

Date: 09.04.2021

From
Presiding officer,
Internal Complaints Committee.

To
The Principal,
Aditya Engineering College (A),
Surampalem.

Respected Sir,

The Internal Complaints Committee is proposing to organize Seminar on "Life Style Based Disorders" through online for staff and students on 16-04-2021. Hence, we request you to give permission to organize the programme for the benefit of students.

Guest Speaker: Dr. P. Vineetha Rajasri, BAMS.

Thanking you sir,

Yours sincerely

W. Lakshmi

Dr. M. V. S.
PRINCIPAL
Aditya Engineering College
SURAMPALEM

Dr. V.
PRINCIPAL
ADITYA ENGINEERING COLLEGE
SURAMPALEM - 533 437



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Aditya Nagar, ADB Road, Surampalem - 533437, Near Kakinada, E.G.Dt., Ph:99498 76662

Date: 14.04.2021

CIRCULAR

It is informed to all students that Internal Complaints Committee will be organizing a Seminar on "**Life Style Based Disorders**" through online on 16th April, 2021 from 10:30AM – 01:00PM. The resource person, Dr. P. Vineetha Rajasri, BAMS will talk about the changes in lifestyles based disorders and healthy diet for good life. Hence, all the interested staff and students are advised to attend the programme and utilize this opportunity.

Online Platform: Microsoft Teams

Timings: 10.30 AM – 01:00PM

Cc: All HoD's
All Deans

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Online Awareness Program on **LIFE STYLE BASED DISORDERS**

Coordinator
Mrs. Kotapalli Lakshmi,
Assoc. Professor, Dept. of CE.



Online Platform
Microsoft Teams

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Time: 10:30 AM 01-00PM

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Date: 16-04-2021

Awareness Program on Life Style Based Disorders

Attendance Sheet

S.No	Roll No	User Action	Timestamp
1	18A91A0104	Joined	16/4/2021, 10:30:20 AM
2	18A91A0106	Joined	16/4/2021, 10:34:24 AM
3	18A91A0110	Joined	16/4/2021, 10:31:22 AM
4	18A91A0114	Joined	16/4/2021, 10:30:13 AM
5	19A91A0145	Joined	16/4/2021, 10:31:36 AM
6	19A91A0146	Joined	16/4/2021, 10:35:31 AM
7	19A91A0147	Joined	16/4/2021, 10:37:58 AM
8	18A91A0206	Joined	16/4/2021, 10:40:19 AM
9	18A91A0208	Joined	16/4/2021, 10:30:24 AM
10	18A91A0210	Joined	16/4/2021, 10:34:24 AM
11	18A91A0225	Joined	16/4/2021, 10:41:48 AM
12	18A91A0234	Joined	16/4/2021, 10:48:52 AM
13	19A91A0216	Joined	16/4/2021, 10:32:40 AM
14	19A91A0217	Joined	16/4/2021, 10:32:01 AM
15	19A91A0220	Joined	16/4/2021, 10:36:55 AM
16	19A91A0221	Joined	16/4/2021, 10:30:22 AM
17	19A91A0222	Joined	16/4/2021, 10:37:54 AM
18	18A91A03E0	Joined	16/4/2021, 10:30:55 AM
19	18A91A03E2	Joined	16/4/2021, 10:31:43 AM
20	18A91A03E7	Joined	16/4/2021, 10:34:24 AM
21	19A91A0319	Joined	16/4/2021, 10:35:18 AM
22	19A91A0320	Joined	16/4/2021, 10:32:23 AM
23	19A91A0321	Joined	16/4/2021, 11:21:14 AM
24	19A91A0322	Joined	16/4/2021, 10:32:53 AM
25	19A91A0323	Joined	16/4/2021, 10:54:03 AM
26	19A91A0324	Joined	16/4/2021, 10:31:08 AM
27	19A91A0325	Joined	16/4/2021, 10:30:04 AM
28	19A91A0326	Joined	16/4/2021, 10:34:29 AM
29	18A91A0441	Joined	16/4/2021, 10:34:22 AM
30	18A91A0442	Joined	16/4/2021, 10:38:58 AM
31	18A91A0447	Joined	16/4/2021, 10:33:42 AM
32	18A91A0448	Joined	16/4/2021, 10:39:06 AM
33	18A91A0449	Joined	16/4/2021, 10:33:38 AM
34	18A91A0450	Joined	16/4/2021, 10:35:53 AM
35	18A91A0452	Joined	16/4/2021, 10:30:56 AM
36	18A91A0466	Joined	16/4/2021, 10:34:24 AM
37	18A91A0467	Joined	16/4/2021, 10:34:59 AM

