departments. All the students are requested to attend the program without fail.

Venue : NIT Auditorium

Timing : 10.00am onwards

Department Coordinators

1. CSE Co-ordinator: Mrs. Shanti E. - @
2. EEE Co-ordinator: Mr. Kiran Kumar
3. ECE Co-ordinator: Mr. Md. Shoaibuddin Dh
4. Mech Co-ordinator: Mr. Raja Shakarappa P
5. Civil Co-ordinator: Mrs. Shweta Patil Shweta

Copy to,

- 1) Notice Board
- 2) HoD's - CSE, ECE, EEE, Mech, Civil
- 3) Principal Office.



Signature
26/8/15

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3



NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR

ACADEMIC YEAR 2015-2016

The Importance of First Aid:

- It affords people with the ability to provide help during various emergency situations. If someone ingests hazardous substances, or suffers health-related issues like a heart attack, or if a natural disaster occurs, a person knowledgeable in first aid becomes more than just another bystander. Instead, they become an invaluable support not only to victims, but also to professional emergency responders and medical practitioners.
- First aid helps ensure that the right methods of administering medical assistance are provided. Knowing how to help a person is just as important in emergency situations. It only takes six minutes for the human brain to expire due to lack of oxygen. As such, ineptitude and misinformation will not be of much help to a person in need of medical assistance.
- Knowledge in first aid also benefits the individuals themselves. Whether the emergency affects themselves directly, or involves people they live and work with, first aid stems the severity of an emergency in a given time and place.
- Basic First Aid training is designed to enhance health and safety standards. It emphasizes the importance of First Responder in case of medical emergencies. Students are empowered to support their friends, family and relatives during any medical emergencies.

Intended Audience: Children be a First Responder in case of a medical emergency.

Aim:

- Learn to recognize life threatening emergencies including Heart Attack, Stroke, Choking, Asthma Attack, Seizures etc.
- Ability to Protect, Assess, Alert & Attend the victim
- Learn importance of the Golden Hour

Description of the programme:

- What is an Medical Emergency?
- Role & responsibility of First Responder
- Importance of time
- Principles of First Aid
- Identifying symptoms of common Medical Emergencies
- Common Injuries
- Recognition
- Do's & Don'ts
- Cardio Pulmonary Resuscitation (CPR) - Skill Demonstration

TRAINING PROGRAM





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NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2015-2016

Title of the Programme: First Aid training Programme

Name of the Resource Person: Dr. S. N. Patil

Date: 29-08-2015

Venue: NIT Auditorium

The list of students who actively participated in First Aid training programme.

STUDENT ATTENDANCE SHEET (CSE)

SECOND YEAR			Signature
Sr. No.	USN No.	Name	
1	3NA14CS002	BHAGYASHREE T	Bhunya
2	3NA14CS004	K N SHARANA BASAVA	K N Sharana
3	3NA14CS006	MOHD SALMAN	M. Salim
4	3NA14CS007	NAZIYA SULTANA	Naziya
5	3NA14CS013	VANDANA TOTAGANTI	Vandana
6	3NA14CS016	APOORVA N	Apoorva
7	3NA13CS024	JAITHEERTH	Jaitheerth
8	3NA15CS400	PAVAN KUMAR	Pavan
9	3NA15CS401	POOJA GOGI	Pooja Gogi
10	3NA13CS003	AMARESH DESAI	Amresh
11	3NA13CS004	BALARAJ	Balaraj
12	3NA13CS007	FAKEERGOUDA	Fakeergouda
13	3NA13CS014	RATNAPRIYA NAYAK	Ratnapriya
THIRD YEAR			
1	3NA13CS002	AKSHATHA K NAGRAJ	Akshatha
2	3NA13CS005	BASSAMMA	Bassamma
3	3NA13CS008	FARHA NAAZ N	Farha
4	3NA13CS009	FARHEEN SULTANA	Farheen
5	3NA13CS013	MANJULA	Manjula



NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2015-2016

6	3NA13CS012	MEGHA G	<i>[Signature]</i>
7	3NA13CS015	REKHA	<i>[Signature]</i>
8	3NA13CS016	RUBIYA NAAZ	<i>[Signature]</i>
9	3NA13CS017	SANIYA TABASUM	<i>[Signature]</i>
10	3NA13CS018	SHAGUFTA YASMEEN	<i>[Signature]</i>
11	3NA13CS019	SHRUTHI H	<i>[Signature]</i>
12	3NA13CS020	SUMALATA	<i>[Signature]</i>
13	3NA13IS003	NANDAKUMARI G	<i>[Signature]</i>
FOURTH YEAR			
1	3NA12CS003	ASIYA SULTANA	<i>[Signature]</i>
2	3NA12CS004	ASMA A R	<i>[Signature]</i>
3	3NA12CS005	ATITHI RANJAN JHA	<i>[Signature]</i>
4	3NA12CS006	BHARATH THKUMAR N	<i>[Signature]</i>
5	3NA12CS007	DAMODHAR RAO	<i>[Signature]</i>
6	3NA12CS010	LAVANYA PUJARI	<i>[Signature]</i>
7	3NA12CS012	NAGHAM SOMIN	<i>[Signature]</i>
8	3NA12CS013	NARASIMHA KULKARNI	<i>[Signature]</i>
9	3NA12CS014	NISHAT SHAREEN	<i>[Signature]</i>
10	3NA12CS016	PANKAJ KUMAR	<i>[Signature]</i>
11	3NA12CS017	PAVITHRA G	<i>[Signature]</i>
12	3NA12CS018	REETU JEWARGI	<i>[Signature]</i>
13	3NA12IS003	SADIA AIMAN M	<i>[Signature]</i>
14	3NA12IS004	SHIVA PRASAD	<i>[Signature]</i>
15	3NA12IS007	VINAYKA M	<i>[Signature]</i>



[Signature]
Signature of the Faculty Coordinator



NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2015-2016

STUDENT ATTENDANCE SHEET (EEE)

SECOND YEAR			Signature
Sr. No.	USN No.	Name	
1	3NA14EE004	BIRU NAVALLI WAGHMODE	<i>[Signature]</i>
2	3NA14EE005	HANAMANT DHOOLSHETTI	<i>[Signature]</i>
3	3NA14EE006	M SHAKEER AHMED	<i>[Signature]</i>
4	3NA14EE009	RUKSANA BEGUM	<i>[Signature]</i>
5	3NA14EE010	SANIYA AYESHA L	<i>[Signature]</i>
6	3NA14EE011	SEEMA	<i>[Signature]</i>
7	3NA14EE012	SHANTHI	<i>[Signature]</i>
8	3NA15EE400	AKSHITHA BHANDARI	<i>[Signature]</i>
9	3NA15EE401	BALAPPA	<i>[Signature]</i>
10	3NA15EE404	JAVED HUSSAIN	<i>[Signature]</i>
11	3NA15EE406	MAHESH H	<i>[Signature]</i>
13	3NA15EE407	MOHAMAD AKHIL	<i>[Signature]</i>
14	3NA15EE413	RAMESH	<i>[Signature]</i>
15	3NA15EE414	S A HASAN MOHAMMED	<i>[Signature]</i>
THIRD YEAR			
1	3NA13EE012	SUNIL	<i>[Signature]</i>
2	3NA13EE013	SUNIL KUMAR	<i>[Signature]</i>
3	3NA13EE014	SYEDA SUMIYA ANJUM	<i>[Signature]</i>
4	3NA13EE015	VIJAYALAXMI	<i>[Signature]</i>
5	3NA14EE401	ANILKUMAR SHIVASHANKAR	<i>[Signature]</i>
6	3NA14EE403	ARUNKUMAR T. S.	<i>[Signature]</i>
7	3NA14EE405	GURUBASAPPA R.	<i>[Signature]</i>
8	3NA14EE406	JYOTHI	<i>[Signature]</i>
9	3NA14EE408	MD GHOUSE	<i>[Signature]</i>



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10	3NA14EE409	PUTTA RAJ V. R.	Putta.R
11	3NA14EE410	RAJU T.	Rajut
12	3NA14EE411	RENUKA	Renuka
13	3NA14EE420	URMILA N	Urmila
14	3NA14EE422	VISHWATEJA B.	Vijay
FOURTH YEAR			
1	3NA12EE006	G MADHUSHREE	Madhu
2	3NA12EE008	MOHAMMED AATIF NIYAZ	Aatif
3	3NA12EE009	MD.ASADUDDIN	Asad
4	3NA12EE010	NAVEEDA ANJUM	Naveeda
5	3NA12EE011	RAFIYA ANJUM	Anjum
6	3NA12EE013	SANIYA TANVEER	Tanveer
7	3NA12EE016	ZAMEER ALI QAZI	Zameer
8	3NA12EE406	MD. CHAND PASHA	Chand
9	3NA12EE415	SWAPNA.K	Swapna
10	3NA13EE400	CHANNABASVA M	Channabasva
11	3NA13EE402	NIVEDITHA	Niveditha
12	3NA13EE403	RAMACHANDRA REDDY M	Reddy
13	3NA13EE404	RAMU H K	Ramuhk
14	3NA13EE408	SHRUTI K	Shruti
15	3NA13EE412	VENKAT REDDY	Venkat
16	3NA11EE418	URUKUNDI ERANNA	Eranna



P. C.
Signature of the Faculty Coordinator

R. V. S.

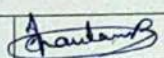
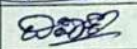
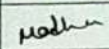
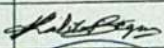
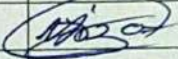


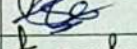
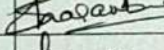
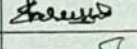
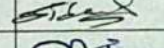


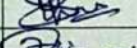
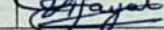
NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2015-2016

STUDENT ATTENDANCE SHEET (ECE)

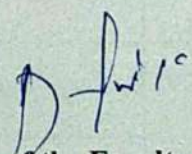
SECOND YEAR			Signature
Sr. No.	USN No.	Name	
1	3NA14EC004	BHAVANA B	Bhavana B
2	3NA14EC005	CHAITRA M	Chaitra
3	3NA14EC007	HUMERA TAHSEEN	H Tahseen
4	3NA14EC008	K VISHNUPRIYA	K Vishnupriya
5	3NA14EC009	MEGHANA	Meghana
6	3NA14EC010	NIKITA	Nikita
7	3NA14EC012	SAHANA VAIDYA	Sahana
8	3NA14EC016	T.N.FARFEEN	T.N. Farheen
9	3NA14EC017	VAISHNAVI	Vaishnavi
10	3NA14EC018	VANISHREE R.K	Vanishree
11	3NA14EC019	VIJAYALAKSHMI	Vijaylaxmi
THIRD YEAR			
1	3NA13EC07	CHANDRIKA	Chandrika
2	3NA13EC08	DIVYALAKSHMI	Divya Lakshmi
3	3NA13EC09	AMANI REDDY	Amani
4	3NA13EC010	HUMERA TAMKEEN	Humera
5	3NA13EC013	MEGHA PATIL	Megha
6	3NA13EC015	NAFFESUNNISA N ANSARI	Naffesunnisa
7	3NA13EC016	NIDHI K S PATIL	Nidhi
8	3NA13EC017	NISHAT NAZNEEN	Nishat
9	3NA13EC018	PALLAVI KULKARNI	Pallavi
10	3NA13EC020	PRIYANKA BOOB	Priyanka
11	3NA13EC021	QUDSIYA SHAHEEN	Qudsiya



NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
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FOURTH YEAR			
1	3NA12EC007	CHANDANA R	
2	3NA12EC008	DEEPAK A	
3	3NA12EC009	H MADHAVI	
4	3NA12EC011	KHALIDA BEGUM	
5	3NA12EC013	MIRAZ JAFFAR ALI	
6	3NA12EC014	POOJA P K	
7	3NA12EC015	SANJANA YADAV	
8	3NA12EC017	SHAIK MAHEBOOB	
9	3NA12EC018	SHARANABASAVA	
10	3NA12EC019	SHREESHANTHI M	
11	3NA12EC020	SIDDANANJESH P	
12	3NA12EC021	SOUJANYA CHIDRI	
13	3NA12EC022	SHRUTHI SARATH	
14	3NA12EC023	VIDHYASHREE	
15	3NA12EC024	VIJAYASHREE	


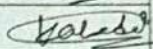
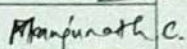
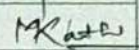
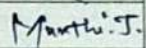
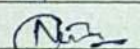
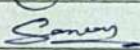
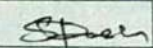
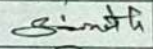
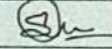
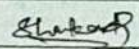
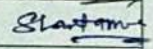
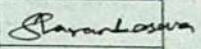
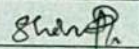

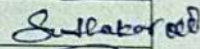
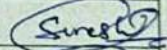

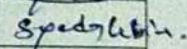

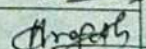
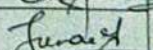
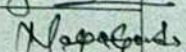



Signature of the Faculty Coordinator

Md. Shoaibuddin

NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2015-2016

STUDENT ATTENDANCE SHEET (MECH)

SECOND YEAR			Signature
Sr. No.	USN No.	Name	
1	3NA14ME011	K SRINIDHI	
2	3NA14ME015	KUMARESH KABADAGI	
3	3NA14ME017	MANJUNATH C	
4	3NA14ME019	MANJUNATH K	
5	3NA14ME023	MURTHUJAKHADAR	
6	3NA14ME024	NARAYAN AVADOOT	
7	3NA14ME031	SAMEER AHMED	
8	3NA14ME032	SAMEER PASHA SHAIK	
9	3NA15ME434	SAINATH	
10	3NA15ME435	SATEESH KUMAR	
11	3NA15ME436	SHANKAR REDDY	
12	3NA15ME437	SHANTAMMA	
13	3NA15ME438	SSHARRAN BASAVA	
14	3NA15ME439	SHIVA PRASAD U	
15	3NA15ME440	SHRIHARI	
16	3NA15ME441	SUDHAKAR OLI	
17	3NA15ME442	SURESH	
18	3NA15ME443	SYED M MISKEEN	
19	3NA15ME444	SYEDA LUBNA BEGUM	
THIRD YEAR			
1	3NA13ME018	MM RAVICHAND	
2	3NA13ME019	MD ARAFATH	
3	3NA13ME021	MD JUNAID H	
4	3NA13ME022	NAGANAGOUDA	



NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2015-2016

5	3NA13ME024	P DAMODHARAN	<u>Damod</u>
6	3NA13ME028	PRAVEEN K.A.P	<u>Praveen K.A.P</u>
7	3NA13ME029	RAVI NANIKERI	<u>Ravi</u>
8	3NA13ME034	SHANKARGOUDA	<u>Shankar Gouda</u>
9	3NA13ME035	SHARATH KUMAR	<u>Sharath</u>
10	3NA13ME037	SHIVARAJ	<u>Shivaraj</u>
11	3NA13ME039	SIDDARTHA.K	<u>Siddarth K</u>
12	3NA13ME040	SOMANATH HUGAR	<u>Somanath H.</u>
13	3NA14ME407	KIRAN KUMAR	<u>Kiran Kumar</u>

FOURTH YEAR

1	3NA12ME007	MD.AMANULLA	<u>Ami</u>
2	3NA12ME009	MILTON SMITH	<u>Milton Smith</u>
3	3NA12ME011	NAVEEN R G	<u>Naveen</u>
4	3NA12ME012	PAVAN KUMAR Y	<u>Pavan</u>
5	3NA12ME013	RAKESH.C	<u>Rakesh</u>
6	3NA12ME014	RAVINDRA REDDY	<u>R.R.</u>
7	3NA12ME015	SUSHMA L	<u>Sushma</u>
8	3NA12ME018	VIJAY KUMAR	<u>Vijay Kumar</u>
9	3NA13ME401	HUCHANGAPPA B	<u>Huchangappa</u>
10	3NA13ME402	HUSSAINAPPA	<u>Hussainappa</u>
11	3NA13ME405	MD SULEMAN H	<u>Suleman H</u>
12	3NA13ME407	PRADEEP HAVLDAR	<u>Pradeep</u>
13	3NA13ME408	PRASHANTH AMARESH	<u>Prashanth</u>
14	3NA13ME431	MEERA DATAR	<u>Meera</u>
15	3NA10ME022	RAGHUNATH	<u>Raghu</u>
16	3NA10ME032	SUNIL KUMAR G	<u>Sunil</u>
17	3NA12ME403	BHIMAREDDY	<u>Bhimareddy</u>
18	3NA12ME403	HEMALATHA R	<u>Hemalatha R</u>
19	3NA13ME417	SHARAN KUMAR NUCHHI	<u>Sharan</u>





NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2015-2016

20	3NA13ME418	SHEETAL B	<i>Sheetal B.</i>
21	3NA13ME420	SHIVAKUMAR A R	<i>Shivakumar A R</i>
22	3NA13ME422	SHREEDEVI JAMAKHANDI	<i>Shreedevi J.</i>
23	3NA13ME425	SOUJANYA S	<i>Soujanya S</i>



[Signature]
Signature of the Faculty Coordinator
Raja Shalappa Sir



NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2015-2016

STUDENT ATTENDANCE SHEET (CIVIL)

SECOND YEAR			Signature
Sr. No.	USN No.	Name	
1	3NA14CV003	AISHWARYA HADIMANI	Aish
2	3NA14CV004	ARCHANA B N	Archana
3	3NA14CV012	BHEEMARAYA	Bheme
4	3NA14CV014	DEVANSH SHUKLA	Devansh
5	3NA14CV016	DEVARAJ	Devaraj
6	3NA14CV019	J ANKITHA NAYAKA	Ankitha
7	3NA14CV020	K AVINASH	K
8	3NA14CV022	KHAJA KALEEMUDDIN	Khaiga
9	3NA14CV023	KHANEES FATIMA	Fatima
10	3NA14CV025	LAXMI JANAKAR	Laxmi
11	3NA14CV026	M AJAY KUMAR	MA
12	3NA14CV034	MD SHOAIB KALMANI	shk
13	3NA14CV061	SHANAWAZ AHMED KHAN	Af
14	3NA14CV064	SHAZIA BEGUM	SB
15	3NA14CV065	SHIVALINGAYYA SWAMI	Shivali
16	3NA14CV067	SHRIKANT RATHOD	Rathod
17	3NA14CV069	SUNIL RAMSHETTY	Sunil
18	3NA14CV076	VIJAY REDDY	VReddy
THIRD YEAR			
1	3NA12CV010	MD. AMIR SOHAIL SIDDIQUI	Sohail
2	3NA12CV012	MD SOHEB HUSSAIN	Hussain
3	3NA12CV013	NAGAMMA	Nagamma
4	3NA12CV020	SANGAMESH K.	Sangamesh
5	3NA13CV001	ABDUL HAFEEZ	Abdul



NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2015-2016

6	3NA13CV002	ABDUL RAZAQ	Razaq
7	3NA13CV003	ADARSH SANCHETI	Sancheti
8	3NA13CV004	AHMED MOINUDDIN	Ahmed
9	3NA13CV007	AKSHAY PATIL G	Patil
10	3NA13CV008	AMARESH	Amaresh
11	3NA13CV035	SANGAMESH N	Sangamesh
12	3NA13CV036	SANGEETHA	Sangeetha
13	3NA13CV037	SHAILAJA B.T	B.T Shaila
14	3NA13CV040	SHASHIDHAR C HILLI	Shashidhar
15	3NA13CV041	SHRUTHI J	Shruthi
16	3NA13CV042	SNEHA Y	YS

FOURTH YEAR

1	3NA11CV023	RAGHAVENDRA N	Raghavendra
2	3NA11CV025	RICHARD S	Richard
3	3NA11CV029	SUMAIYA	Sumaiya
4	3NA11CV421	PRABIR BALA	Prabir
5	3NA12CV004	JAYASHREE K	Jayashree
6	3NA12CV005	JHARNA PRADHAN	Jharna
7	3NA12CV006	JIGME SELDON	Jigme
8	3NA12CV008	MARUTHI	Maruthi
9	3NA12CV009	MEGHA YADAV	my
10	3NA12CV405	MD. IBRAHIM	Ibrahim
11	3NA12CV410	SANTOSH A	Santosh
12	3NA12CV411	SHAIBAZ AHMED	Shabib
13	3NA12CV414	SUNITHA PATIL	Sunitha
14	3NA13CV400	ARVIND KUMAR D	Arvind
15	3NA13CV410	HARIPRASAD G	Hariprasad
16	3NA13CV411	LINGARAJ	Lingaraj
17	3NA13CV412	MANJUNATH B M	Manjunath



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NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2015-2016

18	3NA13CV413	MD. KHAJA NASEERUDDIN	<i>Kha</i>
19	3NA13CV414	MD. AZEEMUDDIN	<i>Azeemuddin</i>
20	3NA13CV418	MD. RIYAZ AHAMED	<i>Riyaz</i>
21	3NA13CV431	SHIVA SHANKAR	<i>Shiva</i>
22	3NA13CV433	SHRIDHAR REDDY	<i>Reddy</i>



Shweta Patil
Signature of the Faculty Coordinator
Shweta Patil

NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2015-2016

FIRST AID TRAINING PROGRAM



First Aid Training program for CSE, EEE, ECE, Mech and Civil department students held on 29-08-2015 by Dr. S. N. Patil



NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2016-17

TRAINING PROGRAMME

1.	ACADEMIC YEAR	2016-2017
2.	TITLE OF THE PROGRAMME	Yoga
3.	BROAD OBJECTIVE OF THE PROGRAMME	1) To enable the student to have good health. 2) To practice mental hygiene. 3) To possess emotional stability. 4) To integrate moral values. 5) To attain higher level of consciousness.
4.	NAME OF THE DEPARTMENT	CSE, EEE, ECE, Mech, Civil
5.	TARGETED GROUP OF STUDENTS	All students
6.	NUMBER OF DAYS REQUIRED TO ORGANIZE THE PROGRAMME	01 day
7.	PROPOSED DATE OF THE PROGRAMME	20-08-2016
8.	TOTAL NUMBER OF PERIODS REQUIRED FOR THE PROGRAMME	1.5 hrs
9.	LOCATION DETAILS	CSE Hall
10.	NUMBER OF PARTICIPANTS	30
11.	RESOURCE PERSON	Mr. Ravi Kulkarni H
12.	FACULTY COORDINATOR	Mr. Sivakumar Reddy



[Handwritten Signature]
21/8/16

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NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2016-17

NET/NIT/YOGA/PO/CIR/2016-17/ 28

18-08-2016

CIRCULAR

The Yoga training program is arranged on 20-08-2016 for the benefit of I, II, III and IV year students for all departments. All the students are requested to attend the program without fail.

Students are requested to bring a bedspread / Yoga mat to enable them to do the Yoga practice as per the instruction. They need to wear comfortable dress (regular formal dress) so that they will be able to sit on the floor.

Venue : CSE Hall

Timing : 01.30 pm to 03.00 pm




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Copy to,

- 1) Notice Board
- 2) HoD's – CSE, ECE, EEE, Mech, Civil
- 3) Principal Office.



NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR ACADEMIC YEAR 2016-17

Program Objectives

- * Unique course of 'Training of trainers' type.
- * Demonstrations of complex Yoga procedures.
- * Training of conducting Yoga Classes.
- * Opportunity & practice of conducting Yoga sessions.