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S.No	Roll No	User Action	Timestamp
38	18A91A0468	Joined	16/4/2021, 10:31:11 AM
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41	19A91A0425	Joined	16/4/2021, 10:31:24 AM
42	19A91A0426	Joined	16/4/2021, 10:32:51 AM
43	19A91A0428	Joined	16/4/2021, 10:31:05 AM
44	19A91A0429	Joined	16/4/2021, 10:35:36 AM
45	19A91A0430	Joined	16/4/2021, 10:52:57 AM
46	19A91A0431	Joined	16/4/2021, 10:31:40 AM
47	19A91A0432	Joined	16/4/2021, 10:30:12 AM
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50	18A91A0512	Joined	16/4/2021, 10:31:20 AM
51	18A91A0515	Joined	16/4/2021, 10:31:27 AM
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54	18A91A0520	Joined	16/4/2021, 10:34:33 AM
55	18A91A0521	Joined	16/4/2021, 10:32:17 AM
56	19A91A0545	Joined	16/4/2021, 10:31:20 AM
57	19A91A0548	Joined	16/4/2021, 10:32:54 AM
58	19A91A0549	Joined	16/4/2021, 10:39:17 AM
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60	19A91A1213	Joined	16/4/2021, 10:32:23 AM
61	19A91A1214	Joined	16/4/2021, 10:39:17 AM
62	19A91A1215	Joined	16/4/2021, 10:32:20 AM
63	19A91A1218	Joined	16/4/2021, 10:31:45 AM
64	19A91A1219	Joined	16/4/2021, 10:32:03 AM
65	20A95A0517	Joined	16/4/2021, 10:34:20 AM
66	20A95A0518	Joined	16/4/2021, 10:32:27 AM
67	19A91A3530	Joined	16/4/2021, 10:34:54 AM
68	19A91A3532	Joined	16/4/2021, 10:39:20 AM
69	19A91A3535	Joined	16/4/2021, 10:32:05 AM
70	19A91A3530	Joined	16/4/2021, 10:34:44 AM
71	20A95A3503	Joined	16/4/2021, 10:31:20 AM
72	20A95A3504	Joined	16/4/2021, 10:39:27 AM
73	20A95A3506	Joined	16/4/2021, 10:32:33 AM
74	20A95A3507	Joined	16/4/2021, 10:34:20 AM
75	20A95A3508	Joined	16/4/2021, 10:32:27 AM
76	Dean academics	Joined	16/4/2021, 10:32:27 AM
77	hod_ece	Joined	16/4/2021, 10:32:27 AM
78	Dr.rajyalakshmi	Joined	16/4/2021, 10:32:27 AM

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Da
Coordinator

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Date: 19 -04-2021

Report on "Awareness program on Life Style Based Disorders"

Organizer: Internal Complaints Committee

Event Name: Life Style Based Disorders

Introduction to Event: One Day Seminar has been conducted through Microsoft Teams on "Lifestyle Based Disorders" on 16th April 2021, from 10:30AM to 01:00PM by the Internal Complaints Committee to create awareness on lifestyle disorders, prevention and management of lifestyle diseases and health promotion.

Event Date: 16th April 2021

Mode of Presentation: Online (Microsoft Teams)

No. Of Days: One Day

Coordinators: Mrs. Kotapalli Lakshmi, Assoc. Professor, Dept. of CE

Agenda: Attached

Participants: 78

Resource Person:

Dr. P. Vineetha Rajasri, BAMS.

Profile of Resource Person:

Dr. P. Vineetha Rajasri, Bachelors in Ayurvedic Medicine and Surgery (BAMS), she is one of the most skilled and experienced Ayurveda doctors in Chennai. Dr. P. Vineetha Rajasri has a sound knowledge of Ayurveda to the core and knows to apply the knowledge in the contemporary era in a very caring and empathetic way so that you find practice of Ayurvedic lifestyle and diet easy.

Staffing:

- | | |
|---|--------|
| 1. Mrs. Akhila Nalla, Asst. Prof, Dept. of CSE | Member |
| 2. Mr. D. Rajesh, Junior Asst, Dept of ECE | Member |
| 3. Mrs. G Sandhya Devi, Programmer, Dept of CSE | Member |

Outcomes:

The students have learnt to

- Importance of a well-balanced diet.

g.v.

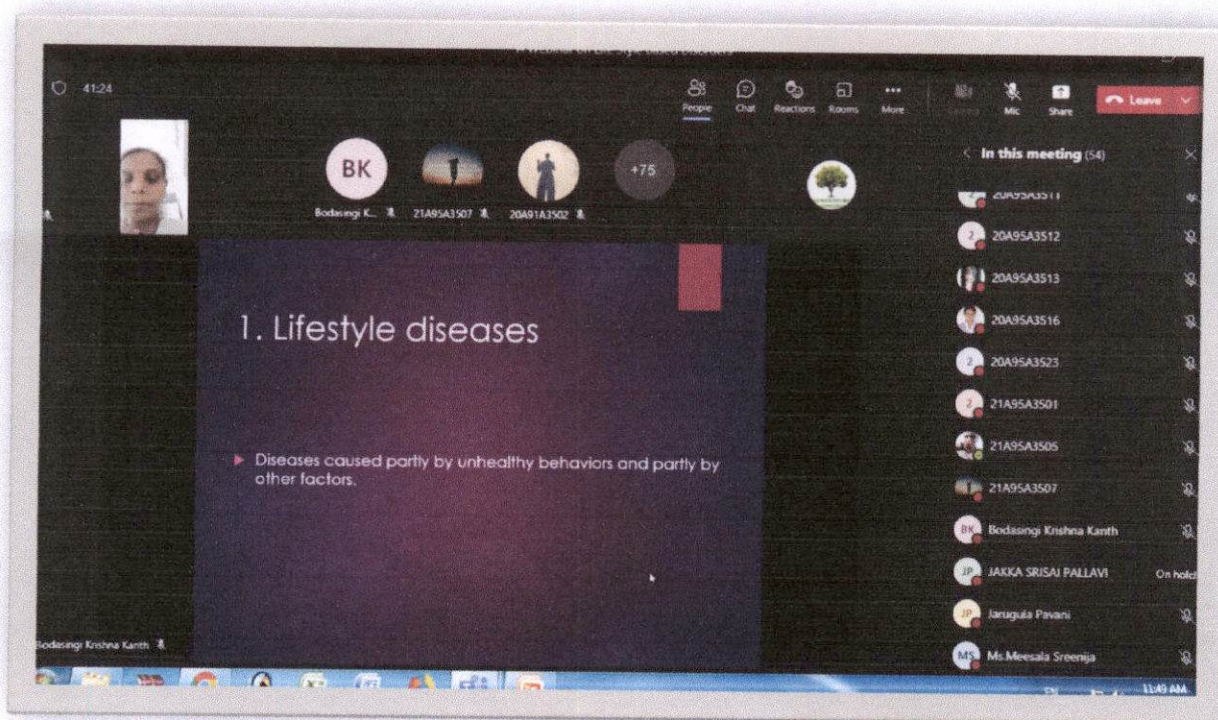
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- Good nutrition boosts immunity cuts the risk of mental and physical disorders and helps in fighting diseases.
- Required to improve the knowledge about lifestyle diseases to prevent these diseases correct practices can also be adopted.