Exit Point Opportunity

- * This interdisciplinary course helps the students to start their own consultancy and therapy practice after successful internship completion.
- * Helps students to establish themselves as professional consultants in hospitals, food sectors, private clinics etc. or set up a nutrition counseling cell.

Teenage is the time period of students when they are stucked between variety of work load and pressures. They need to perfectly accomplish their task, prepare for variety of exams or test, need to score excellent marks, work better in their workplace and improve their performance and many other tension.

Students from all around the world have gained benefits by doing yoga. It helps the body to relax and soothes the mind. Also it helps to make the body flexible and improves concentration power. Also students can gain various other benefits from yoga that will help them in completing their work perfectly and make them high scorer in the class.

Meditation and yoga brings a positive vibes among the students and if they do it regularly it will help in bringing positive outcomes which is advantageous for the scholars. There are variety of positive outcomes of yoga for learners and various other peoples. Yoga and meditation programs are integral things to face an overwhelming amount of stress in their lives. They teach some of the skills and character that are essential to human ecosystem: flexibility, and strength. In addition to relive stress and anxiety, yoga also improves the overall health and wellbeing.





NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2016-17

TRAINING PROGRAM

Title of the Programme: Yoga training Programme

Name of the Resource Person: Mr. Ravi Kulkarni H

Date: 20-08-2016

Venue: CSE Hall

The list of students who actively participated in Yoga training programme.

Sr. No.	Name of the Student	Department	Signature 20-08-2016
1.	MOHAMMED AAMIR SOHAIL	Civil	
2.	MOHAMMED ALTAF	Civil	
3.	MOHAMMED FARHAN KHAN	Civil	
4.	MD. JUNAID	Civil	
5.	RAMANGOUDA BIRADAR	Civil	
6.	ROHINI WADEKAR	Civil	
7.	ROHIT KUMAR P	Civil	
8.	PRAVEEN K.A.P	Mech	
9.	RAVI NANIKERI	Mech	
10.	SHANKARGOUDA	Mech	
11.	SHARATH KUMAR	Mech	
12.	SHIVARAJ	Mech	
13.	SIDDARTHA.K	Mech	
14.	CHETANA	EEE	
15.	D HEMANTH KUMAR	EEE	
16.	GEETHA	EEE	



NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2016-17

17.	S MALLIKARJUNA	EEE	<i>S. Mallikarjuna</i>
18.	ANAGHA DESAI	EEE	<i>Anagha</i>
19.	HARSHITA P	ECE	<i>Harshita</i>
20.	MEHARUSH BANU	ECE	<i>Meharush</i>
21.	NIMITHA M	ECE	<i>Nimitha</i>
22.	REENU	ECE	<i>Reenu</i>
23.	K VISHNUPRIYA	ECE	<i>K. Vishnupriya</i>
24.	MEGHANA	ECE	<i>Meghana</i>
25.	M.K LAKSHMI MANASA	CSE	<i>Lakshmi</i>
26.	NAGARADONA SAI APARNA	CSE	<i>Nagaradona</i>
27.	NIKHITHA	CSE	<i>Nikhitha</i>
28.	POORNIMA	CSE	<i>Poornima</i>
29.	MOHD SALMAN	CSE	<i>Salman</i>
30.	NAZIYA SULTANA	CSE	<i>Naziya</i>

[Signature]
Signature of the Faculty Coordinator





NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2016-17

TRAINING PROGRAMME

1.	ACADEMIC YEAR	2016-2017
2.	TITLE OF THE PROGRAMME	Yoga
3.	BROAD OBJECTIVE OF THE PROGRAMME	1) To enable the student to have good health. 2) To practice mental hygiene. 3) To possess emotional stability. 4) To integrate moral values. 5) To attain higher level of consciousness.
4.	NAME OF THE DEPARTMENT	CSE, EEE, ECE, Mech, Civil
5.	TARGETED GROUP OF STUDENTS	All students
6.	NUMBER OF DAYS REQUIRED TO ORGANIZE THE PROGRAMME	01 day
7.	PROPOSED DATE OF THE PROGRAMME	25-03-2017
8.	TOTAL NUMBER OF PERIODS REQUIRED FOR THE PROGRAMME	1.5 hrs
9.	LOCATION DETAILS	CSE Hall
10.	NUMBER OF PARTICIPANTS	32
11.	RESOURCE PERSON	Mr. Ravi Kulkarni H
12.	FACULTY COORDINATOR	Mr. Sivakumar Reddy




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NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2016-17

NET/NIT/YOGA/PO/CIR/2016-17/29

23-03-2017

CIRCULAR

The Yoga training program is arranged on 25-03-2017 for the benefit of I, II, III and IV year students for all departments. All the students are requested to attend the program without fail.

Students are requested to bring a bedspread / Yoga mat to enable them to do the Yoga practice as per the instruction. They need to wear comfortable dress (regular formal dress) so that they will be able to sit on the floor.

Venue : CSE Hall

Timing : 01.30 pm to 03.00 pm



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Navodaya Institute of Technology (NIT)
RAICHUR-584 103

Copy to,

- 1) Notice Board
- 2) HoD's – CSE, ECE, EEE, Mech, Civil
- 3) Principal Office.



NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR ACADEMIC YEAR 2016-17

Program Objectives

- * Unique course of 'Training of trainers' type.
- * Demonstrations of complex Yoga procedures.
- * Training of conducting Yoga Classes.
- * Opportunity & practice of conducting Yoga sessions.

Exit Point Opportunity

- * This interdisciplinary course helps the students to start their own consultancy and therapy practice after successful internship completion.
- * Helps students to establish themselves as professional consultants in hospitals, food sectors, private clinics etc. or set up a nutrition counseling cell.

Teenage is the time period of students when they are stucked between variety of work load and pressures. They need to perfectly accomplish their task, prepare for variety of exams or test, need to score excellent marks, work better in their workplace and improve their performance and many other tension.

Students from all around the world have gained benefits by doing yoga. It helps the body to relax and soothes the mind. Also it helps to make the body flexible and improves concentration power. Also students can gain various other benefits from yoga that will help them in completing their work perfectly and make them high scorer in the class.

Meditation and yoga brings a positive vibes among the students and if they do it regularly it will help in bringing positive outcomes which is advantageous for the scholars. There are variety of positive outcomes of yoga for learners and various other peoples. Yoga and meditation programs are helpful things to face an overwhelming amount of stress in their lives. They teach some of the skills and character that are essential to human ecosystem: flexibility, and strength. In addition to reduce stress and anxiety, yoga also improves the overall health and wellbeing.



NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2016-17

TRAINING PROGRAM

Title of the Programme: Yoga training Programme

Name of the Resource Person: Mr. Ravi Kulkarni H

Date: 25-03-2017

Venue: CSE Hall

The list of students who actively participated in Yoga training programme.

Sr. No.	Name of the Student	Department	Signature 25-03-2017
1.	MANJULA	CSE	
2.	MEGHA G	CSE	
3.	REKHA	CSE	
4.	RUBIYA NAAZ	CSE	
5.	SANIYA TABASUM	CSE	
6.	SHAGUFTA YASMEEN	CSE	
7.	MUBASHIRA MOHAMMED I	EEE	
8.	NAZIA BEGUM	EEE	
9.	RAKSHIT	EEE	
10.	SAMPRETH D.	EEE	
11.	SUNIL	EEE	
12.	SUNIL KUMAR	EEE	
13.	ASIMA NIKHAT	EEE	
14.	RUKSANA BEGUM	EEE	
15.	MEHARUSH BANU	ECE	
16.	AMITHA M	ECE	





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NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2016-17

17.	REENU	ECE	<i>Reenu</i>
18.	SHAFIKA	ECE	<i>Shafika</i>
19.	KHURESHI FARID AHMED	Mech	<i>KH</i>
20.	AJIT KUMAR	Mech	<i>Ajit</i>
21.	AJITHKUMAR HOLI	Mech	<i>Ajith</i>
22.	ARUN KUMAR B	Mech	<i>Arun</i>
23.	AYESHA AFSHAN	Mech	<i>Afshan</i>
24.	MANJULA	Mech	<i>Manju</i>
25.	PANDURANGA	Civil	<i>Panduranga</i>
26.	RAMANGOUDA BIRADAR	Civil	<i>Ramangouda</i>
27.	ROHINI WADEKAR	Civil	<i>Rohini</i>
28.	ROHIT KUMAR P	Civil	<i>Rohit</i>
29.	RAVI KIRAN H	Civil	<i>Ravi</i>
30.	VIDHYASAGAR	Civil	<i>Vidhyasagar</i>
31.	PALLAVI	Civil	<i>Pallavi</i>
32.	MANJUNATH S ANGADI	Civil	<i>Manjunath</i>



[Signature]
Signature of the Faculty Coordinator

NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR

ACADEMIC YEAR 2016-2017

INDEX FOR PHYSICAL FITNESS

Sr. No.	Metric Number	Metric Type	Description of Proof	Page Number
1	5.1.3	QnM	Summary Sheet	01
2			Aims & Objectives for Physical Fitness	02
3			Student Attendance Sheet	03
4			Photo	05



NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2016-17

PHYSICAL FITNESS TRAINING PROGRAMME

1.	ACADEMIC YEAR	2016-2017
2.	TITLE OF THE PROGRAMME	Physical Fitness
3.	NAME OF THE DEPARTMENT	CSE, EEE, ECE, Mechanical, Civil
4.	TARGETED GROUP OF STUDENTS	I, II, III and IV Year Students
5.	LOCATION DETAILS	NET Gymnasium
6.	NUMBER OF PARTICIPANTS	22
7.	EVENT ORGANISERS(STUDENTS)	Shivasharana M, Sandhya Rani
8.	FACULTY COORDINATOR	Mr. Chetan Gudi
9.	PROGRAMME PROPOSED BY	CSE Department



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NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR ACADEMIC YEAR 2016-17

AIM AND OBJECTIVES FOR PHYSICAL FITNESS

Physical fitness is a state of well-being and good health. It aims to help you perform your day to day activities with minimal resistance. This can be achieved through a multitude of ways such as proper nutrition, physical exercise, sports, and sufficient rest.

Essentially there are 2 key activities that you can engage in to improve your stamina and build muscle strength.

- 1. Aerobic Activity:** Aerobic activity makes your heart beat faster through activities like brisk walking, dancing, jogging, cycling, swimming or playing any outdoor sports. These activities make you breathe faster which increases your heart and lung fitness thereby building your stamina.
- 2. Muscle Strengthening Activity:** These kind of activities help increase bone strength and muscular fitness. Your workout at the gym, yoga, kickboxing, functional training etc work on all your major muscle groups such as legs, hips, back, chest, abdomen, shoulders and arms. These exercises tear your muscles making them grow back stronger with the help of a good nutritional diet.

So to summarize the main aim of physical fitness is to keep your body up to date. Just like we update our mobile applications from time to time so that everything works properly, similarly, we must condition our bodies to enable us to perform up to our potential.





NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2016-17

TRAINING PROGRAM

Title of the Programme: Physical Fitness Programme

Date : 15-07-2016

Venue: NET Gymnasium

The list of students who actively participated in Physical Fitness programme.

Sr. No.	Name of the Student	Department	Signature
1.	MEGHA G	CSE	
2.	REKHA	CSE	
3.	RUBIYA NAAZ	CSE	
4.	SANIYA TABASUM	CSE	
5.	RAKSHIT	EEE	
6.	SAMPRETH D.	EEE	
7.	SUNIL	EEE	
8.	SUNIL KUMAR	EEE	
9.	ASIMA NIKHAT	EEE	
10.	NIMITHA M	ECE	
11.	REENU	ECE	
12.	SHAFIKA	ECE	
13.	AJIT KUMAR	Mech	
14.	AJITHKUMAR HOLI	Mech	
15.	ARUN KUMAR B	Mech	
16.	AYESHA AFSHAN	Mech	
17.	RONINI WADEKAR	Civil	





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ACADEMIC YEAR 2016-17

18.	ROHIT KUMAR P	Civil	<i>Rohit Kumar P</i>
19.	RAVI KIRAN H	Civil	<i>Ravi Kiran H</i>
20.	VIDHYASAGAR	Civil	<i>Vidhyasagar</i>
21.	PALLAVI	Civil	<i>Pallavi</i>
22.	MANJUNATH S ANGADI	Civil	<i>Manjunath S Angadi</i>



Signature of the Faculty Coordinator

NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2016-17

PHYSICAL FITNESS PROGRAMME



Physical fitness programme held for all department students on 15/07/2016

NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR

ACADEMIC YEAR 2016-2017

INDEX FOR HEALTH & HYGIENE

Sr. No.	Metric Number	Metric Type	Description of Proof	Page Number
1	5.1.3	QnM	Summary Sheet	01
2			Approval Letter	02
3			Circular	03
4			Introduction and Information	04
5			Student Attendance Sheets	06
6			Photo	17



NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2016-2017

TRAINING PROGRAMME

1.	ACADEMIC YEAR	2016-2017
2.	TYPE OF THE PROGRAMME PROPOSED	Health & Hygiene
3.	TITLE OF THE PROGRAMME	Stress Management
4.	BROAD OBJECTIVE OF THE PROGRAMME	Learn the basic physiological responses of the human body to various environmental and emotional stresses. Participants will have the ability to differentiate between normal, healthy stress, environmental stressors and emotional stressors both endogenous and reactive.
5.	NAME OF THE DEPARTMENT	CSE, EEE, ECE, Mech, Civil
6.	TARGETED GROUP OF STUDENTS	All students
7.	NUMBER OF DAYS REQUIRED TO ORGANIZE THE PROGRAMME	01 day
8.	PROPOSED DATE OF THE PROGRAMME	19-11-2016
9.	TOTAL NUMBER OF PERIODS REQUIRED FOR THE PROGRAMME	03 hrs
10.	LOCATION DETAILS	NIT Auditorium
11.	NUMBER OF PARTICIPANTS	218
12.	RESOURCE PERSON	Dr. Sunil Kumar, Department of Psychology Navodaya Medical College
13.	FACULTY COORDINATOR	1. CSE Co-ordinator: Mr. Chetan Gudi 2. EEE Co-ordinator: Mr. Madhubabu E 3. ECE Co-ordinator: Mrs. Gauravi Shetty 4. Mech Co-ordinator: Mr. Vinayak Manur 5. Civil Co-ordinator: Mr. Maheshwar Maregoudru S



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NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2016-2017

To,
The Principal
NIT, Raichur

Date: 15.11.2016

Subject: Approval of Stress Management training program for all year students of CSE, EEE, ECE, Mech, Civil department for academic year 2016-2017

Respected Sir,

This is with respect to the approval of Stress Management program for all year students of CSE, EEE, ECE, Mech, Civil department for academic year 2016-2017. Following are the details:

Title of the Programme: Stress Management training Programme

Name of the Resource Person: Dr. Sunil Kumar, Department of Psychology Navodaya Medical College

Date: 19-11-2016

Venue: NIT Auditorium

I request you to approve for the same. Thanking you in anticipation.

Department Coordinators

1. **CSE Co-ordinator:** Mr. Chetan Gudi
2. **EEE Co-ordinator:** Mr. Madhubabu B
3. **ECE Co-ordinator:** Mrs. Gauravi Shetty
4. **Mech Co-ordinator:** Mr. Vinayak Manur
5. **Civil Co-ordinator:** Mr. Maheshwar Maregoudru S



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NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2016-2017

NET/NIT/H&H/PO/CIR/2016-17/ 42

17-11-2016


CIRCULAR

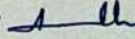
This is to inform that Stress Management training program is arranged on 19-11-2016 for the benefit of all year students for CSE, EEE, ECE, Mech and Civil departments. All the students are requested to attend the program without fail.


Venue : NIT Auditorium

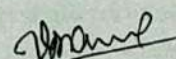
Timing : 10.00am onwards

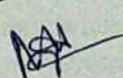
Department Coordinators

1. CSE Co-ordinator: Mr. Chetan Gudi 

2. EEE Co-ordinator: Mr. Madhubabu B 

3. ECE Co-ordinator: Mrs. Gauravi Shetty 

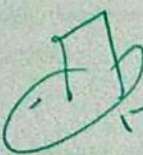
4. Mech Co-ordinator: Mr. Vinayak Manur 

5. Civil Co-ordinator: Mr. Maheshwar Maregoudru S 

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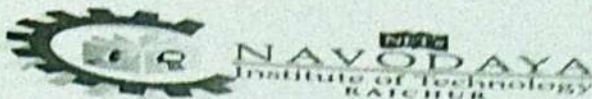
- 1) Notice Board
- 2) HoD's – CSE, ECE, EEE, Mech, Civil
- 3) Principal Office.




17/11/16

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NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR

ACADEMIC YEAR 2016-2017

What Is Stress?

Stress is your body's response to changes in your life. Because life involves constant change (ranging from changing locations from home to work each morning to adapting to major life changes like marriage, divorce, or death of a loved one), there is no avoiding stress. This is why your goal shouldn't be to eliminate all stress but to eliminate unnecessary stress and effectively manage the rest. There are some common causes of stress that many people experience, but each person is different.

Causes of Stress

Stress can come from many sources, which are known as "stressors." Because our experience of what is considered "stressful" is created by our unique perceptions of what we encounter in life (based on our own mix of personality traits, available resources, habitual thought patterns), a situation may be perceived as "stressful" by one person and merely "challenging" by someone else.

Simply put, one person's stress trigger may not register as stressful to someone else. That said, certain situations tend to cause more stress in most people and can increase the risk of burnout. For example, when we find ourselves in situations where there are high demands on us; where we have little control and few choices; where we don't feel equipped; where we may be harshly judged by others; and where consequences for failure are steep or unpredictable, we tend to get stressed.

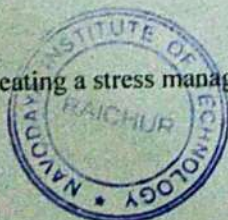
Because of this, many people are stressed by their jobs, their relationships, their financial issues, health problems, and more mundane things like clutter or busy schedules. Learning skills to cope with these stressors can help reduce your experience of stress.¹

Effects of Stress

Just as stress is perceived differently by each of us, stress affects us all in ways that are unique to us. One person may experience headaches, while another may find stomach upset is a common reaction, and a third may experience any of a number of other symptoms. While we all react to stress in our own ways, there is a long list of commonly experienced effects of stress that range from mild to life-threatening. Stress can affect immunity, which can impact virtually all areas of health. Stress can affect mood in many ways as well.

If you find yourself experiencing physical symptoms you think may be related to stress, talk to your doctor to be sure you are doing what you can to safeguard your health. Symptoms that may be exacerbated by stress are not "all in your head" and need to be taken seriously.

Creating a stress management plan is often one part of a plan for overall wellness.





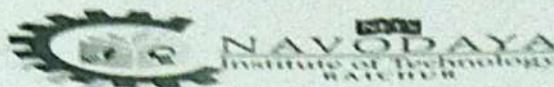
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Effective Stress Management

Stress can be effectively managed in many different ways. The best stress management plans usually include a mix of stress relievers that address stress physically and psychologically and help to develop resilience and coping skills.

- **Use quick stress relievers.** Some stress relief techniques can work in just a few minutes to calm the body's stress response. These techniques offer a "quick fix" that helps you feel calmer at the moment, and this can help in several ways. When your stress response is not triggered, you may approach problems more thoughtfully and proactively. You may be less likely to lash out at others out of frustration, which can keep your relationships healthier. Nipping your stress response in the bud can also keep you from experiencing chronic stress. Quick stress relievers like breathing exercises, for example, may not build your resilience to future stress or minimize the stressors that you face, but they can help calm the body's physiology once the stress response is triggered.
- **Develop stress-relieving habits.** Some techniques are less convenient to use when you are in the middle of a stressful situation. But if you practice them regularly, they can help you manage stress in general by being less reactive to it and more able to reverse your stress response quickly and easily. Long-term healthy habits, like exercise or regular meditation, can help to promote resilience toward stressors if you make them a regular part of your life.³ Communication skills and other lifestyle skills can be helpful in managing stressors and changing how we feel from "overwhelmed" to "challenged" or even "stimulated."
- **Eliminate stressors when you can.** You may not be able to completely eliminate stress from your life or even the biggest stressors, but there are areas where you can minimize it and get it to a manageable level. Any stress that you *can* cut out can minimize your overall stress load. For example, ending even one toxic relationship can help you more effectively deal with other stress you experience because you may feel less overwhelmed.





NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2016-2017

TRAINING PROGRAM

Title of the Programme: Stress Management training Programme

Name of the Resource Person: Dr. Sunil Kumar

Date: 19-11-2016

Venue: NIT Auditorium

The list of students who actively participated in Stress Management training programme.

STUDENT ATTENDANCE SHEET (CSE)

SECOND YEAR			Signature
Sr. No.	USN No.	Name	
1	3NA15CS003	B K VISHNU	
2	3NA15CS004	B. LAVANYA	
3	3NA15CS005	CHAITRA PUJAR	
4	3NA15CS006	DEEPTHI C	
5	3NA15CS008	M.K LAKSHMI MANASA	
6	3NA15CS010	NAGARADONA SAI APARNA	
7	3NA15CS011	NIKHITHA	
8	3NA15CS012	POORNIMA	
9	3NA15CS014	SANJANA C PATIL	
10	3NA15CS015	SANTRUPTHI HIREMATH	
11	3NA15CS024	VATHSALA T	
12	3NA15CS025	VIDYA	
13	3NA15CS027	Y MUKUNDA PRIYA	
THIRD YEAR			Signature
Sr. No.	USN No.	Name	
1	3NA15CS020	SHARANAMMA MADAGIRI	
2	3NA15CS022	BHAGYASHREE T	
3	3NA15CS023	K N SHARANA BASAVA	





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NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2016-2017

4	3NA14CS006	MOHD SALMAN	Salman
5	3NA14CS007	NAZIYA SULTANA	Nazim
6	3NA14CS013	VANDANA TOTAGANTI	Vandana
7	3NA14CS016	APOORVA N	Apoorva
8	3NA13CS024	JAITHEERTH	Jaitheerth
9	3NA15CS400	PAVAN KUMAR	Pavan
10	3NA15CS401	POOJA GOGI	Pooja
11	3NA13CS003	AMARESH DESAI	Amresh
12	3NA13CS004	BALARAJ	Balaraj
FOURTH YEAR			
1	3NA13CS005	BASSAMMA	Bassamma
2	3NA13CS008	FARHA NAAZ N	Farha
3	3NA13CS009	FARHEEN SULTANA	Farheen
4	3NA13CS011	MANJULA	Manjula
5	3NA13CS012	MEGHA G	Megha
6	3NA13CS015	REKHA	Rekha
7	3NA13CS016	RUBIYA NAAZ	Rubiya
8	3NA13CS017	SANIYA TABASUM	Saniya
9	3NA13CS018	SHAGUFTA YASMEEN	Shagufta
10	3NA13CS019	SHRUTHI H	Shruthi
11	3NA13CS020	SUMALATA	Sumalata
12	3NA13CS021	SUSHMITHA B	Sushmitha
13	3NA11CS020	SOUMYA B	Soumya
14	3NA12CS008	G RAGHAVENDRA	G Raghavendra
15	3NA12CS015	OMMULQAIR FATHIMA	Ommulqair



Signature of the Faculty Coordinator



NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2016-2017

STUDENT ATTENDANCE SHEET (EEE)

SECOND YEAR			Signature
Sr. No.	USN No.	Name	
1	3NA15EE017	SHAIK ASIF	Asif
2	3NA15EE018	SHAZIYA SHADAB	Shaziya
3	3NA15EE019	SHOAIB AKTHAR	Akthar
4	3NA15EE021	SRINIVAS G	Srinivas
5	3NA16EE400	ASHWINI	Ashwini
6	3NA16EE401	CHETANA	Chetana
7	3NA16EE402	D HEMANTH KUMAR	Hemant
8	3NA16EE403	GEETHA	Geetha
9	3NA16EE415	S MALLIKARJUNA	Mallikarjuna
10	3NA16EE416	SALMA BANU	Banu
11	3NA16EE417	SANTOSH	Santosh
13	3NA16EE418	SANTOSH HIREMATH	Hiremath
14	3NA16EE419	SHRIKRISHNA	Krishna
15	3NA16EE420	SHRINIVAS B	Srinivas
THIRD YEAR			
1	3NA13EE005	NAVEEN KUMAR	Naveen
2	3NA13EE007	NITIN	Nitin
3	3NA13EE008	KARTHIK RAJ	Karthik
4	3NA14EE001	ANAGHA DESAI	Anagha
5	3NA14EE002	ASIMA NIKHAT	Asima
6	3NA14EE004	BIRU NAVALLI WAGHMODE	Navalli
7	3NA14EE005	HANAMANT DHOOLSHETTI	Hanamant
8	3NA14EE006	M SHAKEER AHMED	Shakeer
9	3NA14EE009	RUKSANA BEGUM	Begum
10	3NA14EE010	SANIYA AYESHA L	Saniya
11	3NA14EE011	SEEMA	Seema

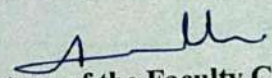




NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2016-2017

12	3NA14EE012	SHANTHI	Shanthi
FOURTH YEAR			
1	3NA13EE001	B.N.POOJA	Pooja B
2	3NA13EE004	MUBASHIRA MOHAMMEDI	Mubashira
3	3NA13EE006	NAZIA BEGUM	Nazia
4	3NA13EE009	RAKSHIT	Rakshit
5	3NA13EE010	SAMPRETH D.	Sampreth
6	3NA13EE012	SUNIL	Sunil
7	3NA13EE013	SUNIL KUMAR	Sunil
8	3NA14EE406	JYOTHI	Jyothi
9	3NA14EE408	MD GHOUSE	MD
10	3NA14EE409	PUTTA RAJ V. R.	Putta Raj
11	3NA14EE410	RAJU T.	Raju T
12	3NA14EE420	URMILA N	Urmila




Signature of the Faculty Coordinator

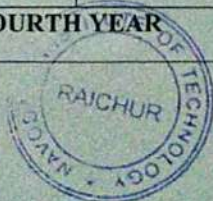
Madhukar



NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2016-2017

STUDENT ATTENDANCE SHEET (ECE)

SECOND YEAR			Signature
Sr. No.	USN No.	Name	
1	3NA15EC007	BHUVANESWARI CHANGAPPA	Bhuc.
2	3NA15EC009	C VINOD BABU	CVB
3	3NA15EC012	FARHARA FARHEEN	Farahara
4	3NA15EC013	HARSHITA P	Harshita
5	3NA15EC014	MEHARUSH BANU	MB
6	3NA15EC016	NIMITHA M	Nimitha
7	3NA15EC018	REENU	Reenu
8	3NA15EC019	SHAFIKA	Shafika
9	3NA15EC020	SHWETHA	Shwetha
10	3NA14EC014	SUSHMA	Sushma
11	3NA16EC403	SHRUTHI	Shruthi
THIRD YEAR			Signature
Sr. No.	USN No.	Name	
1	3NA14EC003	ANUSHA HIREMATH	Anusha
2	3NA14EC004	BHAVANA B	Bhavana
3	3NA14EC005	CHAITRA M	Chaitra
4	3NA14EC007	HUMERA TAHSEEN	H. Tahseen
5	3NA14EC008	K VISHNUPRIYA	K. Vishnupriya
6	3NA14EC009	MEGHANA	Meghana
7	3NA14EC010	NIKITA	Nikita
8	3NA14EC012	SAHANA VAIDYA	Sahana
9	3NA14EC016	T N FARHEEN	T N Farheen
10	3NA14EC018	VANISHREE R K	Vanishree
11	3NA14EC406	UDAY KUMAR	UKB
FOURTH YEAR			Signature
Sr. No.	USN No.	Name	



NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2016-2017

1	3NA13EC007	CHANDRIKA	<i>Chandrika</i>
2	3NA13EC008	DIVYALAXMI M	<i>Divyalaxmi</i>
3	3NA13EC009	G AMANI REDDY	<i>Gamani</i>
4	3NA13EC010	HUMERA TAMKEEN	<i>Humera</i>
5	3NA13EC013	MEGHA PATIL	<i>Megha</i>
6	3NA13EC015	NAFEESUNNISA NAHIDA ANSARI	<i>Nafeesunnisa</i>
7	3NA13EC016	NIDHI K S PATIL	<i>Nidhi</i>
8	3NA13EC017	NISHAT NAZNEEN	<i>Nishat</i>
9	3NA13EC018	PALLAVI KULKARNI	<i>Pallavi</i>
10	3NA13EC020	PRIYANKA BOOB	<i>Priyanka</i>
11	3NA13EC021	QUDSIYA SHAHEEN	<i>Qudsiya</i>
12	3NA13EC022	RUKHIYA BEGUM	<i>Rukhiya</i>
13	3NA13EC028	SWETHA PATIL	<i>Swetha</i>
14	3NA13EC029	V YAMINI	<i>Vyamin</i>
15	3NA14EC400	ABHISHEK HIREMATH	<i>Abhishek</i>
16	3NA14EC404	KIRANKUMAR V HIREMATH	<i>Kirankumar</i>



Signature of the Faculty Coordinator

Ganesh Chetty



NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2016-2017

STUDENT ATTENDANCE SHEET (MECH)

SECOND YEAR			Signature
Sr. No.	USN No.	Name	
1	3NA15ME037	SOURABH SURESH DESHPANDE	
2	3NA15ME039	SUBHAN AHMED	
3	3NA15ME040	SYED SAMEER	
4	3NA15ME042	TUSHAR	
5	3NA15ME043	VENKATESH PRASAD K	
6	3NA14ME004	ANANDA YADAV	
7	3NA14ME009	FAROOQ AHMED	
8	3NA14ME013	KIRAN KUMAR	
9	3NA14ME022	MOHAMMED SHOAIB	
10	3NA16ME410	MAHANTHESH YADAV	
11	3NA16ME411	MANOHAR REDDY G	
THIRD YEAR			
1	3NA14ME033	SHAHEEN BEGUM	
2	3NA14ME034	SHIVAJI	
3	3NA14ME035	SHIVKUMAR	
4	3NA14ME036	SIDDLINGA	
5	3NA14ME039	SUMIT TIWARI	
6	3NA14ME046	VIJAYA NARASIMHA P	
7	3NA14ME049	KHURESHI FARID AHMED	
8	3NA15ME400	AJIT KUMAR	
9	3NA15ME401	AJITHKUMAR HOLI	
10	3NA15ME404	ARUN KUMAR B	
11	3NA15ME405	AYESHA AFSHAN	
12	3NA15ME409	MANJULA	





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NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2016-2017

13	3NA15ME421	MD SOHAIL	<i>Sohail</i>
FOURTH YEAR			
1	3NA13ME005	ANWAR ALI	<i>Anwar</i>
2	3NA13ME006	BALAJI PATIL	<i>Balaji</i>
3	3NA13ME018	MM RAVICHAND	<i>Ravi</i>
4	3NA13ME019	MD ARAFATH	<i>Arafath</i>
5	3NA13ME022	NAGANAGOUDA	<i>Nagappa</i>
6	3NA13ME028	PRAVEEN K.A.P	<i>Praveen</i>
7	3NA13ME029	RAVI NANIKERI	<i>Ravi</i>
8	3NA13ME034	SHANKARGOUDA	<i>Shankar</i>
9	3NA13ME035	SHARATH KUMAR	<i>Sharath</i>
10	3NA13ME037	SHIVARAJ	<i>Shivaraj</i>
11	3NA13ME039	SIDDARTHA.K	<i>Siddarth</i>
12	3NA13ME040	SOMANATH H	<i>Soma</i>
13	3NA13ME043	SYEDFAISAL AD	<i>Syedfaizal</i>
14	3NA13ME044	TAMIMFURKHAN	<i>Tamim</i>
15	3NA13ME045	URUKUNDA	<i>Urukunda</i>
16	3NA13ME046	VASANTHA	<i>Vasanth</i>
17	3NA14ME401	ANIL KUMAR	<i>Anil</i>
18	3NA14ME402	BHIMANGOUD P	<i>Bhim</i>
19	3NA14ME408	MADHUCHANDRA	<i>Madhu</i>
20	3NA14ME409	MD UMAR	<i>Umar</i>
21	3NA14ME410	MANJUNATH	<i>Manjunath</i>



Vinayak
Signature of the Faculty Coordinator

Vinayak Manjunath

NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2016-2017

STUDENT ATTENDANCE SHEET (CIVIL)

SECOND YEAR			Signature
Sr. No.	USN No.	Name	
1	3NA16CV423	MD SAMEER SOHAIL	<i>Sameer</i>
2	3NA16CV424	MD ZIYAUDDINULLA BIYABANI	<i>Ziyauddin</i>
3	3NA16CV425	MEENAKSHI	<i>Meenakshi</i>
4	3NA16CV426	MEGHARAJ	<i>Megharaj</i>
5	3NA16CV427	MOHAMMAD YASEEN	<i>Mohammed</i>
6	3NA16CV428	MOHAMMED AAMIR SOHAIL	<i>AS</i>
7	3NA16CV429	MOHAMMED ALTAF	<i>Altaf</i>
8	3NA16CV430	MOHAMMED FARHAN KHAN	<i>Farhan</i>
9	3NA16CV431	MD. JUNAID	<i>Junaid</i>
10	3NA16CV432	MOHAMMED MOHEB	<i>Mohab</i>
11	3NA16CV433	MOHAMMED MOHSIN	<i>Mohsin</i>
12	3NA16CV434	MOHAMMED MOHSIN	<i>Mohsin</i>
13	3NA16CV435	MOHAMMED MOULALI	<i>Moulali</i>
14	3NA16CV446	RAMESHA.G	<i>Ramesha</i>
15	3NA16CV447	RASHMI K V	<i>Rashmi</i>
16	3NA16CV448	RESHMA V	<i>Reshma</i>
17	3NA16CV449	SABA NAZ	<i>Saba</i>
18	3NA16CV450	SAJJAD HUSSAIN	<i>Sajjad</i>
THIRD YEAR			
1	3NA13CV025	NINGANA GOUDA PATIL	<i>Ningana</i>
2	3NA13CV027	PANDURANGA	<i>Panduranga</i>
3	3NA13CV031	RAMANGOUDA BIRADAR	<i>RB</i>
4	3NA13CV033	ROHINI WADEKAR	<i>Rohini</i>
5	3NA13CV034	ROHIT KUMAR P	<i>Rohit</i>



NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2016-2017

6	3NA13CV039	SHASHIDHAR	<i>Shashidhar</i>
7	3NA13CV043	SRINIVASULU K	<i>Srinivas</i>
8	3NA13CV044	SUNIL GULAPPA S	<i>Sunil</i>
9	3NA13CV049	VEERANAGOUDA	<i>Veeranna</i>
10	3NA13CV050	VEERESH KUMAR	<i>Veresha</i>
11	3NA14CV001	A DINESH	<i>AD</i>
12	3NA14CV003	AISHWARYA HADIMANI	<i>Hadimani</i>
13	3NA14CV012	BHEEMARAYA	<i>Bheemanna</i>
14	3NA14CV014	DEVANSH SHUKLA	<i>Devansh</i>
15	3NA14CV016	DEVARAJ	<i>Devaraj</i>
16	3NA13CV025	NINGANA GOUDA PATIL	<i>Ningana</i>

FOURTH YEAR

1	3NA13CV011	BASAVARAJ	<i>Basavaraj</i>
2	3NA12CV001	ADISHEKAR M	<i>Adi</i>
3	3NA13CV032	RAVI KIRAN H	<i>Ravikiran</i>
4	3NA13CV052	VIDHYASAGAR	<i>Vidhyasa</i>
5	3NA12CV015	PALLAVI	<i>Pallavi</i>
6	3NA13CV019	MANJUNATH S ANGADI	<i>Angadi</i>
7	3NA13CV021	MD. ABDUL A YAZ	<i>Abdul</i>
8	3NA13CV025	NINGANA GOUDA PATIL	<i>Patil</i>
9	3NA13CV027	PANDURANGA	<i>Panduranga</i>
10	3NA13CV031	RAMANGOUDA BIRADAR	<i>Ram</i>
11	3NA13CV033	ROHINI WADEKAR	<i>Wadekar</i>
12	3NA14CV022	KHAJA KALEEMUDDIN	<i>Khajakale</i>
13	3NA14CV023	KHANEES FATIMA	<i>Fatima</i>
14	3NA14CV025	LAXMI JANAKAR	<i>Laxmi</i>
15	3NA14CV026	M AJAY KUMAR	<i>Ajay</i>
16	3NA14CV034	MD SHOAIB KALMANI	<i>Kalmani</i>
17	3NA14CV048	PARUSHURAM	<i>Parashuram</i>





NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2016-2017

18	3NA14CV049	PINTU RATHOD	<i>Rathod</i>
19	3NA15CV401	AISHWARYA	<i>Aishwarya</i>
20	3NA15CV402	AKSHAY MEHTA	<i>Akshay</i>
21	3NA15CV403	ANILKUMARA A O	<i>AO</i>
22	3NA15CV405	BASAVARAJ	<i>Basav</i>

Maheshwar
Signature of the Faculty Coordinator
Maheshwar Sir





NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2016-2017

STRESS MANAGEMENT TRAINING PROGRAM



Stress Management Training program for CSE, EEE, ECE, Mech and Civil department students
held on 19-11-2016 by Dr. Sunil Kumar

**NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2017-18**

TRAINING PROGRAMME

1.	ACADEMIC YEAR	2017-2018
2.	TITLE OF THE PROGRAMME	Yoga
3.	BROAD OBJECTIVE OF THE PROGRAMME	1) To enable the student to have good health. 2) To practice mental hygiene. 3) To possess emotional stability. 4) To integrate moral values. 5) To attain higher level of consciousness.
4.	NAME OF THE DEPARTMENT	CSE, EEE, ECE, Mech, Civil
5.	TARGETED GROUP OF STUDENTS	All students
6.	NUMBER OF DAYS REQUIRED TO ORGANIZE THE PROGRAMME	02 days
7.	PROPOSED DATE OF THE PROGRAMME	19-08-2017 and 26-08-2017
8.	TOTAL NUMBER OF PERIODS REQUIRED FOR THE PROGRAMME	1.5 hrs
9.	LOCATION DETAILS	CSE Hall
10.	NUMBER OF PARTICIPANTS	38
11.	RESOURCE PERSON	Mr. Pradeep KGM
12.	FACULTY COORDINATOR	Mr. Chetan Gudi



Handwritten signature and date 27/8/18

PRINCIPAL
Navodaya Institute of Technology (NIT)
RAICHUR-584 103



NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2017-18

TRAINING PROGRAMME

1.	ACADEMIC YEAR	2017-2018
2.	TITLE OF THE PROGRAMME	Yoga
3.	BROAD OBJECTIVE OF THE PROGRAMME	1) To enable the student to have good health. 2) To practice mental hygiene. 3) To possess emotional stability. 4) To integrate moral values. 5) To attain higher level of consciousness.
4.	NAME OF THE DEPARTMENT	CSE, EEE, ECE, Mech, Civil
5.	TARGETED GROUP OF STUDENTS	All students
6.	NUMBER OF DAYS REQUIRED TO ORGANIZE THE PROGRAMME	02 days
7.	PROPOSED DATE OF THE PROGRAMME	19-08-2017 and 26-08-2017
8.	TOTAL NUMBER OF PERIODS REQUIRED FOR THE PROGRAMME	1.5 hrs
9.	LOCATION DETAILS	CSE Hall
10.	NUMBER OF PARTICIPANTS	38
11.	RESOURCE PERSON	Mr. Pradeep KGM
12.	FACULTY COORDINATOR	Mr. Chetan Gudi



Pradeep KGM
29/8/18

PRINCIPAL
Navodaya Institute of Technology (MIT)
RAICHUR-584 103



NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2017-18

NET/NIT/YOGA/PO/CIR/2017-18/30

17-08-2017

CIRCULAR

The Yoga training program is arranged on 19-08-2017 and 26-08-2017 for the benefit of I, II, III and IV year students for all departments. All the students are requested to attend the program without fail.

Students are requested to bring a bedspread / Yoga mat to enable them to do the Yoga practice as per the instruction. They need to wear comfortable dress (regular formal dress) so that they will be able to sit on the floor.

Venue : CSE Hall

Timing : 01.30 pm to 03.00 pm



Principal
Principal
PRINCIPAL

Navodaya Institute of Technology (NIT)
RAICHUR-584 103

Copy to,

- 1) Notice Board
- 2) HoD's – CSE, ECE, EEE, Mech, Civil
- 3) Principal Office.

NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2017-18

Program Objectives

- * Unique course of 'Training of trainers' type.
- * Demonstrations of complex Yoga procedures.
- * Training of conducting Yoga Classes.
- * Opportunity & practice of conducting Yoga sessions.

Exit Point Opportunity

- * This interdisciplinary course helps the students to start their own consultancy and therapy practice after successful internship completion.
- * Helps students to establish themselves as professional consultants in hospitals, food sectors, private clinics etc. or set up a nutrition counseling cell.

Teenage is the time period of students when they are stucked between variety of work load and pressures. They need to perfectly accomplish their task, prepare for variety of exams or test, need to score excellent marks, work better in their workplace and improve their performance and many other tension.

Students from all around the world have gained benefits by doing yoga. It helps the body to relax and soothes the mind. Also it helps to make the body flexible and improves concentration power. Also students can gain various other benefits from yoga that will help them in completing their work perfectly and make them high scorer in the class.

Meditation and yoga brings a positive vibes among the students and if they do it regularly it will help in bringing positive outcomes which is advantageous for the scholars. There are variety of positive outcomes of yoga for learners and various other peoples. Yoga and meditation programs are integral things to face an overwhelming amount of stress in their lives. They teach some of the skills and character that are essential to human system: flexibility, and strength. In addition to relive stress and anxiety, yoga also improves the overall health and wellbeing.



NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2017-18

TRAINING PROGRAM

Title of the Programme: Yoga training Programme

Name of the Resource Person: Mr. Praddep KGM

Date: 19-08-2017 and 26-08-2017

Venue: CSE Hall

The list of students who actively participated in Yoga training programme.

Sr. No.	Name of the Student	Department	Signature 19-08-2017	Signature 26-08-2017
1.	NANDINI B	EEE	Nandini	Nandini
2.	NAVEENA K	EEE	Naveena	Naveena
3.	RAGHAVENI G	EEE	Raghu	Raghu
4.	RAJESHA T R	EEE	Rajesh	Rajesh
5.	KHAJA MOINUDEEN	EEE	Khaja	Khaja
6.	AKSHITHA BHANDARI	EEE	Bhandari	Bhandari
7.	BALAPPA	EEE	Balappa	Balappa
8.	JAVED HUSSAIN	EEE	Javed	Javed
9.	SAMEER	EEE	Sameer	Sameer
10.	SRI LAKSHMI K	CSE	Sri Lakshmi	Sri Lakshmi
11.	SURESH K	CSE	Suresh	Suresh
12.	SUSHMITHA PATIL	CSE	Sushmitha	Sushmitha
13.	SYEDA SANAYYA FATIMA	CSE	Fatima	Fatima
14.	PRIYANKA	CSE	Priyanka	Priyanka
15.	POOJA V CHALAGERI	CSE	Pooja	Pooja
16.	MEGHA PATIL	CSE	Megha	Megha



**NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2017-18**

17.	JAVERIA IRAM	ECE	<i>Iram</i>	<i>Iram</i>
18.	MAHALAXMI M	ECE	<i>Mahalakshmi</i>	<i>Mahalakshmi</i>
19.	SANIYA NAYYER	ECE	<i>Saniya</i>	<i>Saniya</i>
20.	SHIVAMURTHY K	ECE	<i>Shivamurthy</i>	<i>Shivamurthy</i>
21.	SUJATA S N	ECE	<i>Sujata</i>	<i>Sujata</i>
22.	FARHANA FARHEEN	ECE	<i>Farheen</i>	<i>Farheen</i>
23.	MEHRUSG BANU	ECE	<i>Mehrusg</i>	<i>Mehrusg</i>
24.	KARUN M D	Mech	<i>Karun</i>	<i>Karun</i>
25.	KHAJA KAREEUDDIN	Mech	<i>Khaja</i>	<i>Khaja</i>
26.	KRISHNA	Mech	<i>Krishna</i>	<i>Krishna</i>
27.	LAVANYA T R	Mech	<i>Lavanya</i>	<i>Lavanya</i>
28.	SUDEEP S	Mech	<i>Sudeep</i>	<i>Sudeep</i>
29.	SHIVAJI	Mech	<i>Shivaji</i>	<i>Shivaji</i>
30.	SHIVKUMAR	Mech	<i>Shiv</i>	<i>Shiv</i>
31.	SIDDLINGA	Mech	<i>Siddlinga</i>	<i>Siddlinga</i>
32.	GOURISHANKAR	Mech	<i>Gouri</i>	<i>Gouri</i>
33.	JACKSON BADIGER	Mech	<i>Jackson</i>	<i>Jackson</i>
34.	ARUN	Civil	<i>Arun</i>	<i>Arun</i>
35.	BHARATH KUMAR	Civil	<i>B Kumar</i>	<i>B. Kumar</i>
36.	BHARATH R B	Civil	<i>Bharath</i>	<i>Bharath</i>
37.	BHAVYASHREE	Civil	<i>Bhavyashree</i>	<i>Bhavyashree</i>
38.	C VITTAL MURTHY	Civil	<i>C.V.M.</i>	<i>C.V.M.</i>



[Signature]
Signature of the Faculty Coordinator



NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2017-18

TRAINING PROGRAMME

1.	ACADEMIC YEAR	2017-2018
2.	TITLE OF THE PROGRAMME	Yoga
3.	BROAD OBJECTIVE OF THE PROGRAMME	1) To enable the student to have good health. 2) To practice mental hygiene. 3) To possess emotional stability. 4) To integrate moral values. 5) To attain higher level of consciousness.
4.	NAME OF THE DEPARTMENT	CSE, EEE, ECE, Mech, Civil
5.	TARGETED GROUP OF STUDENTS	All students
6.	NUMBER OF DAYS REQUIRED TO ORGANIZE THE PROGRAMME	02 days
7.	PROPOSED DATE OF THE PROGRAMME	03-03-2018 and 10-03-2018
8.	TOTAL NUMBER OF PERIODS REQUIRED FOR THE PROGRAMME	1.5 hrs
9.	LOCATION DETAILS	CSE Hall
10.	NUMBER OF PARTICIPANTS	38
11.	RESOURCE PERSON	Mr. Pradeep KGM
12.	FACULTY COORDINATOR	Mr. Chetan Gudi



Pradeep KGM
11/3/18

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RAICHUR-584 103

NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2017-18

NET/NIT/YOGA/PO/CIR/2017-18/31

01-03-2018

CIRCULAR

The Yoga training program is arranged on 03-03-2018 and 10-03-2018 for the benefit of I, II, III and IV year students for all departments. All the students are requested to attend the program without fail.