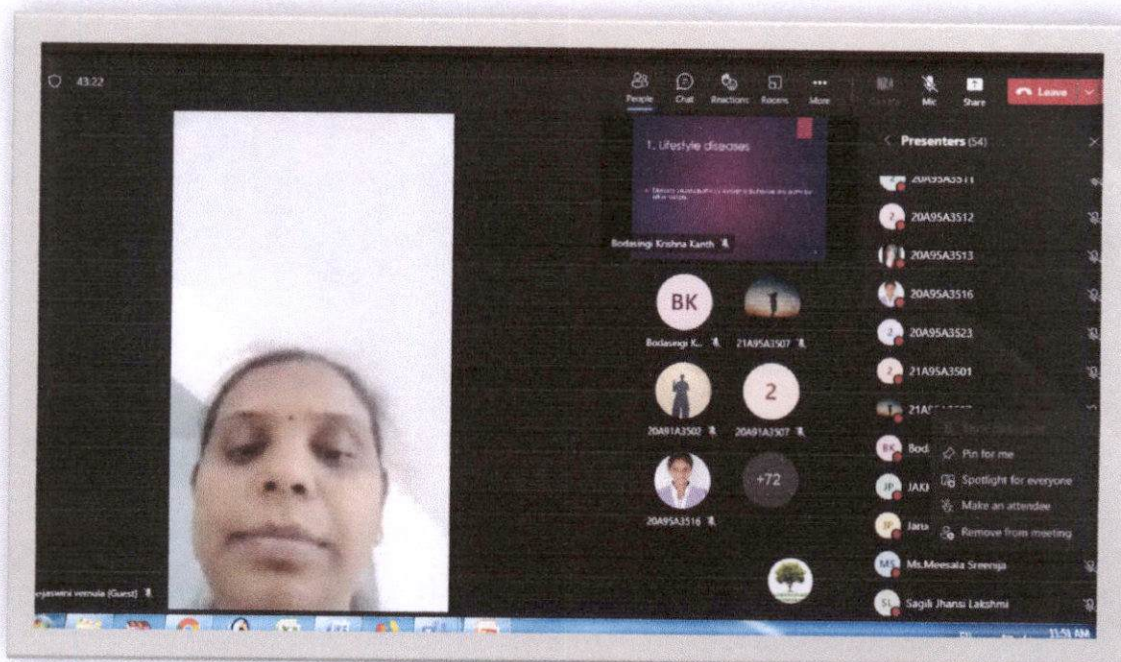
Closing Remarks:

This One Day program has fulfilled its motto in making students to learn the awareness level of adolescents about different lifestyle diseases and the effectiveness of the education program for improving the knowledge on lifestyle diseases among adolescents and thereby in prevention of lifestyle disorders.

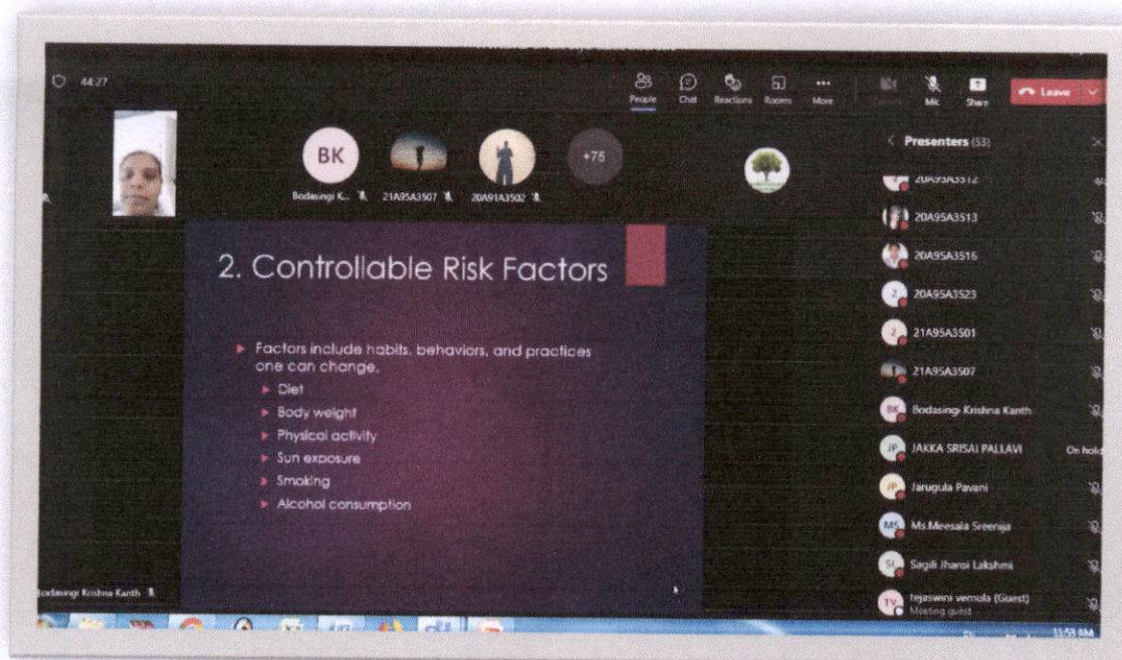
Photos:



Dr. P. Vineetha Rajasri delivered the speech on “Awareness Program on Lifestyle disorders” dated on 16-04-2021



Interactive Session with students



Presentation session


Coordinator