Students are requested to bring a bedspread / Yoga mat to enable them to do the Yoga practice as per the instruction. They need to wear comfortable dress (regular formal dress) so that they will be able to sit on the floor.

Venue : CSE Hall

Timing : 01.30 pm to 03.00 pm



Principals
Principal 11/3/18
PRINCIPAL

Navodaya Institute of Technology (NIT)
RAICHUR-584 103

Copy to,

- 1) Notice Board
- 2) HoD's – CSE, ECE, EEE, Mech, Civil
- 3) Principal Office.

NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2017-18

Program Objectives

- * Unique course of 'Training of trainers' type.
- * Demonstrations of complex Yoga procedures.
- * Training of conducting Yoga Classes.
- * Opportunity & practice of conducting Yoga sessions.

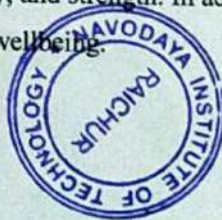
Exit Point Opportunity

- * This interdisciplinary course helps the students to start their own consultancy and therapy practice after successful internship completion.
- * Helps students to establish themselves as professional consultants in hospitals, food sectors, private clinics etc. or set up a nutrition counseling cell.

Teenage is the time period of students when they are stucked between variety of work load and pressures. They need to perfectly accomplish their task, prepare for variety of exams or test, need to score excellent marks, work better in their workplace and improve their performance and many other tension.

Students from all around the world have gained benefits by doing yoga. It helps the body to relax and soothes the mind. Also it helps to make the body flexible and improves concentration power. Also students can gain various other benefits from yoga that will help them in completing their work perfectly and make them high scorer in the class.

Meditation and yoga brings a positive vibes among the students and if they do it regularly it will help in bringing positive outcomes which is advantageous for the scholars. There are variety of positive outcomes of yoga for learners and various other peoples. Yoga and meditation programs are integral things to face an overwhelming amount of stress in their lives. They teach some of the skills and character that are essential to human ecosystem: flexibility, and strength. In addition to relive stress and anxiety, yoga also improves the overall health and well being.



**NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2017-18**

TRAINING PROGRAM

Title of the Programme: Yoga training Programme

Name of the Resource Person: Mr. Pradeep KGM

Date: 03-03-2018 and 10-03-2018

Venue: CSE Hall

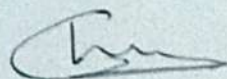
The list of students who actively participated in Yoga training programme.

Sr. No.	Name of the Student	Department	Signature 03-03-2018	Signature 10-03-2018
1.	SANTRUPTHI HIEMATH	CSE	<i>Santrupthi</i>	<i>Santrupthi</i>
2.	SHAGUFTA ANJUM	CSE	<i>Shajum</i>	<i>Shajum</i>
3.	SHIVASHARANA M	CSE	<i>Shivshar</i>	<i>Shivshar</i>
4.	POOJA V CHALAGERI	CSE	<i>P.V.C</i>	<i>P.V.C</i>
5.	APOORVA N	CSE	<i>Apoorva</i>	<i>Apoorva</i>
6.	JAITHERTH B KULKARNI	CSE	<i>Jai</i>	<i>Jai</i>
7.	POOJA GOGI	CSE	<i>Pooja Gogi</i>	<i>Pooja Gogi</i>
8.	PAVANKUMAR	CSE	<i>Pavan</i>	<i>Pavan</i>
9.	ABHISHEK PANASSETTI	Mech	<i>Abhishek</i>	<i>Abhishek</i>
10.	ABISHEK S H	Mech	<i>Abhishek</i>	<i>Abhishek</i>
11.	AKASH KULKARNI	Mech	<i>Akash K</i>	<i>Akash K</i>
12.	ASHWINI	Mech	<i>Ash</i>	<i>Ash</i>
13.	CHANDRASHEKAR	Mech	<i>Ashwini</i>	<i>Ashwini</i>
14.	G.GIRISH YADAV	Mech	<i>G.Yadav</i>	<i>G.Yadav</i>
15.	GANGADHAR J V	Mech	<i>Gangadhar</i>	<i>Gangadhar</i>
16.	GAYATHRI	Mech	<i>Gayatri</i>	<i>Gayatri</i>
17.	MEGHA	EEE	<i>Megha</i>	<i>Megha</i>
18.	MEGA PATIL	EEE	<i>Megha</i>	<i>Megha</i>
19.	MISBA KHANUM	EEE	<i>M.Khanum</i>	<i>M.Khanum</i>
20.	MUNAZZA NOOR ZIYA	EEE	<i>Munazza</i>	<i>Munazza</i>



**NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2017-18**

21.	NAZMA UNNISA	EEE	Nazma	Nazma
22.	SHAIK ASIF	EEE	Shai	Shai
23.	SHAZIYA SHADAB	EEE	Shadi	Shadi
24.	SRINIVAS G	EEE	Srinivas	Srinivas
25.	MOHAMMED SHABBIR AHMED	EEE	Shabbir	Shabbir
26.	ASHWINI CHINNAKAR	ECE	Ashwin	Ashwin
27.	BHUVANESHWARIAN	ECE	Bhu	Bhu
28.	BHUVANESHWARI C M	ECE	BCM	BCM
29.	C VINOD BABU	ECE	Vinod	Vinod
30.	MEGHANA	ECE	Meghana	Meghana
31.	NIKITA	ECE	Nikita	Nikita
32.	VIRUPAKSHA	Civil	Virupaksha	Virupaksha
33.	A SHIVANI	Civil	Shivani	Shivani
34.	AKSHATHA R	Civil	Akshata	Akshata
35.	AMREEN FATIMA	Civil	Amreen	Amreen
36.	ANANTHALAKSHMI	Civil	Lakshmi	Lakshmi
37.	ANURADHA A	Civil	Anuradha	Anuradha
38.	SHIVASHARANAPPA	Civil	Shivappa	Shivappa
39.	MANJUNATH ANGADI	Civil	Manjunath	Manjunath
40.	MD. ABDUL AYAZ	Civil	Ayaz	Ayaz
41.	NINGANA GOUDA PATIL	Civil	Patil	Patil
42.	PANDURANGA	Civil	Panduranga	Panduranga



Signature of the Faculty Coordinator



NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR

ACADEMIC YEAR 2017-2018

INDEX FOR PHYSICAL FITNESS

Sr. No.	Metric Number	Metric Type	Description of Proof	Page Number
1	5.1.3	QnM	Summary Sheet	01
2			Aims & Objectives for Physical Fitness	02
3			Student Attendance Sheet	03
4			Photo	05



NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2017-18

PHYSICAL FITNESS TRAINING PROGRAMME

1.	ACADEMIC YEAR	2017-2018
2.	TITLE OF THE PROGRAMME	Physical Fitness
3.	NAME OF THE DEPARTMENT	CSE, EEE, ECE, Mechanical, Civil
4.	TARGETED GROUP OF STUDENTS	I, II, III and IV Year Students
5.	LOCATION DETAILS	NET Gymnasium
6.	NUMBER OF PARTICIPANTS	25
7.	EVENT ORGANISERS(STUDENTS)	Jaitheerth B Kulkarni, Manasa Kotwal
8.	FACULTY COORDINATOR	Mrs. Jayashree
9.	PROGRAMME PROPOSED BY	CSE Department



[Signature]
Principal
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NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2017-18

AIM AND OBJECTIVES FOR PHYSICAL FITNESS

Physical fitness is a state of well-being and good health. It aims to help you perform your day to day activities with minimal resistance. This can be achieved through a multitude of ways such as proper nutrition, physical exercise, sports, and sufficient rest.

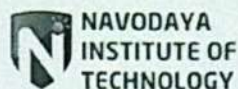
Essentially there are 2 key activities that you can engage in to improve your stamina and build muscle strength.

1. Aerobic Activity: Aerobic activity makes your heart beat faster through activities like brisk walking, dancing, jogging, cycling, swimming or playing any outdoor sports. These activities make you breathe faster which increases your heart and lung fitness thereby building your stamina.

2. Muscle Strengthening Activity: These kind of activities help increase bone strength and muscular fitness. Your workout at the gym, yoga, kickboxing, functional training etc work on all your major muscle groups such as legs, hips, back, chest, abdomen, shoulders and arms. These exercises tear your muscles making them grow back stronger with the help of a good nutritional diet.

So to summarize the main aim of physical fitness is to keep your body up to date. Just like we update our mobile applications from time to time so that everything works properly, similarly, we must condition our bodies to enable us to perform up to our potential.





NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2017-18
TRAINING PROGRAM

Title of the Programme: Physical Fitness Programme

Date : 15/07/17

Venue: NET Gymnasium

The list of students who actively participated in Physical Fitness programme.

Sr. No.	Name of the Student	Department	Signature
1.	SANIYA NAYYER	ECE	<i>Saniya</i>
2.	SHIVAMURTHY K	ECE	<i>Shivam</i>
3.	SUJATA S N	ECE	<i>Sujata S N</i>
4.	FARHANA FARHEEN	ECE	<i>Farhana</i>
5.	MEHRUSG BANU	ECE	<i>Farhana</i>
6.	KRISHNA	Mech	<i>Krishna</i>
7.	LAVANYA T R	Mech	<i>Lavanya</i>
8.	SUDEEP S	Mech	<i>Sudeep</i>
9.	SHIVAJI	Mech	<i>Shivaji</i>
10.	SHIVKUMAR	Mech	<i>Shivakumar</i>
11.	SIDDLINGA	Mech	<i>SP</i>
12.	SRI LAKSHMI K	CSE	<i>Sri Lakshmi K</i>
13.	SURESH K	CSE	<i>Suresh</i>
14.	SUSHMITHA PATIL	CSE	<i>Sushmitha</i>
15.	SYEDA SANAYYA FATIMA	CSE	<i>Sauwafur</i>
16.	PRIYANKA	CSE	<i>Syeda Fatima</i>
17.	POOJA V CHALAGERI	CSE	<i>Pooja C</i>
18.	NANDINI B	EEE	<i>Nandini</i>
19.	RAVEENA	EEE	<i>Raveena</i>





NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2017-18

20.	RAGHAVENI G	EEE	<i>Ragha</i>
21.	RAJESHA T R	EEE	<i>Rajeshu.</i>
22.	KHAJA MOINUDEEN	EEE	<i>Khaj</i>
23.	BHARATH KUMAR	Civil	<i>Bharath</i>
24.	BHARATH R B	Civil	<i>Bharath.</i>
25.	BHAVYASHREE	Civil	<i>Bhavyashree</i>



Signature of the Faculty Coordinator

**NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2017-18**

PHYSICAL FITNESS PROGRAMME



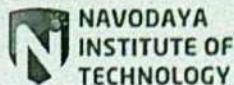
Physical fitness programme held for all department students on 15/07/2017

NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR

ACADEMIC YEAR 2017-2018

INDEX FOR HEALTH & HYGIENE

Sr. No.	Metric Number	Metric Type	Description of Proof	Page Number
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3			Circular	03
4			Introduction and Information	04
5			Student Attendance Sheets	06
6			Photo	16



NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2017-2018

TRAINING PROGRAMME

1.	ACADEMIC YEAR	2017-2018
2.	TYPE OF THE PROGRAMME PROPOSED	Health & Hygiene
3.	TITLE OF THE PROGRAMME	Food Hygiene
4.	BROAD OBJECTIVE OF THE PROGRAMME	• Increase understanding of food issues faced in disasters • Increase understanding of the role of environmental health practitioners in addressing food safety issues • Be able to identify key response partners
5.	NAME OF THE DEPARTMENT	CSE, EEE, ECE, Mech, Civil
6.	TARGETED GROUP OF STUDENTS	All students
7.	NUMBER OF DAYS REQUIRED TO ORGANIZE THE PROGRAMME	01 day
8.	PROPOSED DATE OF THE PROGRAMME	30-09-2017
9.	TOTAL NUMBER OF PERIODS REQUIRED FOR THE PROGRAMME	03 hrs
10.	LOCATION DETAILS	NIT Auditorium
11.	NUMBER OF PARTICIPANTS	210
12.	RESOURCE PERSON	Dr. Rizwan Pathan, ENT Department, Navodaya Medical College
13.	FACULTY COORDINATORS	1. CSE Co-ordinator: Mr. Sivakumar Reddy 2. EEE Co-ordinator: Ms. Sana Anjum 3. ECE Co-ordinator: Mr. Pradeep KGM 4. Mech Co-ordinator: Mr. Ravi Kulkarni H 5. Civil Co-ordinator: Mr. Ashish P. Desai



[Signature]
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NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2017-2018

To,
The Principal
NIT, Raichur

Date: 26.09.2017

Subject: Approval of Food Hygiene training program for all year students of CSE, EEE, ECE, Mech, Civil department for academic year 2017-2018

Respected Sir,

This is with respect to the approval of Food Hygiene training program for all year students of CSE, EEE, ECE, Mech, Civil department for academic year 2017-2018. Following are the details:

Title of the Programme: Food Hygiene training Programme

Name of the Resource Person: Dr. Rizwan Pathan, ENT Department, Navodaya Medical College

Date: 30-09-2017

Venue: NIT Auditorium

I request you to approve for the same. Thanking you in anticipation.

Department Coordinators

1. CSE Co-ordinator: Mr. Sivakumar Reddy
2. EEE Co-ordinator: Ms. Sana Anjum
3. ECE Co-ordinator: Mr. Pradeep KGM
4. Mech Co-ordinator: Mr. Ravi Kulkarni H
5. Civil Co-ordinator: Mr. Ashish P. Desai



[Signature]
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RAICHUR-584 103



NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2017-2018

NET/NIT/H&H/PO/CIR/2017-18/

28-09-2017

CIRCULAR

This is to inform that Food Hygiene training program is arranged on 30-11-2017 for the benefit of all year students for CSE, EEE, ECE, Mech and Civil departments. All the students are requested to attend the program without fail.

Venue : NIT Auditorium

Timing : 10.00am onwards

Department Coordinators

1. CSE Co-ordinator: Mr. Sivakumar Reddy

2. EEE Co-ordinator: Ms. Sana Anjum

3. ECE Co-ordinator: Mr. Pradeep KGM

4. Mech Co-ordinator: Mr. Ravi Kulkarni H

5. Civil Co-ordinator: Mr. Ashish P. Desai

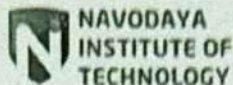
Copy to,

- 1) Notice Board
- 2) HoD's – CSE, ECE, EEE, Mech, Civil
- 3) Principal Office.



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Gali Kalyan
28/9/17



NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2017-2018

All over the world people are seriously affected every day by diseases that are caused by consuming unhygienic and unsafe food. We have to give due emphasis to good hygienic practices to prevent and control **foodborne diseases**. Foodborne diseases result from eating foods that contain infectious or toxic substances. The food we eat should be free from contaminants such as microorganisms and chemicals. This session will introduce the principles of food hygiene and safety. You will also learn about food control, food inspection and supportive enforcement measures that can contribute to food hygiene and safety.

The overall purpose of food hygiene is to prepare and provide safe food and consequently contribute to a healthy and productive society.

Within this overall aim, the specific objectives for food hygiene are to:

- Prevent **food spoilage**, i.e. changes that make food unfit for consumption due to microbial or chemical contamination.
- Inform and educate people about simple and practical methods of keeping food safe to protect themselves against foodborne diseases.
- Protect food from adulteration (intentional contamination).
- Ensure proper practice in the food trade to prevent the sale of food that is offensive or defective in value and quality.

Principles of safe food preparation

- Why is it important to eat safe food?

You need to be able to advise people in your community about the correct methods of food handling and preparation to ensure that food is safe to eat. The key principles for safe food preparation are outlined below.

- Choose foods that are not easily damaged by transportation, accidents or by storage.
- Cook foods thoroughly, especially meat because this can help to kill any microorganisms that might be present in the food.
- Eat cooked foods immediately after they are cooked, rather than leave them out and eat later. Delays in eating cooked food can lead to the growth and reproduction of microorganisms in the cooked foodstuff.
- Store cooked food carefully at an appropriate temperature. It should either be kept cold, ideally in a refrigerator, or it should be kept hot.



NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2017-2018

- If food must be reheated, be sure to reheat it thoroughly.
- Avoid contact between raw and cooked food.
- Wash hands properly before handling food and before eating.
- Keep all kitchen surfaces and utensils meticulously clean.
- Protect food from animals including insects, rodents and other animals.
- Use safe water in food preparation and for washing fruits and vegetables to be eaten raw

Food control is the regulation of the food supply industry and enforcement of food laws by national or local authorities. Its purpose is to provide consumer protection and ensure that all foods during production, handling, storage, processing and distribution are safe, wholesome and fit for human consumption. A food control system ensures that foods conform to safety and quality requirements and are honestly and accurately labelled, as required by law.

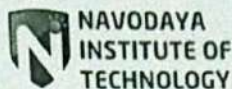
The scope of food control includes:

- Food safety, which refers to all those hazards that may make food unhealthy for the consumer.
- Food quality standards, which includes all other attributes that influence a product's value to the consumer, e.g. composition, labelling, etc.

Food control covers all stages of production, processing and distribution of food. It covers controls on food that is produced or imported for consumption within the region and food that is exported outside the country.

The principal objective of the national food control system is the protection of public health by protecting consumers from unsafe, unwholesome, mislabelled or adulterated food. It also contributes to economic development by maintaining consumer confidence and providing sound regulatory controls for domestic and international trade in food.





NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2017-2018

TRAINING PROGRAM

Title of the Programme: Food Hygiene training Programme

Name of the Resource Person: Dr. Rizwan Pathan

Date: 30-09-2017

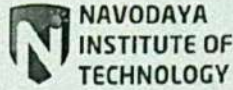
Venue: NIT Auditorium

The list of students who actively participated in Food Hygiene training programme.

STUDENT ATTENDANCE SHEET (CSE)

SECOND YEAR			Signature
Sr. No.	USN No.	Name	
1	3NA16CS004	ANUSHA M	
2	3NA16CS005	APOORVA M R	
3	3NA16CS007	BHAGYASHREE	
4	3NA16CS008	E SWETHA	
5	3NA16CS009	K JAHNAVI	
6	3NA16CS010	J M MADHU	
7	3NA16CS017	SHIRISHA DESHPANDE	
8	3NA16CS018	SRI LAKSHMI K	
9	3NA16CS019	SURESH K	
10	3NA16CS020	SUSHMITHA PATIL	
11	3NA16CS021	SYEDA SANAYYA FATIMA	
12	3NA15CS013	PRIYANKA	
13	3NA17CS400	IMTIYAZ	
THIRD YEAR			
1	3NA15CS008	M.K LAKSHMI MANASA	
2	3NA15CS010	NAGARADONA SAI APARNA	
3	3NA15CS011	NIKHITHA	
4	3NA15CS014	SANJANA C PATIL	



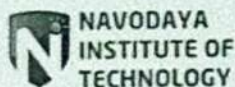


NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2017-2018

5	3NA15CS015	SANTRUPTHI HIREMATH	Hiremath
6	3NA15CS016	SHAGUFTA ANJUM	Shagufta
7	3NA15CS018	SHIVASHARANA M	A
8	3NA16CS402	POOJA V CHALAGERI	Pof
9	3NA16CS400	MEGHA PATIL	megha
10	3NA16CS401	NASREEN KOUSAR	Nasreen
11	3NA13CS013	PARVATHI	Parvathi
12	3NA13CS014	RATNAPRIYA NAYAK	Ratnapriya
13	3NA15IS004	MEGHAMALA	Meghamala
FOURTH YEAR			
1	3NA14CS006	MOHD SALMAN	Salman
2	3NA14CS007	NAZIYA SULTANA	NAZIYA
3	3NA14CS013	VANDANA TOTAGANTI	Vandana
4	3NA14CS016	APOORVA N	Apoorva
5	3NA13CS024	JAITHEERTH B KULKARNI	Jaitheerth
6	3NA15CS401	POOJA GOGI	Pooja
7	3NA15CS400	PAVANKUMAR	Pavankumar
8	3NA12CS009	BANDESHKUMAR	Bandeshkumar
9	3NA13CS003	AMARESH DESAI	Amresh
10	3NA14CS004	SHARANABASAVA	Sharanabasava



Signature of the Faculty Coordinator

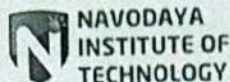


NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2017-2018

STUDENT ATTENDANCE SHEET (EEE)

SECOND YEAR			Signature
Sr. No.	USN No.	Name	
1	3NA16EE007	KHAJA MOINUDDIN	Phaji
2	3NA16EE008	M SUMAIYA KHATOON	Sumiya
3	3NA16EE010	MOHAMMADI SABAHATH KHANAM	Shanm
4	3NA16EE011	MEGHA	Megha
5	3NA16EE012	MEGA PATIL	Megha
6	3NA16EE013	MISBA KHANUM	Misba
7	3NA16EE015	MUNAZZA NOOR ZIYA	Nazya
8	3NA16EE016	NAZMA UNNISA	Nazma
9	3NA16EE017	OMKARI VIJAYALAXMI	Laxmi
10	3NA16EE028	VISHWANATH	Vish
11	3NA16EE029	AKHILESH	Akhilesh
13	3NA16EE030	AYESHA FATHIMA	Aisha
14	3NA16EE031	CHANDRAKALA .CG	Chandra
15	3NA15EE014	AIYAPPA	Aiyappa
THIRD YEAR			Signature
Sr. No.	USN No.	Name	
1	3NA15EE011	NAVEEN K	Naveen
2	3NA15EE013	NUSRAT AFREEN	Nusrat
3	3NA15EE016	SANJEEV KUMAR	Sanjeev
4	3NA15EE017	SHAIK ASIF	Shai
5	3NA15EE018	SHAZIYA SHADAB	Shaz
6	3NA15EE021	SRINIVAS G	Srinivas
7	3NA16EE409	MOHAMMED SHABBIR AHMED	Shabbir
8	3NA16EE410	MUHAMMAD SHOAIB	Shoaib
9	3NA16EE411	NANDINI B	Nandini
10	3NA16EE412	NAVEENA K	Naveen





NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2017-2018

11	3NA16EE413	RAGHAVENI G	Raghavi
12	3NA16EE414	RAJESHA T R	Rajesh
FOURTH YEAR			
1	3NA14EE010	SANIYA AYESHA L	Saniya
2	3NA14EE011	SEEMA	Seema
3	3NA14EE012	SHANTHI	Shanthi
4	3NA14EE400	ADIL HAZARI	Adil
5	3NA14EE407	KHAJA MOINUDEEN	Khaja
6	3NA15EE400	AKSHITHA BHANDARI	Akshitha
7	3NA15EE401	BALAPPA	Bappa
8	3NA15EE404	JAVED HUSSAIN	Javed
9	3NA15EE412	SAMEER	Sameer
10	3NA15EE413	SHIVAKUMARA R M	Shivakumar
11	3NA15EE414	SHIVASHANKAR SALI	Shivashankar
12	3NA15EE415	SHREEKRISHNADEVARAYA	Shreekrishna
13	3NA15EE417	VEENA	Veena
14	3NA15EE418	VINAY KUMAR C.	Vinay



Signature of the Faculty Coordinator

Sana Arjun

**NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2017-2018**

STUDENT ATTENDANCE SHEET (ECE)

SECOND YEAR			Signature
Sr. No.	USN No.	Name	
1	3NA16EC006	SHASHANK KUMAR	Shankar
2	3NA16EC007	FATHIMA AFAF	Fatima
3	3NA16EC008	J SHRAVANI	Shravani
4	3NA16EC009	JAVERIA IRAM	Javeria
5	3NA16EC010	MAHALAXMI M	Mahalakshmi
6	3NA16EC013	SANIYA NAYYER	Saniya
7	3NA16EC014	SHIVAMURTHY K	Shivam
8	3NA16EC015	SUJATA S N	Sujata
9	3NA16EC018	SWATHI	Swathi
10	3NA16EC019	TEJASWINI A	Tejaswini
11	3NA16EC020	VAISHALI P	Vaishali
THIRD YEAR			
1	3NA17EC005	ASHWINI CHINNAKAR	Ashwini
2	3NA17EC006	BHUVANESHWARIAN	Bhuvan
3	3NA17EC007	BHUVANESHWARI C M	Bhuvan
4	3NA17EC009	C VINOD BABU	Vinod
5	3NA17EC012	FARIHANA FARHEEN	Farihana
6	3NA17EC014	MEDRUSO BANU	Medruso
7	3NA17EC016	NIMITHA M	Nimitha
8	3NA17EC018	REENU	Reenu
9	3NA17EC019	SHAFIKA	Shafika
10	3NA17EC021	KARUNASHREE YADAV	Karuna
11	3NA17EC022	NAVYEN KUMAR	Navyen
12	3NA17EC017	VAISHNAVI	Vaishnavi
13	3NA17EC019	VIJAYALAXMI	Vijaya





NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2017-2018

FOURTH YEAR			
1	3NA14EC004	BHAVANA B	Bhavana B
2	3NA14EC005	CHAITRA M	Chaitra M
3	3NA14EC007	HUMERA TAHSEEN	H Tahseen
4	3NA14EC008	K VISHNUPRIYA	K Vishnupriya
5	3NA14EC009	MEGHANA	Meghana
6	3NA14EC010	NIKITA	Nikita
7	3NA14EC012	SAHANA VAIDYA	Sahana
8	3NA14EC016	T N FARHEEN	T N Farheen
9	3NA14EC018	VANISHREE R K	Vanishree
10	3NA13EC012	K VISHAL	K Vishal
11	3NA13EC024	SHARNABASAVA	Sharnabasava
12	3NA13EC026	SUPRIYA	Supriya
13	3NA14EC406	UDAYA KUMAR B	UKB
14	3NA12EC016	SAVITHA B M	Savitha
15	3NA13EC405	SWATHI Y	Swathi



Signature of the Faculty Coordinator

Radhika Ramesh

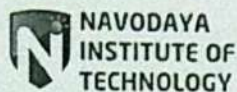


NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2017-2018

STUDENT ATTENDANCE SHEET (MECH)

SECOND YEAR			Signature
Sr. No.	USN No.	Name	
1	3NA15ME021	MOHAMMED YUSUF	
2	3NA15ME035	SHIVARAJ	
3	3NA15ME036	SOUMYA	
4	3NA15ME041	SYED SUBAN	
5	3NA16ME001	ABHISHEK PANASHETTI	
6	3NA16ME002	ABISHEK S H	
7	3NA16ME003	AKASH KULKARNI	
8	3NA16ME004	ASHWINI	
9	3NA16ME005	CHANDRASHEKAR	
10	3NA16ME022	NAZIYA BATOOL	
11	3NA16ME023	NIKHIL G	
THIRD YEAR			Signature
Sr. No.	USN No.	Name	
1	3NA15ME039	SUBHAN AHMED	
2	3NA15ME042	TUSHAR	
3	3NA14ME042	SUSHMENDRA M K	
4	3NA16ME402	G.GIRISH YADAV	
5	3NA16ME403	GANGADHAR J V	
6	3NA16ME404	GAYATHRI	
7	3NA16ME405	K P RAJSHEKHAR	
8	3NA16ME406	KARUNA M D	
9	3NA16ME407	KHAJA KAREEUDDIN	
10	3NA16ME408	KRISHNA	
11	3NA16ME409	LAVANYA T R	
12	3NA16ME428	SUDEEP S	
13	3NA16ME429	SURESH H	

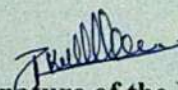




NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2017-2018

14	3NA14ME403	ANAND	An
15	3NA13ME004	ANIL KUMAR	Anil Kumar
16	3NA13ME033	SHAIK ABDUL MUKEEM	Shaike
FOURTH YEAR			
1	3NA14ME032	SAMEER PASHA	Spasha
2	3NA14ME033	SHAHEEN BEGUM	Shahen
3	3NA14ME034	SHIVAJI	Shivaji
4	3NA14ME035	SHIVKUMAR	Shivkumar
5	3NA14ME036	SIDDLINGA	Siddlinga
6	3NA15ME412	GOURISHANKAR	Gourishankar
7	3NA15ME415	JACKSON BADIGER	Jackson Badiger
8	3NA15ME416	M MADHUSUDHAN R	M. Madhusudhan R
9	3NA15ME418	MAINUDDIN	Mainuddin
10	3NA15ME419	MALLINATH	Mallinath
11	3NA15ME420	MANJULA	Manjula
12	3NA15ME421	MD SOHAIL	MD Sohail
13	3NA15ME423	MD MOSHIN	MD Moshin
14	3NA15ME446	UDAYA KUMAR	Udaya Kumar
15	3NA15ME448	VISHWANATHA	Vishwanatha
16	3NA15ME449	YADAV RAJESHA RAMANNA	Yadav Rajesha Ramanna
17	3NA13ME010	GANESH	Ganesh




Signature of the Faculty Coordinator
Laxmi Kulkarni M.

**NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2017-2018**

STUDENT ATTENDANCE SHEET (CIVIL)

SECOND YEAR			Signature
Sr. No.	USN No.	Name	
1	3NA15CV046	SAIF ALI AHMED	Al
2	3NA15CV054	SOUDAGAR AAMER	Aamer
3	3NA16CV002	AKASH	AKASH
4	3NA16CV004	ANAND CHANDRASHEKAR	AC
5	3NA16CV005	ARUN	Arun
6	3NA16CV006	BHARATH KUMAR	Bk
7	3NA16CV007	BHARATH R B	Bharath
8	3NA16CV008	BHAVYASHREE	Bhavya
9	3NA16CV009	C VITTAL MURTHY	CM
10	3NA16CV013	M VINOD NAYAK	UN
11	3NA16CV015	MD FAIZAN SHARAF	Faizan
12	3NA16CV017	MOHAMMED FAIZ UR RAHAMAN	Rahman
13	3NA16CV020	MOHAMMED SAIF ALI KHAN	Saif
THIRD YEAR			
1	3NA14CV046	P AKSHATA	Akshata
2	3NA14CV057	SADASHIVAYYA	Sadashiva
3	3NA14CV070	SWATI DATTATREYA J	Swati
4	3NA14CV077	VIRUPAKSHA	Vidu
5	3NA15CV001	A SHIVANI	Shivani
6	3NA15CV004	AKSHATHA R	AR
7	3NA15CV005	AMREEN FATIMA	AS
8	3NA15CV006	ANANTHALAKSHMI	Lakshmi
9	3NA15CV008	ANURADHA A	Anu
10	3NA15CV010	BAVASARAJ	Bava
11	3NA15CV011	BHAGYASHREE	Bhagy



**NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2017-2018**

12	3NA15CV021	MALLIKARJUN B	<i>malle</i>
13	3NA15CV024	MD FAYAZ SIDDIQ	<i>Fayaz</i>
FOURTH YEAR			
1	3NA12CV003	CHANDRASHEKAR	<i>Chandra</i>
2	3NA12CV015	PALLAVI	<i>Pallavi</i>
3	3NA12CV412	SHIVASHARANAPPA	<i>Shivasharanappa</i>
4	3NA13CV019	MANJUNATH ANGADI	<i>manjunath</i>
5	3NA13CV021	MD. ABDUL AYAZ	<i>Abdul</i>
6	3NA13CV025	NINGANA GOUDA PATIL	<i>Gouda</i>
7	3NA13CV027	PANDURANGA	<i>Panduranga</i>
8	3NA13CV028	POOJA BHANDARI	<i>Bhandari</i>
9	3NA13CV031	RAMANGOUDA BIRADAR	<i>Rama</i>
10	3NA13CV033	ROHINI WADEKAR	<i>Rohini</i>
11	3NA13CV034	ROHIT KUMAR P	<i>Rohit</i>
12	3NA13CV039	SHASHIDHAR	<i>Shashidhar</i>
13	3NA14CV022	KHAJA KALEEMUDDIN	<i>Khaja</i>
14	3NA14CV023	KHANEES FATIMA	<i>Fatima</i>
15	3NA14CV025	LAXMI JANAKAR	<i>Laxmi</i>
16	3NA14CV026	M AJAY KUMAR	<i>AJ</i>
17	3NA14CV048	PARASHURAM	<i>Para</i>
18	3NA14CV049	PINTU RATHOD	<i>RR</i>
19	3NA14CV055	RAKESH RAJARAM PATIL	<i>Rakesh</i>
20	3NA14CV058	SANA A YAKEEN	<i>Sana</i>
21	3NA14CV060	SANTOSH NANDYAL	<i>Santosh</i>
22	3NA14CV061	SHANAWAZ	<i>Shanawaz</i>
23	3NA14CV064	SHAZIA BEGUM	<i>Begum</i>
24	3NA15CV401	AISHWARYA	<i>Aisha</i>



Signature of the Faculty Coordinator

Ashish Desai

**NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2017-2018**

FOOD HYGIENE TRAINING PROGRAMME



Food Hygiene Training program for CSE, EEE, ECE, Mech and Civil department students held on
30-09-2017 by Dr. Rizwan Pathan



NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2018-19

TRAINING PROGRAMME

1.	ACADEMIC YEAR	2018-2019
2.	TITLE OF THE PROGRAMME	Yoga
3.	BROAD OBJECTIVE OF THE PROGRAMME	1) To enable the student to have good health. 2) To practice mental hygiene. 3) To possess emotional stability. 4) To integrate moral values. 5) To attain higher level of consciousness.
4.	NAME OF THE DEPARTMENT	CSE, EEE, ECE, Mech, Civil
5.	TARGETED GROUP OF STUDENTS	All students
6.	NUMBER OF DAYS REQUIRED TO ORGANIZE THE PROGRAMME	02 days
7.	PROPOSED DATE OF THE PROGRAMME	08-09-2018 and 15-09-2018
8.	TOTAL NUMBER OF PERIODS REQUIRED FOR THE PROGRAMME	1.5 hrs
9.	LOCATION DETAILS	CSE Hall
10.	NUMBER OF PARTICIPANTS	42
11.	RESOURCE PERSON	Mrs. Madhuri Devi Chodey
12.	FACULTY COORDINATOR	Mrs. Vishakha Patange



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PRINCIPAL
Navodaya Institute of Technology (NIT)
RAICHUR-584 103

(1)



NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2018-19

NET/NIT/YOGA/PO/CIR/2018-19/32

06-09-2018

CIRCULAR

The Yoga training program is arranged on 08-09-2018 and 15-09-2018 for the benefit of I, II, III and IV year students for all departments. All the students are requested to attend the program without fail.

Students are requested to bring a bedspread / Yoga mat to enable them to do the Yoga practice as per the instruction. They need to wear comfortable dress (regular formal dress) so that they will be able to sit on the floor.

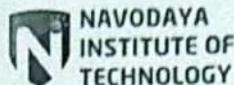
Venue : CSE Hall

Timing : 01.30 pm to 03.00 pm



Copy to,

- 1) Notice Board
- 2) HoD's – CSE, ECE, EEE, Mech, Civil
- 3) Principal Office.



NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2018-19

Program Objectives

- * Unique course of 'Training of trainers' type.
- * Demonstrations of complex Yoga procedures.
- * Training of conducting Yoga Classes.
- * Opportunity & practice of conducting Yoga sessions.

Exit Point Opportunity

- * This interdisciplinary course helps the students to start their own consultancy and therapy practice after successful internship completion.
- * Helps students to establish themselves as professional consultants in hospitals, food sectors, private clinics etc. or set up a nutrition counseling cell.

Teenage is the time period of students when they are stucked between variety of work load and pressures. They need to perfectly accomplish their task, prepare for variety of exams or test, need to score excellent marks, work better in their workplace and improve their performance and many other tension.

Students from all around the world have gained benefits by doing yoga. It helps the body to relax and soothes the mind. Also it helps to make the body flexible and improves concentration power. Also students can gain various other benefits from yoga that will help them in completing their work perfectly and make them high scorer in the class.

Meditation and yoga brings a positive vibes among the students and if they do it regularly it will help in bringing positive outcomes which is advantageous for the scholars. There are variety of positive outcomes of yoga for learners and various other peoples. Yoga and meditation programs are integral things to face an overwhelming amount of stress in their lives. They teach some of the skills and character that are essential to human ecosystem: flexibility, and strength. In addition to relive stress and anxiety, yoga also improves the overall health and wellbeing.



**NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2018-19**

TRAINING PROGRAM

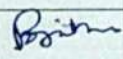
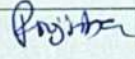
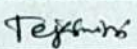
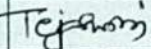

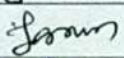
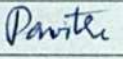
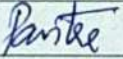
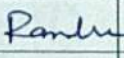
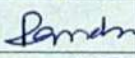
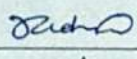
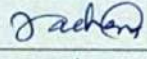
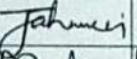
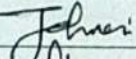
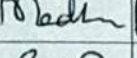
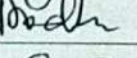

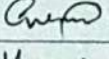
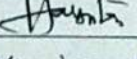
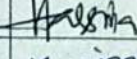
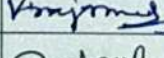
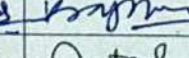
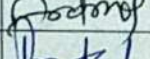
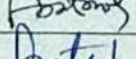
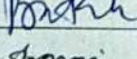
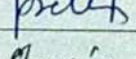
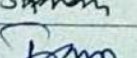
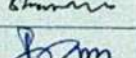

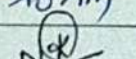


Title of the Programme: Yoga training Programme

Name of the Resource Person: Mrs. Madhuri Devi Chodey

Date: 08-09-2018 and 15-09-2018

Venue: CSE Hall

The list of students who actively participated in Yoga training programme.

Sr. No.	Name of the Student	Department	Signature 08-09-2018	Signature 15-09-2018
1.	C POOJITHA	CSE		
2.	G TEJASWINI	CSE		
3.	VIJAY TARUN	CSE		
4.	PAVITRA	CSE		
5.	PRANAV RAVINDRA	CSE		
6.	RACHANA	CSE		
7.	K JAHNAVI	CSE		
8.	J M MADHU	CSE		
9.	C GAYATHRIVARMA	ECE		
10.	HARSHITA GANGAKED	ECE		
11.	K RAJEETHA	ECE		
12.	LAKSHMI P ARETNOOR	ECE		
13.	PRATHEEK	ECE		
14.	J SHRAVANI	ECE		
15.	JAVERAI IRAM	ECE		
16.	NAVEEN K	EEE		

NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2018-19

17.	NUSRAT AFREEN	EEE	Abreen	Abreen
18.	SANJEEV KUMAR	EEE	Sanjeev	Sanjeev
19.	GURURAJ M N	EEE	Gururaj	Gururaj
20.	KASHIF AHMED	EEE	Kashif	Kashif
21.	KRISHNA MURTHY K	EEE	Murthy	Murthy
22.	MOHAMMED SHABBIR AHMED	EEE	Shabbir	Shabbir
23.	MUHAMMAD SHOAB	EEE	Shoab	Shoab
24.	OMKARI VIJAYALAXMI	EEE	Laxmi	Laxmi
25.	PADMAJA G	EEE	Padma	Padma
26.	PALLAVI NAYAK	EEE	Pallavi	Pallavi
27.	PAVANKUMAR	EEE	Pavan	Pavan
28.	ANIL KUMAR N	Civil	Anil	Anil
29.	B VENKAN GOUDA	Civil	Venkan	Venkan
30.	BABITHA B	Civil	Babitha	Babitha
31.	MD. JAFFER MUNIYAR	Civil	Jaffer	Jaffer
32.	MD. ABDUL HAFEEZ	Civil	Hafeez	Hafeez
33.	EAJAZ AHAMED SHAIK	Civil	Eajaz	Eajaz
34.	SAIF ALI AHMED	Civil	Saif	Saif
35.	RAKESH G M	Mech	Rakesh	Rakesh
36.	SHABAZ SIDDIQVE	Mech	Siddique	Siddique
37.	SUBHAN AHMED	Mech	Subhan	Subhan
38.	TUSHAR	Mech	Tushar	Tushar
39.	G.GIRISH YADAV	Mech	Girish	Girish



Patage
Signature of the Faculty Coordinator



NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2018-19

TRAINING PROGRAMME

1.	ACADEMIC YEAR	2018-2019
2.	TITLE OF THE PROGRAMME	Yoga
3.	BROAD OBJECTIVE OF THE PROGRAMME	1) To enable the student to have good health. 2) To practice mental hygiene. 3) To possess emotional stability. 4) To integrate moral values. 5) To attain higher level of consciousness.
4.	NAME OF THE DEPARTMENT	CSE, EEE, ECE, Mech, Civil
5.	TARGETED GROUP OF STUDENTS	All students
6.	NUMBER OF DAYS REQUIRED TO ORGANIZE THE PROGRAMME	02 days
7.	PROPOSED DATE OF THE PROGRAMME	16-02-2019 and 23-02-2019
8.	TOTAL NUMBER OF PERIODS REQUIRED FOR THE PROGRAMME	1.5 hrs
9.	LOCATION DETAILS	CSE Hall
10.	NUMBER OF PARTICIPANTS	39
11.	RESOURCE PERSON	Mrs. Madhuri Devi Chodey
12.	FACULTY COORDINATOR	Mrs. Vishakha Patange



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NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2018-19

NET/NIT/YOGA/PO/CIR/2018-19/33

14-02-2019

CIRCULAR

The Yoga training program is arranged on 16-02-2019 and 23-02-2019 for the benefit of I, II, III and IV year students for all departments. All the students are requested to attend the program without fail.

Students are requested to bring a bedspread / Yoga mat to enable them to do the Yoga practice as per the instruction. They need to wear comfortable dress (regular formal dress) so that they will be able to sit on the floor.

Venue : CSE Hall

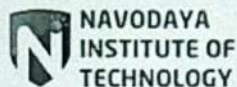
Timing : 01.30 pm to 03.00 pm



Principals
Principal 14/2/19
PRINCIPAL
Navodaya Institute of Technology (NIT)
RAICHUR-584 103

Copy to,

- 1) Notice Board
- 2) HoD's – CSE, ECE, EEE, Mech, Civil
- 3) Principal Office.



NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2018-19

Program Objectives

- * Unique course of 'Training of trainers' type.
- * Demonstrations of complex Yoga procedures.
- * Training of conducting Yoga Classes.
- * Opportunity & practice of conducting Yoga sessions.

Exit Point Opportunity

- * This interdisciplinary course helps the students to start their own consultancy and therapy practice after successful internship completion.
- * Helps students to establish themselves as professional consultants in hospitals, food sectors, private clinics etc. or set up a nutrition counseling cell.

Teenage is the time period of students when they are stucked between variety of work load and pressures. They need to perfectly accomplish their task, prepare for variety of exams or test, need to score excellent marks, work better in their workplace and improve their performance and many other tension.

Students from all around the world have gained benefits by doing yoga. It helps the body to relax and soothes the mind. Also it helps to make the body flexible and improves concentration power. Also students can gain various other benefits from yoga that will help them in completing their work perfectly and make them high scorer in the class.

Meditation and yoga brings a positive vibes among the students and if they do it regularly it will help in bringing positive outcomes which is advantageous for the scholars. There are variety of positive outcomes of yoga for learners and various other peoples. Yoga and meditation programs are integral things to face an overwhelming amount of stress in their lives. They teach some of the skills and character that are essential to human ecosystem: flexibility, and strength. In addition to relive stress and anxiety, yoga also improves the overall health and wellbeing.





NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2018-19

TRAINING PROGRAM

Title of the Programme: Yoga training Programme

Name of the Resource Person: Mrs. Madhuri Devi Chodey

Date: 16-02-2019 and 23-02-2019

Venue: CSE Hall

The list of students who actively participated in Yoga training programme.

Sr. No.	Name of the Student	Department	Signature 16-02-2019	Signature 23-02-2019
1.	Md. Mohiuddinulla B	EEE	Mohiuddin	Mohiuddin
2.	Nabila Nuzhat	EEE	Nuzhat	Nuzhat
3.	Nadini	EEE	Nadini	Nadini
4.	Nazneen Sultana	EEE	Sultana	Sultana
5.	Nousheen Sultana	EEE	Nousheen	Nousheen
6.	KAMMARI BINDU MADHAV	EEE	Madhav	Madhav
7.	KHAJA MOINUDDIN	EEE	Khaja	Khaja
8.	SRI LAKSHMI K	CSE	Lakshmi K	Lakshmi K
9.	SURESH K	CSE	Suresh	Suresh
10.	SYEDA SANAYYA FATIMA	CSE	Fatima	Fatima
11.	VAISHNAVI	CSE	Vaishnavi	Vaishnavi
12.	NAGARADONA SAI APARNA	CSE	Aparna	Aparna
13.	SHIVASHARANA M	CSE	Sharada	Sharada
14.	SYED HAMEEDA TASNEEM	CSE	Tasneem	Tasneem
15.	TAYYABA TAHSEEN	CSE	Tahseen	Tahseen



**NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2018-19**

16.	SUJATA NAYAKAL	ECE	Sjta	Sjta
17.	SWATHI	ECE	Swathi	Swathi
18.	SUSHMA	ECE	Sma	Sma
19.	AKSHAY DAVALAGI	ECE	Akshay D	Akshay D
20.	MEHRUSH BANU	ECE	Banu	Banu
21.	NIMITHA M	ECE	Nimitha M	Nimitha M
22.	REENU	ECE	Rny	Rny
23.	SHAFIKA	ECE	Shafika	Shafika
24.	AMREEN FATIMA	Civil	Fatima	Fatima
25.	ANANTHALAKSHMI	Civil	Lakshmi	Lakshmi
26.	ANURADHA A	Civil	Anuradha	Anuradha
27.	BAVASARAJ	Civil	Baji	Baji
28.	BHAGYASHREE	Civil	Bhagya	Bhagya
29.	BHAGYASHREE K	Civil	Shree	Shree
30.	BHARATHI D C	Civil	Bharathi	Bharathi
31.	MOHD BILAL AHMED	Mech	Bilal	Bilal
32.	PRASANNA S HIREMATH	Mech	Hirmath	Hirmath
33.	ROHIT	Mech	Rohit	Rohit
34.	UDAY KRISHNA S	Mech	Uday	Uday
35.	MAHMAD ASIF KUNTOJI	Mech	Kunt	Kunt
36.	MAHAMMAD YUSUF	Mech	Yusuf	Yusuf
37.	SHIVAJI	Mech	Shriv	Shriv
38.	SHIVARAJA	Mech	Shriv	Shriv
39.	SOURABH DESHPANDE	Mech	Deshpande	Deshpande



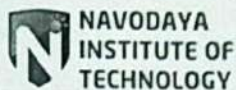
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23/2/2019

NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR

ACADEMIC YEAR 2018-2019

INDEX FOR PHYSICAL FITNESS

Sr. No.	Metric Number	Metric Type	Description of Proof	Page Number
1	5.1.3	QnM	Summary Sheet	01
2			Aims & Objectives for Physical Fitness	02
3			Student Attendance Sheet	03
4			Photo	05



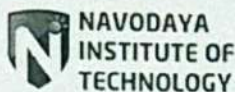
NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2018-19

PHYSICAL FITNESS TRAINING PROGRAMME

1.	ACADEMIC YEAR	2018-2019
2.	TITLE OF THE PROGRAMME	Physical Fitness
3.	NAME OF THE DEPARTMENT	CSE, EEE, ECE, Mechanical, Civil
4.	TARGETED GROUP OF STUDENTS	I, II, III and IV Year Students
5.	LOCATION DETAILS	NET Gymnasium
6.	NUMBER OF PARTICIPANTS	23
7.	EVENT ORGANISERS(STUDENTS)	Abhishek Kulkarni, Sanjana C Patil
8.	FACULTY COORDINATOR	Mr. Hanumesh
9.	PROGRAMME PROPOSED BY	CSE Department



Sanika
Principal 20/6/19
PRINCIPAL
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NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR ACADEMIC YEAR 2018-19

AIM AND OBJECTIVES FOR PHYSICAL FITNESS

Physical fitness is a state of well-being and good health. It aims to help you perform your day to day activities with minimal resistance. This can be achieved through a multitude of ways such as proper nutrition, physical exercise, sports, and sufficient rest.

Essentially there are 2 key activities that you can engage in to improve your stamina and build muscle strength.

1. Aerobic Activity: Aerobic activity makes your heart beat faster through activities like brisk walking, dancing, jogging, cycling, swimming or playing any outdoor sports. These activities make you breathe faster which increases your heart and lung fitness thereby building your stamina.

2. Muscle Strengthening Activity: These kind of activities help increase bone strength and muscular fitness. Your workout at the gym, yoga, kickboxing, functional training etc work on all your major muscle groups such as legs, hips, back, chest, abdomen, shoulders and arms. These exercises tear your muscles making them grow back stronger with the help of a good nutritional diet.

So to summarize the main aim of physical fitness is to keep your body up to date. Just like we update our mobile applications from time to time so that everything works properly, similarly, we must condition our bodies to enable us to perform up to our potential.





NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2018-19

TRAINING PROGRAM

Title of the Programme: Physical Fitness Programme

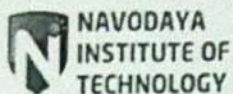
Date: 20-8-2018

Venue: NET Gymnasium

The list of students who actively participated in Physical Fitness programme.

Sr. No.	Name of the Student	Department	Signature
1.	C POOJITHA	CSE	Poojitha
2.	G TEJASWINI	CSE	Tejaswini
3.	VIJAY TARUN	CSE	Vijay
4.	PAVITRA	CSE	Pavitra
5.	PRANAV RAVINDRA	CSE	Pranav
6.	C GAYATHRIVARMA	ECE	Gayathri
7.	HARSHITA GANGAKED	ECE	Harshita
8.	K RAJEETHA	ECE	K Rajeetha
9.	LAKSHMI P ARETNOOR	ECE	LPA
10.	PRATHEEK	ECE	Pratheek
11.	KASHIF AHMED	EEE	Kashif
12.	KRISHNA MURTHY K	EEE	Krishna
13.	MOHAMMED SHABBIR AHMED	EEE	Md Shabbir
14.	MUHAMMAD SHOAIB	EEE	Shoaib
15.	OMKARI VIJAYALAXMI	EEE	Omkari
16.	ANIL KUMAR N	Civil	Anil
17.	B VENU GOUDA	Civil	Venu
18.	ABITHA B	Civil	Abitha





NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2018-19

19.	MD. JAFFER MUNIYAR	Civil	<i>Jaffer</i>
20.	RAKESH G M	Mech	<i>Rakesh</i>
21.	SHABAZ SIDDIQVE	Mech	<i>Shabaz</i>
22.	SUBHAN AHMED	Mech	<i>Subhan</i>
23.	TUSHAR	Mech	<i>Tushar</i>



[Signature]
Signature of the Faculty Coordinator

PHYSICAL FITNESS PROGRAMME



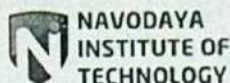
Physical fitness programme held for all department students on 20/08/2018

NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR

ACADEMIC YEAR 2018-2019

INDEX FOR HEALTH & HYGIENE

Sr. No.	Metric Number	Metric Type	Description of Proof	Page Number
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2			Approval Letter	02
3			Circular	03
4			Introduction and Information	04
5			Student Attendance Sheets	06
6			Photo	16

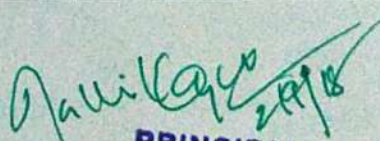


NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2018-2019

TRAINING PROGRAMME

1.	ACADEMIC YEAR	2018-2019
2.	TYPE OF THE PROGRAMME PROPOSED	Health & Hygiene
3.	TITLE OF THE PROGRAMME	Fitness Training (Aerobics)
4.	BROAD OBJECTIVE OF THE PROGRAMME	Improving your cardiorespiratory fitness and your health and implementing it in our day to day life
5.	NAME OF THE DEPARTMENT	CSE, EEE, ECE, Mech, Civil
6.	TARGETED GROUP OF STUDENTS	All students
7.	NUMBER OF DAYS REQUIRED TO ORGANIZE THE PROGRAMME	01 day
8.	PROPOSED DATE OF THE PROGRAMME	01-09-2018
9.	TOTAL NUMBER OF PERIODS REQUIRED FOR THE PROGRAMME	03 hrs
10.	LOCATION DETAILS	NET Ground
11.	NUMBER OF PARTICIPANTS	209
12.	RESOURCE PERSON	Dr. Sheetal Pai, Physiotherapy Department, Navodaya Medical College
13.	FACULTY COORDINATORS	1. CSE Co-ordinator: Mrs. Vishakha Patange, 2. EEE Co-ordinator: Ms. Sana Anjum 3. ECE Co-ordinator: Mr. Pradeep KGM 4. Mech Co-ordinator: Mr. Ravi Kulkarni H 5. Civil Co-ordinator: Mr. Ashish P. Desai




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NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2018-2019

To,
The Principal
NIT, Raichur

Date: 27.08.2018

Subject: Approval of Fitness Aerobic training program for all year students of CSE, EEE, ECE, Mech, Civil department for academic year 2018-2019

Respected Sir,

This is with respect to the approval of Fitness Aerobic training program for all year students of CSE, EEE, ECE, Mech, Civil department for academic year 2018-2019. Following are the details:

Title of the Programme: Fitness Aerobic training Programme



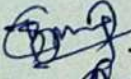

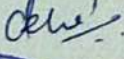
Name of the Resource Person: Dr. Sheetal Pai

Date: 01-09-2018

Venue: NET Ground

I request you to approve for the same. Thanking you in anticipation.

Department Coordinators

1. CSE Co-ordinator: Mrs. Vishakha Patange 
2. EEE Co-ordinator: Ms. Sana Anjum 
3. ECE Co-ordinator: Mr. Pradeep KGM 
4. Mech Co-ordinator: Mr. Ravi Kulkarni H 
5. Civil Co-ordinator: Mr. Ashish P. Desai 




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(2)



NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2018-2019

NET/NIT/H&H/PO/CIR/2018-19/

29-08-2018



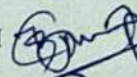

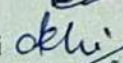
CIRCULAR

This is to inform that Fitness Aerobic training program is arranged on 01-09-2018 for the benefit of all year students for CSE, EEE, ECE, Mech and Civil departments. All the students are requested to attend the program without fail.

Venue : NET Ground

Timing : 10.00am onwards

Department Coordinators

1. CSE Co-ordinator: Mrs. Vishakha Patange 
2. EEE Co-ordinator: Ms. Sana Anjum 
3. ECE Co-ordinator: Mr. Pradeep KGM 
4. Mech Co-ordinator: Mr. Ravi Kulkarni H 
5. Civil Co-ordinator: Mr. Ashish P. Desai 

Copy to,

- 1) Notice Board
- 2) HoD's – CSE, ECE, EEE, Mech, Civil
- 3) Principal Office.


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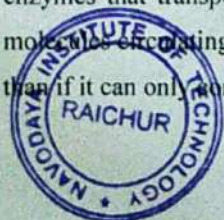
NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2018-2019

What is aerobic exercise?

Imagine that you're exercising. You're working up a sweat, you're breathing hard, your heart is thumping, blood is coursing through your vessels to deliver oxygen to the muscles to keep you moving, and you sustain the activity for more than just a few minutes. That's aerobic exercise (also known as "cardio" in gym lingo), which is any activity that you can sustain for more than just a few minutes while your heart, lungs, and muscles work overtime. In this article, I'll discuss the mechanisms of aerobic exercise: oxygen transport and consumption, the role of the heart and the muscles, the proven benefits of aerobic exercise, how much you need to do to reap the benefits, and more.

Benefits of Aerobic exercise:

1. Your heart gets stronger and pumps more blood with each beat (larger **stroke** volume). Elite athletes, as I just mentioned, can have **stroke** volumes more than twice as high as average individuals. But it's not just that. Conditioned hearts also have greater diameter and mass (the heart's a muscle too and gets bigger when you train it), and they pump efficiently enough to allow for greater filling time, which is a good thing because it means that more blood fills the chambers of the heart before they pump so that more blood gets pumped with each beat.
2. Greater **stroke** volume means the heart doesn't have to pump as fast to meet the demands of exercise. Fewer beats and more **stroke** volume mean greater efficiency. Think about a pump emptying water out of a flooded basement. The pump works better and lasts longer if it can pump larger volumes of water with each cycle than if it has to pump faster and strain to get rid of the water. High stroke volume is why athletes' hearts don't pump as fast during exercise and why they have such low resting heart rates; sometimes as low as 40 beats per minute, whereas the average is 60-80 beats per minutes.
3. Downstream from the heart are your muscles, which get more efficient at consuming oxygen when you do regular aerobic exercise (remember, "consuming" oxygen means that the muscles are taking the oxygen out of the blood). This happens because of an increase in the activity and number of enzymes that transport oxygen out of the bloodstream and into the muscle. Imagine 100 oxygen molecules circulating past a muscle. You're twice as fit if the muscle can consume all 100 molecules than if it can only consume 50. Another way of saying it is that you're twice as fit as someone if your





NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2018-2019

VO₂ max is 60ml/kg/min. and theirs is 30ml/kg/min. In terms of performance in this scenario, you'll have more endurance because your muscles won't run out of oxygen as quickly.

4. Mitochondria inside the muscle increase in number and activity. Mitochondria are the powerhouses of your cells. They do all the heavy-duty work to keep you moving. They use the oxygen to burn the fat and carbohydrate that makes you go. The good news is that they increase in number and activity, by as much as 50%, in just a matter of days to weeks in response to regular aerobic exercise in adults of all ages.

List of examples of home and gym aerobic workout routines

The activity you choose is a personal choice and it varies for everyone, and so you need to experiment until you find what works best for you.

1. Rowers, treadmills, bikes, and cross-country skiers are all effective if you use them.
2. There is some suggestion that some individuals are more inclined to exercise at home with equipment than at the gym or a class.
3. Some individuals prefer to go to the gym while others are perfectly content to work out at home on their own equipment in front of their TV. TV can make the time pass quickly, and so can your favorite movie, music.
4. Finding something that will distract you might just make that 30-minute workout bearable, and believe it or not you might even look forward to it! Indulge!
5. Aerobic exercise videos and DVDs are also effective if you use them! They are convenient if you prefer to work out at home instead of taking a class at a studio or a gym, and there are hundreds to choose from.
6. Also check for all types of activity; from weight training, to tai-chi, to stretching.
7. Check out all the possibilities to add flexibility and **strength training** to your cardio workout.





NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2018-2019

TRAINING PROGRAM

Title of the Programme: Fitness Aerobic training Programme

Name of the Resource Person: Dr. Sheetal Pai

Date: 01-09-2018

Venue: NET Ground

The list of students who actively participated in Fitness Aerobic training programme.

STUDENT ATTENDANCE SHEET (CSE)

SECOND YEAR			Signature
Sr. No.	USN No.	Name	
1	3NA17CS003	B V REKHA DEVI	Rekha
2	3NA17CS004	BHAVYA	Bhavya
3	3NA17CS005	C POOJITHA	Poojitha
4	3NA17CS006	G TEJASWINI	Tejaswini
5	3NA17CS008	VIJAY TARUN	Tarun
6	3NA17CS016	PAVITRA	Pavitra
7	3NA17CS017	PRANAV RAVINDRA	Pranav
8	3NA17CS018	RACHANA	Rachana
9	3NA17CS019	S KAMAKSHI	Kamathi
10	3NA17CS021	SAFOORA FATIMA	Safura
11	3NA17CS022	SHIVAPPA	Shivappa
12	3NA17CS023	SHREESHA	Shreesha
13	3NA17CS024	SHREESHA DANDE	Shreesha
THIRD YEAR			
1	3NA16CS005	APOORVA M R	Apoorva
2	3NA16CS008	E SWETHA	Swetha
3	3NA16CS009	K JAHNAVI	Jahnavi
4	3NA16CS010	J M MADHU	Madhu





NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2018-2019

5	3NA16CS011	MANASA KOTWAL	Manasa
6	3NA16CS016	SINDHU PATIL	Sindhu
7	3NA16CS017	SHIRISHA DESHPANDE	Shirisha
8	3NA16CS018	SRI LAKSHMI K	Lakshmi
9	3NA16CS019	SURESH K	Suresh k
10	3NA16CS021	SYEDA SANAYYA FATIMA	Syeda
11	3NA16CS023	VAISHNAVI	Vaishnavi
12	3NA15CS017	SHILPA	Shilpa
13	3NA15CS003	B K VISHNU	Vishnu
FOURTH YEAR			
1	3NA15CS004	B. LAVANYA	Lavanya
2	3NA15CS005	CHAITRA PUJAR	Chaitra
3	3NA15CS006	DEEPTHI C	Deepthi C
4	3NA15CS008	M.K LAKSHMI MANASA	Lakshmi
5	3NA15CS010	NAGARADONA SAI APARNA	Sai Aparna
6	3NA15CS018	SHIVASHARANA M	Shivasharana M
7	3NA15CS022	SYED HAMEEDA TASNEEM	Tasneem
8	3NA15CS023	TAYYABA TAHSEEN	Tayyaba
9	3NA15CS024	VATHSALA T	Vathsala T
10	3NA15CS025	VIDYA	Vidya
11	3NA15CS027	Y MUKUNDA PRIYA	Mukunda Priya
12	3NA13CS014	RATNAPRIYA NAYAK	Ratnapriya



Signature of the Faculty Coordinator



NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2018-2019

STUDENT ATTENDANCE SHEET (EEE)

SECOND YEAR			Signature
Sr. No.	USN No.	Name	
1	3NA17EE006	MD JAMALUDDIN ABU TURAB	Jamal
2	3NA17EE009	MD. MOHIUDDINULLA B	Mohiuddin
3	3NA17EE010	NABILA NUZHAT	Nushat
4	3NA17EE011	NADINI	Nadine
5	3NA17EE013	NAZNEEN SULTANA	Sultana
6	3NA17EE014	NOUSHEEN SULTANA	Nousheen
7	3NA17EE015	S V RAHUL	Rahul
8	3NA17EE016	SANJANA	Sanjana
9	3NA17EE018	SWATHI R	Swathi
10	3NA17EE019	VASIYA NAHEED	Vasiah
11	3NA17EE020	YASHODHA	Yashodha
13	3NA15EE015	SONIYA	Soniya
14	3NA16EE002	ARCHANA C V	Archana
15	3NA18EE406	R AISHWARYA	Rashmi
THIRD YEAR			
1	3NA16EE004	FAYEZA AFROZE	Afroz
2	3NA16EE005	HEENA KOUSER	Heena
3	3NA16EE006	KAMMARI BINDU MADHAV	Madhav
4	3NA16EE007	KHAJA MOINUDDIN	Khaja
5	3NA16EE017	OMKARI VIJAYALAXMI	Laxmi
6	3NA16EE018	PADMAJA G	Padma
7	3NA16EE019	PALLAVI NAYAK	Pallavi
8	3NA16EE020	PAVANKUMAR	Pavankumar
9	3NA16EE022	ROHINI J P	Rohini
10	3NA16EE023	SOHAIL KHAN SURI	Sohail





NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2018-2019

11	3NA16EE024	SUJATHA	Sujata
12	3NA16EE025	N V SWETHA	Nvswetha
FOURTH YEAR			
1	3NA15EE004	F AMALAMARI MYATHRI	Amudam
2	3NA15EE006	KHAISAR AMEENA	Khaishar
3	3NA15EE010	NAGALAKSHI DESAI	Nagalakshi
4	3NA15EE011	NAVEEN K	Naveen
5	3NA15EE013	NUSRAT AFREEN	Nusrat
6	3NA15EE016	SANJEEV KUMAR	Sanjeev
7	3NA16EE405	GURURAJ M N	Gururaj
8	3NA16EE406	KASHIF AHMED	Kashif
9	3NA16EE407	KRISHNA MURTHY K	Krishna
10	3NA16EE409	MOHAMMED SHABBIR AHMED	Mohammed
11	3NA16EE410	MUHAMMAD SHOAIB	Muhammad
12	3NA16EE411	NANDINI B	Nandini
13	3NA16EE413	RAGHAVENI G	Raghaveni
14	3NA16EE414	RAJESHA T R	Rajesh



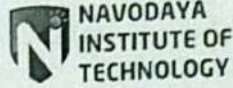
Signature of the Faculty Coordinator
Sara Arjun

**NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2018-2019**

STUDENT ATTENDANCE SHEET (ECE)

SECOND YEAR			Signature
Sr. No.	USN No.	Name	
1	3NA15ECE003	ANNAPURNA D	<i>Annapurna</i>
2	3NA16ECE005	BASAVA PRABHU	<i>Basava prabhu</i>
3	3NA16ECE017	SWATHI	<i>Swathi</i>
4	3NA17ECE001	ABDUL RAHMAN	<i>Abdul</i>
5	3NA17ECE002	ABHISHEK	<i>Abhishek</i>
6	3NA17ECE005	C GAYATHRIVARMA	<i>Gay</i>
7	3NA17ECE007	HARSHITA GANGAKED	<i>Harshita</i>
8	3NA17ECE008	K RAJEETHA	<i>K Rajeetha</i>
9	3NA17ECE009	LAKSHMI P ARETNOOR	<i>LFA</i>
10	3NA17ECE0010	PRATHEEK	<i>Pratheek</i>
11	3NA17ECE0011	RAJANI	<i>Rajani</i>
THIRD YEAR			
1	3NA15EC020	SHWETHA	<i>Shwetha</i>
2	3NA16EC001	A.DEEPTHI	<i>Deepthi</i>
3	3NA16EC006	SHAHSHANK KUMAR REDDY	<i>Shahank</i>
4	3NA16EC007	FATHIMA AFAF	<i>Fathima</i>
5	3NA15EC008	J SHRAVANI	<i>Shravan</i>
6	3NA15EC009	JAVERAIRAM	<i>Javeria</i>
7	3NA15EC010	MAHALAXMI M	<i>Mahalaxmi</i>
8	3NA16EC013	SANIYA NAYYER	<i>Saniya</i>
9	3NA16EC014	SHIVAMURTHY K	<i>Shiva</i>
10	3NA16EC015	SUJATA NAYAKAL	<i>Sujata</i>
11	3NA16EC018	SWATHI	<i>Swathi</i>
12	3NA14EC014	SUSHMA	<i>Sushma</i>
13	3NA15EC001	AKSHAY DAVALAGI	<i>Akshay</i>





NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2018-2019

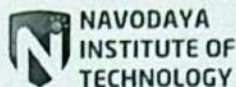
FOURTH YEAR			
1	3NA15EC005	ASHWINI CHINNAKAR	Ashwini
2	3NA15EC006	BHUVANESHWARI	Bhu
3	3NA15EC007	BHUVANESHWARI C M	Bhu
4	3NA15EC009	C VINOD BABU	CVP
5	3NA15EC012	FARHANA FARHEEN	Fahana
6	3NA15EC014	MEHRUSH BANU	MB
7	3NA15EC016	NIMITHA M	Nimitha
8	3NA15EC018	REENU	Reenu
9	3NA15EC019	SHAFIKA	Shafika
10	3NA16EC401	KARUNASHREE YADAV	Karuna
11	3NA13EC031	ANKITHA R	Ankitha
12	3NA14EC017	VAISHNAVI	Vijay



(Signature)

Signature of the Faculty Coordinator

Sachin Sir



NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2018-2019

STUDENT ATTENDANCE SHEET (MECH)

SECOND YEAR			Signature
Sr. No.	USN No.	Name	
1	3NA17ME009	KIRAN	Kiran
2	3NA17ME010	ANANTH	Ananth
3	3NA17ME011	M TEJASWINI	M. Tejaswini
4	3NA17ME014	MD HAROON SHAIK	Haroon Shaik
5	3NA17ME015	MD HIDAYATULLA	Hidayatulla
6	3NA17ME016	MD IMRAN FAIZ	Imran Faiz
7	3NA17ME023	MOHD BILAL AHMED	Md. Bilal Ahmed
8	3NA17ME024	PRASANNA S HIREMATH	P. S Hiremath
9	3NA17ME025	ROHIT	Rohit
10	3NA18ME403	UDAY KRISHNA S	U Krishna
11	3NA18ME404	SHAHIRUK	Shahiruk
THIRD YEAR			
1	3NA15ME014	MANIBHARGAVA B	Mani
2	3NA15ME017	MD MASHAQ	Md Mashay
3	3NA15ME019	Md ABDUS SAMAD	Md Abdul Samad
4	3NA15ME020	MAHMAD ASIF KUNTOJI	Asif K
5	3NA15ME021	MAHAMMAD YUSUF	Yusuf
6	3NA15ME034	SHIVAJI	Shivaji
7	3NA15ME035	SHIVARAJA	Shivaraja
8	3NA15ME037	SOURABH DESHAPANDE	Sourabh
9	3NA15ME040	SYED SAMEER	Sameer
10	3NA16ME009	KRISHNA	Krishna
11	3NA16ME010	M CHAITANYA K	Chaitanya K
12	3NA16ME013	MD AEJAZ AHMED	Aejaz Ahmed
13	3NA16ME015	MD ALEEM AFREED	Aleem



**NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2018-2019**

14	3NA16ME026	PRASANNA HM	<i>Prasanna HM</i>
15	3NA16ME027	PRAVEEN PATIL	<i>P. Patil</i>
16	3NA16ME030	ROHIT	<i>Rohit</i>

FOURTH YEAR

1	3NA15ME023	NIKHIL KULKARNI	<i>Nikhil Kulkarni</i>
2	3NA15ME026	PRAVEEN GOUDA R	<i>P. Gouda R</i>
3	3NA15ME028	RAHEEM	<i>Raheem</i>
4	3NA15ME030	RAKESH G M	<i>Rakesh G M</i>
5	3NA15ME033	SHABAZ SIDDIQVE	<i>Shabaz Siddique</i>
6	3NA15ME039	SUBHAN AHMED	<i>Subhan Ahmed</i>
7	3NA15ME042	TUSHAR	<i>Tushar</i>
8	3NA16ME402	G.GIRISH YADAV	<i>G. Girish Yadav</i>
9	3NA16ME403	GANGADHAR J V	<i>Gangadhar J V</i>
10	3NA16ME412	MEER ASHFAQWALI	<i>Meer Ashfaqwali</i>
11	3NA16ME414	MOHAMMED IRFAN	<i>Mohammed Irfan</i>
12	3NA16ME416	MOHD SOHAIL CH	<i>Mohd Sohail Ch</i>
13	3NA16ME421	PAVITRA	<i>Pavitra</i>
14	3NA16ME427	SRINIVAS	<i>Srinivas</i>
15	3NA16ME428	SUDEEP S	<i>Sudeep S</i>
16	3NA16ME429	SURESH H	<i>Suresh H</i>
17	3NA16ME430	SYED MUDASSER	<i>Syed Mudasser</i>



[Signature]
Signature of the Faculty Coordinator

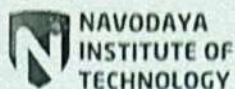
Pavitra

**NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2018-2019**

STUDENT ATTENDANCE SHEET (CIVIL)

SECOND YEAR			Signature
Sr. No.	USN No.	Name	
1	3NA16CV011	GURURAJ	Gururaj
2	3NA16CV012	KIRAN	Kiran
3	3NA16CV016	MD. IQLAS HUSSAIN	Iqlas
4	3NA16CV024	PRANITH KUMAR REDDY	Pranith
5	3NA16CV030	SANJEEV NAYAK	Sanjeev
6	3NA16CV032	SRIKANT	Srikant
7	3NA17CV004	ANIL KUMAR N	Anil
8	3NA17CV005	B VENKAN GOUDA	Venkan
9	3NA17CV006	BABITHA B	Babitha
10	3NA17CV017	MD. JAFFER MUNIYAR	Jaffer
11	3NA17CV021	MD. ABDUL HAFEEZ	Abdul Hafiz
12	3NA17CV024	MD. AZEEM NAWAZ	Azeem
13	3NA17CV026	MD. KASHIF HUSSAIN	Kashif
THIRD YEAR			Signature
Sr. No.	USN No.	Name	
1	3NA14CV029	MD. MOHSIN AHMED	Md. Mohsin
2	3NA14CV037	MOHAMMED SHAMS ZOHEB	Shams Zohab
3	3NA14CV047	PANGUNT SAGAR	Pangunt
4	3NA14CV050	POOJA	Pooja
5	3NA14CV075	VIJAY SINGH	Vijay Singh
6	3NA15CV002	AKSHATHA KONER	Konera
7	3NA15CV014	EJAZ AHAMED SHAIK	Shaik
8	3NA15CV046	SAIF ALI AHMED	Ali Ahmed
9	3NA15CV058	SYED ASHPAQ ALI	Syed
10	3NA16CV002	AKASH	Akash
11	3NA16CV003	ANAND CHANDRASHEKAR	Anand





NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2018-2019

12	3NA16CV005	ARUN	Arun
13	3NA16CV006	BHARATH KUMAR	Bharath.
FOURTH YEAR			
1	3NA15CV001	A SHIVANI	Ashivi
2	3NA15CV004	AKSHATHA R	Akshatha
3	3NA15CV005	AMREEN FATIMA	Fatima
4	3NA15CV006	ANANTHALAKSHMI	Lakshmi
5	3NA15CV008	ANURADHA A	Anuradha
6	3NA15CV010	BAVASARAJ	Bavasara
7	3NA15CV011	BHAGYASHREE	Shree
8	3NA15CV012	BHAGYASHREE K	KP
9	3NA15CV013	BHARATHI D C	DC
10	3NA15CV015	GANGAMBIKA R	GR
11	3NA15CV016	HANNAN FAISAL	Faisal
12	3NA15CV017	HARSHITA HAZARI	Hazari
13	3NA15CV032	NANDA KISHOR P	NK
14	3NA15CV033	NETHRAVATHI	neethavathi
15	3NA15CV040	R P HINDUJA	RP Hindu
16	3NA15CV044	S KUMAR SONU	Kumar Sonu
17	3NA15CV047	SANDEEP CHABANUR	Sandeep
18	3NA16CV400	AHMEDUL MISKEEN S	Ahmed
19	3NA16CV401	B KRISHNA MURTHY	Km
20	3NA16CV403	BASAVARAJ	Basa
21	3NA16CV405	BORUSU RAGHAVENDRA	Raghu
22	3NA16CV406	CHAKRAVARTI	Chakra
23	3NA16CV407	CHETAN	chetan
24	3NA16CV408	DEVEGOUDA	Deve



Signature of the Faculty Coordinator

Ahish Desai

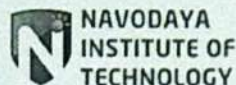
15

**NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2018-2019**

FITNESS AEROBIC TRAINING PROGRAMME



Fitness Aerobic Training program for CSE, EEE, ECE, Mech and Civil department students held on
01-09-2018 by Dr. Sheetal Pai



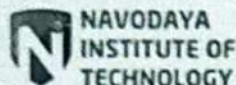
NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2019-2020

TRAINING PROGRAMME

1.	ACADEMIC YEAR	2019-2020
2.	TITLE OF THE PROGRAMME	Yoga
3.	BROAD OBJECTIVE OF THE PROGRAMME	1) To enable the student to have good health. 2) To practice mental hygiene. 3) To possess emotional stability. 4) To integrate moral values. 5) To attain higher level of consciousness.
4.	NAME OF THE DEPARTMENT	CSE, EEE, ECE, Mech, Civil
5.	TARGETED GROUP OF STUDENTS	All students
6.	NUMBER OF DAYS REQUIRED TO ORGANIZE THE PROGRAMME	02 days
7.	PROPOSED DATE OF THE PROGRAMME	09-11-2019 and 16-11-2019
8.	TOTAL NUMBER OF PERIODS REQUIRED FOR THE PROGRAMME	1.5 hrs
9.	LOCATION DETAILS	CSE Hall
10.	NUMBER OF PARTICIPANTS	40
11.	RESOURCE PERSON	Mrs. Supriya Purohit
12.	FACULTY COORDINATOR	Ms. Sana Anjum




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NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2019-2020

NET/NIT/YOGA/PO/CIR/2019-20/34

07-11-2019

CIRCULAR

The Yoga training program is arranged on 09-11-2019 and 16-11-2019 for the benefit of I, II, III and IV year students for all departments. All the students are requested to attend the program without fail.

Students are requested to bring a bedspread / Yoga mat to enable them to do the Yoga practice as per the instruction. They need to wear comfortable dress (regular formal dress) so that they will be able to sit on the floor.

Venue : CSE Hall

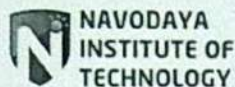
Timing : 01.30 pm to 03.00 pm



Principals
Principal
PRINCIPAL
Navodaya Institute of Technology (NIT)
RAICHUR-584 103

Copy to,

- 1) Notice Board
- 2) HoD's - CSE, ECE, EEE, Mech, Civil
- 3) Principal Office.



NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2019-2020

Program Objectives

- * Unique course of 'Training of trainers' type.
- * Demonstrations of complex Yoga procedures.
- * Training of conducting Yoga Classes.
- * Opportunity & practice of conducting Yoga sessions.

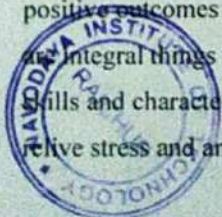
Exit Point Opportunity

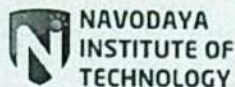
- * This interdisciplinary course helps the students to start their own consultancy and therapy practice after successful internship completion.
- * Helps students to establish themselves as professional consultants in hospitals, food sectors, private clinics etc. or set up a nutrition counseling cell.

Teenage is the time period of students when they are stucked between variety of work load and pressures. They need to perfectly accomplish their task, prepare for variety of exams or test, need to score excellent marks, work better in their workplace and improve their performance and many other tension.

Students from all around the world have gained benefits by doing yoga. It helps the body to relax and soothes the mind. Also it helps to make the body flexible and improves concentration power. Also students can gain various other benefits from yoga that will help them in completing their work perfectly and make them high scorer in the class.

Meditation and yoga brings a positive vibes among the students and if they do it regularly it will help in bringing positive outcomes which is advantageous for the scholars. There are variety of positive outcomes of yoga for learners and various other peoples. Yoga and meditation programs are integral things to face an overwhelming amount of stress in their lives. They teach some of the skills and character that are essential to human ecosystem: flexibility, and strength. In addition to relieve stress and anxiety, yoga also improves the overall health and wellbeing.





NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2019-2020

TRAINING PROGRAM

Title of the Programme: Yoga training Programme

Name of the Resource Person: Mrs. Supriya Purohit

Date: 09-11-2019 and 16-11-2019

Venue: CSE Hall

The list of students who actively participated in Yoga training programme.

Sr. No.	Name of the Student	Department	Signature 09-11-2019	Signature 16-11-2019
1.	PAVANKUMAR SINGH	CSE		
2.	M.PRABHUVEER	CSE		
3.	NIKHILA M	CSE		
4.	MAHADHAV	CSE		
5.	RITHIKA SHARMA	CSE		
6.	SANKEERTHANA	CSE		
7.	B V REKHA DEVI	CSE		
8.	BHAVYA	CSE		
9.	PAVITRA	CSE		
10.	MOUNESH A	EEE		
11.	PREETHI	EEE		
12.	R AISHWARYA	EEE		
13.	SUREKHA ADRI	EEE		
14.	ABDUL GAFFAR	EEE		
15.	AKASH KUMAR M	EEE		
16.	ASHWIN KUMAR	EEE		
17.	KHAJA MOINUDDIN	EEE		



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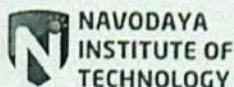
NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2019-2020

18.	MD.INZAMAMUL HAQUE	ECE	<i>[Signature]</i>	<i>[Signature]</i>
19.	NIKHITA N	ECE	<i>Nikhita</i>	<i>Nikhita</i>
20.	PRIYANKA	ECE	<i>Priyanka</i>	<i>Priyanka</i>
21.	RESHMA BEGUM	ECE	<i>Reshma</i>	<i>Reshma</i>
22.	HARSHITAGANGAKED	ECE	<i>Harshit</i>	<i>Harshit</i>
23.	K RAJEETA	ECE	<i>Rajeeta</i>	<i>Rajeeta</i>
24.	LAKSHMI P ARETNOOR	ECE	<i>Lakshmi</i>	<i>Lakshmi</i>
25.	PRATHEEK	ECE	<i>Pratheek</i>	<i>Pratheek</i>
26.	MD AEJAZ AHMED	Mech	<i>Ajeaz</i>	<i>Ajeaz</i>
27.	MD ALEEM AFREED	Mech	<i>Afreed</i>	<i>Afreed</i>
28.	MD FERAZ AHMED	Mech	<i>Feraz</i>	<i>Feraz</i>
29.	MD RAMEEZ AHMED	Mech	<i>Rameez</i>	<i>Rameez</i>
30.	MUKRANJA SHAIK S	Mech	<i>Mukranja</i>	<i>Mukranja</i>
31.	MOHAMMED SHOAIB	Mech	<i>Shoaib</i>	<i>Shoaib</i>
32.	SUDHAKAR	Mech	<i>Sudhakar</i>	<i>Sudhakar</i>
33.	MANIBHARGAVA B	Mech	<i>Manibhargava</i>	<i>Manibhargava</i>
34.	MD MASHAQ	Mech	<i>Mashaq</i>	<i>Mashaq</i>
35.	MD ABDUS SAMAD	Mech	<i>Abdus Samad</i>	<i>Abdus Samad</i>
36.	ASIF AHMED	Civil	<i>Asif</i>	<i>Asif</i>
37.	BHAVANI PATIL	Civil	<i>Bhavani</i>	<i>Bhavani</i>
38.	HASHEEM ABDUL KHADER	Civil	<i>Hashim</i>	<i>Hashim</i>
39.	LAVANYA	Civil	<i>Lavanya</i>	<i>Lavanya</i>
40.	LAXMI	Civil	<i>LAXMI</i>	<i>LAXMI</i>



[Signature]
Signature of the Faculty Coordinator

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RAICHUR-584 103



NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2019-2020

TRAINING PROGRAMME

1.	ACADEMIC YEAR	2019-2020
2.	TITLE OF THE PROGRAMME	Yoga
3.	BROAD OBJECTIVE OF THE PROGRAMME	1) To enable the student to have good health. 2) To practice mental hygiene. 3) To possess emotional stability. 4) To integrate moral values. 5) To attain higher level of consciousness.
4.	NAME OF THE DEPARTMENT	CSE, EEE, ECE, Mech, Civil
5.	TARGETED GROUP OF STUDENTS	All students
6.	NUMBER OF DAYS REQUIRED TO ORGANIZE THE PROGRAMME	01 day
7.	PROPOSED DATE OF THE PROGRAMME	29-02-2020
8.	TOTAL NUMBER OF PERIODS REQUIRED FOR THE PROGRAMME	1.5 hrs
9.	LOCATION DETAILS	CSE Hall
10.	NUMBER OF PARTICIPANTS	36
11.	RESOURCE PERSON	Mrs. Supriya Purohit
12.	FACULTY COORDINATOR	Ms. Sana Anjum



Ganika 11/3/2020
PRINCIPAL
Navodaya Institute of Technology (NIT)
RAICHUR-584 103

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NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2019-2020

NET/NIT/PO/CIR/2019-20/ 35

26-02-2020

CIRCULAR

The Yoga training program is arranged on 29-02-2020 for the benefit of I, II, III and IV year students for all departments. All the students are requested to attend the program without fail.

Students are requested to bring a bedspread / Yoga mat to enable them to do the Yoga practice as per the instruction. They need to wear comfortable dress (regular formal dress) so that they will be able to sit on the floor.

Venue : CSE Hall

Timing : 01.30 pm to 03.00 pm



Principals
Principal
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Copy to,

- 1) Notice Board
- 2) HoD's – CSE, ECE, EEE, Mech, Civil
- 3) Principal Office.



NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR ACADEMIC YEAR 2019-2020

Program Objectives

- * Unique course of 'Training of trainers' type.
- * Demonstrations of complex Yoga procedures.
- * Training of conducting Yoga Classes.
- * Opportunity & practice of conducting Yoga sessions.

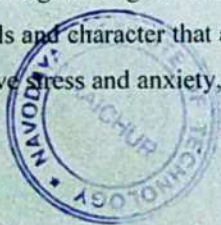
Exit Point Opportunity

- * This interdisciplinary course helps the students to start their own consultancy and therapy practice after successful internship completion.
- * Helps students to establish themselves as professional consultants in hospitals, food sectors, private clinics etc. or set up a nutrition counseling cell.

Teenage is the time period of students when they are stucked between variety of work load and pressures. They need to perfectly accomplish their task, prepare for variety of exams or test, need to score excellent marks, work better in their workplace and improve their performance and many other tension.

Students from all around the world have gained benefits by doing yoga. It helps the body to relax and soothes the mind. Also it helps to make the body flexible and improves concentration power. Also students can gain various other benefits from yoga that will help them in completing their work perfectly and make them high scorer in the class.

Meditation and yoga brings a positive vibes among the students and if they do it regularly it will help in bringing positive outcomes which is advantageous for the scholars. There are variety of positive outcomes of yoga for learners and various other peoples. Yoga and meditation programs are integral things to face an overwhelming amount of stress in their lives. They teach some of the skills and character that are essential to human ecosystem: flexibility, and strength. In addition to relive stress and anxiety, yoga also improves the overall health and wellbeing.



**NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2019-2020**

TRAINING PROGRAM


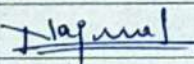
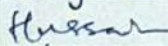
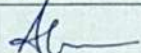
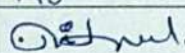
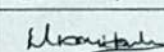
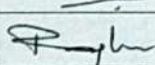
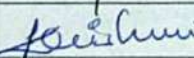
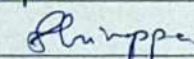
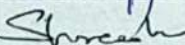
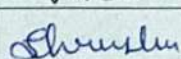
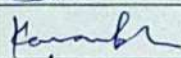
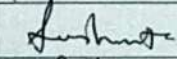
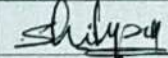
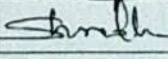
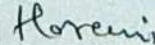
Title of the Programme: Yoga training Programme

Name of the Resource Person: Mrs. Supriya Purohit

Date: 29-02-2020

Venue: CSE Hall

The list of students who actively participated in Yoga training programme.

Sr. No.	Name of the Student	Department	Signature
1.	MD ABDUL SAMEER	Mech	
2.	MD NAJMAL HUDA	Mech	
3.	MD SAMEER HUSSAIN	Mech	
4.	MD ZAIN AHMED	Mech	
5.	NIHAL AHMED	Mech	
6.	UBAIDULLAH	Mech	
7.	RAGHU YADAV	Mech	
8.	KRISHNAVENI PUJARI	CSE	
9.	SHIVAPPA	CSE	
10.	SHREESHA	CSE	
11.	SHREESHA DANDE	CSE	
12.	V KAVANABHANDARI	CSE	
13.	SUSHMITHA	CSE	
14.	SHILPA	CSE	
15.	SHRADHA	CSE	
	HAREK RAJ K	EEE	



**NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
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17.	LAVANYA C	EEE	Lavanya
18.	MALLESHWARI	EEE	Malleswari
19.	MOHAMMED ABDUL HAKEEM	EEE	Abdul.
20.	PRANISHA	EEE	Pranisha
21.	NABILA NUZHAT	EEE	Nabila
22.	NANDINI	EEE	Nandini
23.	NAZNEEN SULTANA	EEE	Sultana
24.	NOUSHEEN SULTANA	EEE	Nousheen
25.	K RAJEETA	ECE	Rajeeta
26.	LAKSHMI P ARETNOOR	ECE	Lakshmi
27.	PRATHEEK	ECE	Pratheek
28.	RAJANI G	ECE	Rajani
29.	SUJATA S N	ECE	Sujata
30.	SWATHI	ECE	Swathi
31.	EAJAZ AHAMED SHAIK	Civil	Eajaz
32.	INDIRA	Civil	Indira
33.	MALLIKARJUN REDDY B	Civil	Mallikarjun
34.	MOHAMMED ASLAM	Civil	Aslam
35.	PALLAVI B P	Civil	Pallavi
36.	MD. FAIZ UR RAHAMAN	Civil	Faiz

Signature of the Faculty Coordinator

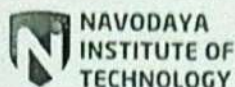


NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR

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INDEX FOR PHYSICAL FITNESS

Sr. No.	Metric Number	Metric Type	Description of Proof	Page Number
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2			Aims & Objectives for Physical Fitness	02
3			Student Attendance Sheet	03
4			Photo	05



NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2019-2020

PHYSICAL FITNESS TRAINING PROGRAMME

1.	ACADEMIC YEAR	2019-2020
2.	TITLE OF THE PROGRAMME	Physical Fitness
3.	NAME OF THE DEPARTMENT	CSE, EEE, ECE, Mechanical, Civil
4.	TARGETED GROUP OF STUDENTS	I, II, III and IV Year Students
5.	LOCATION DETAILS	NET Gymnasium
6.	NUMBER OF PARTICIPANTS	24
7.	EVENT ORGANISERS(STUDENTS)	A Kanakalaxmi, Imtiyaz
8.	FACULTY COORDINATOR	Mrs. Supriya Purohit
9.	PROGRAMME PROPOSED BY	CSE Department



Ganika
Principal *24/8/19*
PRINCIPAL
Navodaya Institute of Technology (NIT)
RAICHUR-584 103



NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2019-2020

AIM AND OBJECTIVES FOR PHYSICAL FITNESS

Physical fitness is a state of well-being and good health. It aims to help you perform your day to day activities with minimal resistance. This can be achieved through a multitude of ways such as proper nutrition, physical exercise, sports, and sufficient rest.

Essentially there are 2 key activities that you can engage in to improve your stamina and build muscle strength.

1. Aerobic Activity: Aerobic activity makes your heart beat faster through activities like brisk walking, dancing, jogging, cycling, swimming or playing any outdoor sports. These activities make you breathe faster which increases your heart and lung fitness thereby building your stamina.

2. Muscle Strengthening Activity: These kind of activities help increase bone strength and muscular fitness. Your workout at the gym, yoga, kickboxing, functional training etc work on all your major muscle groups such as legs, hips, back, chest, abdomen, shoulders and arms. These exercises tear your muscles making them grow back stronger with the help of a good nutritional diet.

So to summarize the main aim of physical fitness is to keep your body up to date. Just like we update our mobile applications from time to time so that everything works properly, similarly, we must condition our bodies to enable us to perform up to our potential.



**NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
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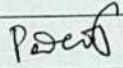
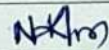
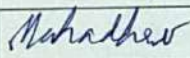
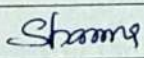
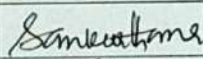

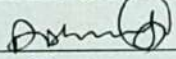
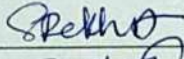
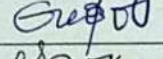
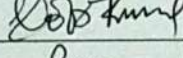
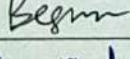
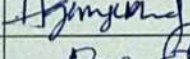
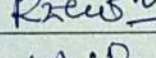
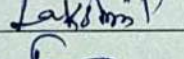
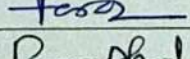
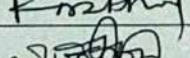
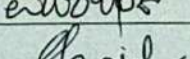
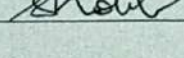
TRAINING PROGRAM

Date : 24/8/19

Title of the Programme: Physical Fitness Programme

Venue: NET Gymnasium

The list of students who actively participated in Physical Fitness programme.

Sr. No.	Name of the Student	Department	Signature
1.	M.PRABHUEER	CSE	
2.	NIKHILA M	CSE	
3.	MAHADHAV	CSE	
4.	RITHIKA SHARMA	CSE	
5.	SANKEERTHANA	CSE	
6.	PREETHI	EEE	
7.	R AISHWARYA	EEE	
8.	SUREKHA ADRI	EEE	
9.	ABDUL GAFFAR	EEE	
10.	AKASH KUMAR M	EEE	
11.	RESHMA BEGUM	ECE	
12.	HARSHITAGANGAKED	ECE	
13.	K RAJEETA	ECE	
14.	LAKSHMI P ARETNOOR	ECE	
15.	MD FERAZ AHMED	Mech	
16.	MD RAMEEZ AHMED	Mech	
17.	MUKRANJA SHAIK S	Mech	
18.	MOHAMMED SHOAIB	Mech	



**NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
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19.	SUDHAKAR	Mech	<i>Sudhak</i>
20.	ASIF AHMED	Civil	<i>Asif Ahmed</i>
21.	BHAVANI PATIL	Civil	<i>Bhavani</i>
22.	HASHEEM ABDUL KHADER	Civil	<i>Khader</i>
23.	LAVANYA	Civil	<i>Lavanya</i>
24.	LAXMI	Civil	<i>Laxmi</i>



[Signature]
Signature of the Faculty Coordinator

**NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2019-2020**

PHYSICAL FITNESS PROGRAMME



Physical fitness programme held for all department students on 24/08/2019

NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR

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INDEX FOR HEALTH & HYGIENE

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NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
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TRAINING PROGRAMME

1.	ACADEMIC YEAR	2019-2020
2.	TYPE OF THE PROGRAMME PROPOSED	Health & Hygiene
3.	TITLE OF THE PROGRAMME	Social Distancing
4.	BROAD OBJECTIVE OF THE PROGRAMME	Social distancing prevents physical contact between infectious and susceptible people during a disease outbreak.
5.	NAME OF THE DEPARTMENT	CSE, EEE, ECE, Mech, Civil
6.	TARGETED GROUP OF STUDENTS	All students
7.	NUMBER OF DAYS REQUIRED TO ORGANIZE THE PROGRAMME	01 day
8.	PROPOSED DATE OF THE PROGRAMME	29-02-2020
9.	TOTAL NUMBER OF PERIODS REQUIRED FOR THE PROGRAMME	03 hrs
10.	LOCATION DETAILS	NIT Auditorium
11.	NUMBER OF PARTICIPANTS	202
12.	RESOURCE PERSON	Dr. Praveen R Badri, General Medicine, Navodaya Medical College
13.	FACULTY COORDINATORS	1. CSE Co-ordinator: Mr. Chetan Gudi, 2. EEE Co-ordinator: Mr. A Velu 3. ECE Co-ordinator: Mr. Vasant Reddy 4. Mech Co-ordinator: Mr. Faheem Akhtar 5. Civil Co-ordinator: Mr. Nagesh S <i>Nagesh S</i>



[Signature]
PRINCIPAL
Navodaya Institute of Technology (NIT)
RAICHUR-584 103



NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2019-2020

To,
The Principal
NIT, Raichur

Date: 24.02.2020

Subject: Approval of Social distancing training program for all year students of CSE, EEE, ECE, Mech, Civil department for academic year 2019-2020

Respected Sir,

This is with respect to the approval of Social distancing training program for all year students of CSE, EEE, ECE, Mech, Civil department for academic year 2019-2020. Following are the details:

Title of the Programme: Social distancing training Programme

Name of the Resource Person: Dr. Pravin R Badri

Date: 29-02-2020


Venue: NIT Auditorium


I request you to approve for the same. Thanking you in anticipation.


Department Coordinators

1. CSE Co-ordinator: Mr. Chetan Gudi, 

2. EEE Co-ordinator: Mr. A Velu 

3. ECE Co-ordinator: Mr. Vasant Reddy 

4. Mech Co-ordinator: Mr. Faheem Akhtar 

5. Civil Co-ordinator: Mr. Nagesh S 




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NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2019-2020

NET/NIT/H&H/PO/CIR/2019-20/47






26-02-2020

CIRCULAR

This is to inform that Social distancing training program is arranged on 29-02-2020 for the benefit of all year students for CSE, EEE, ECE, Mech and Civil departments. All the students are requested to attend the program without fail.

Venue : NIT Auditorium
Timing : 10.00am onwards

Department Coordinators

1. CSE Co-ordinator: Mr. Chetan Gudi, 
2. EEE Co-ordinator: Mr. A Velu 
3. ECE Co-ordinator: Mr. Vasant Reddy 
4. Mech Co-ordinator: Mr. Faheem Akhtar 
5. Civil Co-ordinator: Mr. Nagesh S 

Copy to,

- 1) Notice Board
- 2) HoD's – CSE, ECE, EEE, Mech, Civil
- 3) Principal Office.



PRINCIPAL

Navodaya Institute of Technology (NIT)

RAICHUR-584 103

Handwritten signature and date: 26/2/2020



NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR ACADEMIC YEAR 2019-2020

Introduction

One way of limiting the spread of an infectious disease, is to practice social distancing. This is not a new concept, as most societies have been aware of the value of keeping away from people who are suffering from an infection for many generations.

The objective is to reduce transmission, delaying the epidemic peak, reducing the size of the epidemic peak, and spreading cases over a longer time to relieve pressure on the healthcare system.

What Does Social Distancing Involve?

It is an action taken to minimize contact with other individuals.

It has been suggested that maintaining a distance of approximately 2 meters from another individual result in a marked reduction in transmission of most flu virus strains

In practice, this means that avoiding close proximity to other people will aid in slowing the spread of infectious diseases. Social distancing is one of the non-pharmaceutical infection control actions that can stop or slow down the spread of a highly contagious disease.

How Does It Work?

The virus spreads easily from person-to-person. When a healthy person comes into contact with respiratory droplets from coughs or sneezes of an infected person, they are can catch the infection.

The World Health Organisation (WHO) states virus is transmitted via droplets and fomites during close unprotected contact between an infector and infectee". A fomite is an object or material which is likely to carry infection, such as clothes, utensils, and furniture. Therefore, transmission of the infection can be avoided by staying away from other people as well as from touching infected fomites.

Social distancing aims to decrease or interrupt transmission of virus in a population by minimizing contact between potentially infected individuals and healthy individuals, or between population groups with high rates of transmission and population groups with no or low levels of transmission.





NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR ACADEMIC YEAR 2019-2020

Difference between Social Distancing and Shielding

Shielding like social distancing is recommended to prevent the spread of infection but is particularly aimed at protecting vulnerable people like the elderly and those with an underlying condition. It involves minimizing interaction by staying at home but also minimizing all non-essential contact with other members of the household. a measure to protect extremely vulnerable people by minimizing interaction between those who are extremely vulnerable and others. This means that those who are extremely vulnerable should not leave their homes, and within their homes should minimize all non-essential contact with other members of their household. These measures include:

1. Strictly avoid contact with someone who has signs and symptoms of the infection.
2. Stay at home.
3. Do not attend any social gatherings. This includes socialising with friends and families not just at official functions (including religious gatherings) but also in your home or theirs.
4. Do not go out for shopping, leisure or travel. Where possible arrange for food and medications to be delivered and left on the doorstep to minimise contact.
5. Make use of remote technology to stay in touch. This is much easier in a world that now has mobile phones, the internet and social media.
6. If contact needs to be made with medical or other essential services make use of the telephone or online services.





NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2019-2020

TRAINING PROGRAM

Title of the Programme: Social Distancing training Programme

Name of the Resource Person: Dr. Pradeep R Badri

Date: 29-02-2020

Venue: NIT Auditorium

The list of students who actively participated in Social Distancing training programme.

STUDENT ATTENDANCE SHEET (CSE)

SECOND YEAR			Signature
Sr. No.	USN No.	Name	
1	3NA18CS001	A KANAKALAXMI	
2	3NA18CS002	AFROZ AHMED	
3	3NA18CS003	ANN MARY GEORGE	
4	3NA18CS006	CHETANA J KULKARNI	
5	3NA18CS007	DEEPTHI H JOSHI	
6	3NA18CS025	PALLAVI	
7	3NA18CS026	PAVANKUMAR SINGH	
8	3NA18CS015	M.PRABHUVEER	
9	3NA18CS016	NIKHILA M	
10	3NA18CS017	MAHADHAV	
11	3NA18CS031	RITHIKA SHARMA	
12	3NA18CS032	SANKEERTHANA	
13	3NA18CS009	DURGAVENI	
THIRD YEAR			Signature
Sr. No.	USN No.	Name	
1	3NA17CS002	B SREEJA	
2	3NA17CS003	B V REKHA DEVI	
3	3NA17CS004	BHAVYA	
4	3NA17CS016	PAVITRA	



**NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2019-2020**

5	3NA17CS018	RACHANA	<i>Rachana</i>
6	3NA17CS012	KOMAL	<i>Komal</i>
7	3NA17CS013	KRISHNAVENI PUJARI	<i>Pujari</i>
8	3NA17CS022	SHIVAPPA	<i>Shivappa</i>
9	3NA17CS023	SHREESHA	<i>Shreesha</i>
10	3NA17CS024	SHREESHA DANDE	<i>Shreesha Dande</i>
11	3NA17CS027	V KAVANABHANDARI	<i>Kavabhandari</i>
12	3NA16CS020	SUSHMITHA	<i>Sushmitha</i>
13	3NA17CS014	MANJARI INAMDAR V	<i>Manjari</i>
FOURTH YEAR			
1	3NA15CS003	VISHNU	<i>Vishnu</i>
2	3NA15CS012	POORNIMA	<i>Poornima</i>
3	3NA15CS013	PRIYANKA	<i>Priyanka</i>
4	3NA15CS017	SHILPA	<i>Shilpa</i>
5	3NA15CS019	SHRADHA	<i>Shradha</i>
6	3NA16CS011	MANASA KOTWAL	<i>Manasa</i>
7	3NA16CS012	RIDA TAMKIN	<i>Rida</i>
8	3NA16CS013	SAMREEN SULTANA	<i>Sultana</i>
9	3NA16CS014	SHRUSTI MALI PATIL	<i>Shruti</i>
10	3NA16CS015	SHWETA	<i>Shweta</i>
11	3NA17CS400	IMTIYAAZ	<i>Imtiyaz</i>
12	3NA14IS001	HARSHA	<i>Harsha</i>



[Signature]

Signature of the Faculty Coordinator

**NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2019-2020**

STUDENT ATTENDANCE SHEET (EEE)

SECOND YEAR			Signature
Sr. No.	USN No.	Name	
1	3NA18EE003	ARCHANA	Archana
2	3NA18EE004	GEETHA YADAV	Geetha
3	3NA18EE005	HAREENI RAJ K	Hareeni
4	3NA18EE006	LAVANYA C	Lavanya
5	3NA18EE007	MALLESHWARI	Mallu
6	3NA18EE008	MOHAMMED ABDUL HAKEEM	Hakeem
7	3NA18EE018	PRANISHA	Pranisha
8	3NA18EE020	SHOAIB HURRIRA	Shoaib
9	3NA18EE021	T HASWANATH	T. Haswanth
10	3NA16EE009	M. SADANAND	Sadanand
11	3NA18EE002	ARADANA	Aradana
13	3NA18EE024	UZMA SULTANA	Uzma
14	3NA19EE406	MANUSHA R H	Manusha
15	3NA19EE407	MD. WAJEED ALAM	Wajeed
THIRD YEAR			Signature
Sr. No.	USN No.	Name	
1	3NA17EE010	NABILA NUZHAT	Nabila
2	3NA17EE011	NANDINI	Nandini
3	3NA17EE013	NAZNEEN SULTANA	Nazneen
4	3NA17EE014	NOUSHEEN SULTANA	Nousheen
5	3NA17EE015	S V RAHUL	Rahul
6	3NA17EE016	SANJANA	Sanjana
7	3NA18EE404	MOUNESH A	Mounesh
8	3NA18EE405	PREETHI	Preethi
9	3NA18EE406	R AISHWARYA	Aishwarya
10	3NA18EE407	SUREKHA ADRI	Surekha





NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
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11	3NA18EE409	SAI KIRAN	Kiran
12	3NA17EE407	K MEGHA	Megha
FOURTH YEAR			
1	3NA16EE425	VEERAJU M M	Veera
2	3NA17EE400	ABDUL GAFFAR	Gaffar
3	3NA17EE401	AKASH KUMAR M	Akash
4	3NA17EE403	ASHWIN KUMAR	Ashwin
5	3NA16EE007	KHAJA MOINUDDIN	Khaja
6	3NA16EE008	M SUMAIYA KHATOON	M Sumaiya
7	3NA16EE010	MOHAMMADI SABAHATH KHANAM	Mohammadi
8	3NA16EE011	MEGHA	Megha
9	3NA17EE408	KRISHNA	Krishna
10	3NA17EE410	MOHAMMED ASIM	Mohammed
11	3NA17EE411	MOHAMMED RAFIYUDDIN	Mohammed
12	3NA16EE425	VEERAJU M M	Veera




Signature of the Faculty Coordinator
A. Velu Siva

**NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2019-2020**

STUDENT ATTENDANCE SHEET (ECE)

SECOND YEAR			Signature
Sr. No.	USN No.	Name	
1	3NA18EC001	CHAITRA PATIL	<i>Chaitra</i>
2	3NA18EC002	D MEGHANA	<i>Meghana</i>
3	3NA18EC003	DANDI KAVYA	<i>Kavya</i>
4	3NA18EC004	DEEPA REDDY	<i>Deepa</i>
5	3NA18EC006	K AKHILA	<i>Akhila</i>
6	3NA18EC007	MD.INZAMAMUL HAQUE	<i>Inzamamul</i>
7	3NA18EC008	NIKHITA N	<i>Nikhita N</i>
8	3NA18EC009	PRIYANKA	<i>Priyanka</i>
9	3NA18EC0010	RESHMA BEGUM	<i>Reshma</i>
10	3NA18EC0011	SRI LEKHA HIREMATH	<i>Lekha</i>
11	3NA17EC003	AISHWARYA	<i>Aishwarya</i>
THIRD YEAR			
1	3NA17EC001	ABDUL RAHAMAN	<i>Abdul</i>
2	3NA16EC004	AYESHA SIDDIQUA	<i>Ayesha</i>
3	3NA15EC003	ANNAPURNA D	<i>Annapurna</i>
4	3NA17EC005	C GAYATHRI VARMA	<i>Gayathri</i>
5	3NA17EC007	HARSHITAGANGAKED	<i>Harshit</i>
6	3NA17EC008	K RAJEETA	<i>Rajeeta</i>
7	3NA17EC009	LAKSHMI P ARETNOOR	<i>Lakshmi</i>
8	3NA17EC010	PRATHEEK	<i>Pratheek</i>
9	3NA17EC011	RAJANI G	<i>Rajani</i>
10	3NA17EC013	SURESH KODURI	<i>Suresh</i>
11	3NA17EC014	VARSHA	<i>Varsha</i>



**NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
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FOURTH YEAR			
1	3NA16EC009	JAVERIA IRAM	<i>Javeria</i>
2	3NA16EC010	MAHALAXMI M	<i>Mahalaxmi</i>
3	3NA16EC013	SANIYA NAYYER	<i>Saniya</i>
4	3NA16EC014	SHIVAMURTHY K	<i>Shiva</i>
5	3NA15EC001	AKSHAY DHAVALAGI	<i>AK</i>
6	3NA15EC013	HARSHITA	<i>Harshita</i>
7	3NA16EC015	SUJATA S N	<i>Sujatha</i>
8	3NA16EC018	SWATHI	<i>Swathi</i>
9	3NA16EC020	VAISHALI P	<i>Vaishali</i>
10	3NA16EC021	ZOHARA SADAF	<i>Zohara</i>
11	3NA16EC022	SYED SALMA BANU	<i>Salma</i>
12	3NA16EC023	RAKESH	<i>Rakesh</i>



[Signature]
Signature of the Faculty Coordinator
Pradeep S



NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2019-2020

STUDENT ATTENDANCE SHEET (MECH)

SECOND YEAR			Signature
Sr. No.	USN No.	Name	
1	3NA17ME018	MD MUSHARAF	
2	3NA17ME020	SAMIRUDDIN	
3	3NA17ME021	SOHAIL KHAN	
4	3NA18ME004	MD ABDUL SAMEER	
5	3NA18ME005	MD NAJMAL HUDA	
6	3NA18ME006	MD SAMEER HUSSAIN	
7	3NA18ME007	MD ZAIN AHMED	
8	3NA18ME010	NIHAL AHMED	
9	3NA18ME014	UBAIDULLAH	
10	3NA19ME400	VISHWANATH REDDY	
11	3NA19ME401	PURSHOTTAM	
THIRD YEAR			
1	3NA15ME036	SOUMYA	
2	3NA16ME014	MD AFRIDI	
3	3NA16ME016	MD ASHFAQ	
4	3NA16ME018	MD ISAQ	
5	3NA16ME031	ROMA E	
6	3NA16ME434	VIKAS NAIK	
7	3NA17ME406	RAGHU YADAV	
8	3NA17ME408	STEPHONSON	
9	3NA15ME025	PRAKASH V TALWAR	
10	3NA16ME024	PAVAN KUMAR B	
11	3NA16ME028	PRAVEEN RATHOD	
12	3NA17ME007	G SAIVAMSHI	
13	3NA17ME008	J. R. PRIYA	





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FOURTH YEAR			
1	3NA16ME008	KARTIK P PUJAR	KirPujar
2	3NA16ME009	KRISHNA	Krishna
3	3NA16ME010	M CHAITANYA K	Chaitanya
4	3NA16ME013	MD AEJAZ AHMED	Aejaz Ahmed
5	3NA16ME015	MD ALEEM AFREED	Aleem
6	3NA16ME017	MD FERAZ AHMED	Feraz Ahmed
7	3NA16ME019	MD RAMEEZ AHMED	Rameez
8	3NA16ME021	MUKRANJA SHAIK S	Mukranja
9	3NA14ME022	MOHAMMED SHOAIB	Shoaib
10	3NA14ME037	SUDHAKAR	Sudhakar
11	3NA14ME041	SUSHMA	Sushma
12	3NA14ME048	VINAYAK DESAI	Vinayak
13	3NA15ME005	CHANNABASAV J	Channabasav
14	3NA15ME010	H VINAY KUMAR	H Vinay Kumar
15	3NA15ME014	MANIBHARGAVA B	Manibhargava
16	3NA15ME017	MD MASHAQ	Mashaq
17	3NA15ME019	MD ABDUS SAMAD	Abdus Samad
18	3NA15ME020	MAHMAD ASIF K	Asif K.
19	3NA15ME021	MAHAMMAD YUSUF	Mahammad Yusuf
20	3NA15ME034	SHIVAJI	Shivaji
21	3NA16ME410	MAHANTESH YADAV	Mahantesh
22	3NA16ME413	MEER SHAFIQWALI	Meer Shafiqwali
23	3NA16ME426	SHIVAMURTHY	Shivamurthy
24	3NA17ME400	ABDUL RAHEEM	Abdul Raheem




Signature of the Faculty Coordinator

Fahim A. Khan



NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
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STUDENT ATTENDANCE SHEET (CIVIL)

SECOND YEAR			Signature
Sr. No.	USN No.	Name	
1	3NA17CV010	JAFFER	Jaffer
2	3NA17CV016	MALLIKARJUN	malik
3	3NA17CV018	MD. SHOAIB	Shoaib
4	3NA17CV020	MOHAMMED ABDAL HUSSAIN	Hussain
5	3NA17CV027	MOHAMMED KHAIZ	Khaiz
6	3NA17CV028	MOHAMMED KHAJA MOINUDDIN FAIZ	Mk Faiz
7	3NA18CV003	ASIF AHMED	Asif
8	3NA18CV005	BHAVANI PATIL	Patil
9	3NA18CV006	HASHEEM ABDUL KHADER	Abdelkader
10	3NA18CV007	LAVANYA	Lavanya
11	3NA18CV008	LAXMI	Laxmi
12	3NA18CV009	M.T. VISHWATEJA	VS
13	3NA18CV016	MOHAMMED DANİYAL ALI	Daniyal
THIRD YEAR			Signature
Sr. No.	USN No.	Name	
1	3NA15CV054	SOUDAGAR AAMER	Aamer
2	3NA15CV055	SUGURESHWARA	Suguresh
3	3NA16CV010	FAISAL MD KAROBARI	Karobar
4	3NA16CV012	KIRAN	Kiran
5	3NA16CV015	Md. FAIZAN SHARAQ	Sharaq
6	3NA16CV024	PRANITH KUMAR REDDY	Reddy
7	3NA17CV007	BASAVARAJ ANWAR	Anwar
8	3NA17CV009	H HANUMESH	Hanu
9	3NA17CV011	K VASANTH KUMAR	Kumar
10	3NA17CV013	LAVANYA	Lavanya
11	3NA17CV014	M DURGA BHAVANI	Bhavani



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12	3NA17CV015	M SURESH	Suresh.
13	3NA17CV017	JAFFER MUNIYAR	Muniyar.
FOURTH YEAR			
1	3NA14CV047	PANGUNT SAGAR	Sagar
2	3NA14CV050	POOJA	Pooja.
3	3NA14CV075	VIJAY SINGH	Vijay
4	3NA15CV002	AKSHATHA KONER	Konera.
5	3NA15CV014	EAJAZ AHAMED SHAIK	Shaik
6	3NA15CV018	INDIRA	Indira
7	3NA15CV022	MALLIKARJUN REDDY B	mallikarjun
8	3NA15CV023	MOHAMMED ASLAM	Aslam
9	3NA15CV035	PALLAVI B P	Pallavi
10	3NA16CV017	MD. FAIZ UR RAHAMAN	Faiz
11	3NA16CV018	MOHAMMED KHADEER M	Khadair
12	3NA16CV019	MD MUZAKIR AHMED	Ahmed
13	3NA17CV432	RASHMI	Rashmi
14	3NA17CV433	REVANTH S	Revanth S.
15	3NA17CV434	S JYOTI	Jyoti
16	3NA17CV436	S V KIRAN BABU	Kiranbabu.
17	3NA17CV437	SACHIN BASUTKAR	Sachin



Signature of the Faculty Coordinator

Nagesh Sir

**NAVODAYA INSTITUTE OF TECHNOLOGY, RAICHUR
ACADEMIC YEAR 2019-2020**

SOCIAL DISTANCING TRAINING PROGRAMME



Social distancing Training program for CSE, EEE, ECE, Mech and Civil department students held on
29-02-2020 by Dr. Praveen R Badri