

#### **Invited To Guest Lecture On**

"Spreading the importance of Meditation and Vegetarianism"

**Resource Person** 

Mr. P.Naga Bhaskar Builder, Eluru

Date: 19-11-2021

Time: 10.30am to 1.0 pm Venue: PG Seminar Hall

Organized by

**DEPARTMENT OF CHEMISTRY** 

# SIR C R REDDY COLLEGE FORWOMEN (Affiliated to Adikavi Nannaya University, Rajamahendravaram) Vatluru (post), Pedapadu mandal, Eluru (AP)

#### Invitation

You are cordially invited to Guest lecture on

# "Spreading the importance of Meditation and Vegetarianism"

Chief Guest: Chelasani Vishwananda Rao (Nanaji)

Correspondent, Sir C R Reddy College for Women, Eluru

Presided by: SMT P. SAILAJA

Principal, Sir C R Reddy College for Women, Eluru

Resource Person: Mr. P. NAGA BHASKAR

Builder, Eluru

Date: 19-11-2021 Venue: Seminar Hall

Time: 9.30am to 11.30 pm

Organized by

**Department of Chemistry** 

### SIR C R REDDY COLLEGE FOR WOMEN

(Affiliated to Adikavi Nannaya University, Rajamahendravaram) Vatluru(post), Pedapadu mandal, Eluru (AP)

Dt: 15-11-2021

To The Principal Sir C.R.Reddy College for women Eluru

Subject: Request to grant permission to arrange a guest lecture on "Spreading the importance of meditation and vegetarianism"-Reg.

This is to bring to your kind notice that, Department of Chemistry is planning to arrange a guest lecture on "Spreading the importance of meditation and vegetarianism" on 19-11-2021 at 10.30am for III B.Sc Chemistry students. Mr.P.Naga Bhaskar ,gave his concern to deliver a talk on the above said topic. In this context, we request you to grant permission to arrange the programme for Chemistry students in PG Seminar Hall on 19th November 2021

Desmission granted

Thanking You Madam

Signature of HOD

GEAD OF THE DEPARTMENT OF CHEMISTRY

### SIR C R REDDY COLLEGE FOR WOMEN

(Affiliated to Adikavi Nannaya University, Rajamahendravaram)

Vatluru(post), Pedapadu mandal, Eluru (AP)

Dt: 16th Nov 2021

#### NOTICE

This is to inform that, Department of Chemistry is going to conduct a guest lecture on "Spreading the importance of meditation and vegetarianism" on 19-11-2021 at 10.30 am for III B.Sc Chemistry students. Mr. Naga Bhaskar will deliver his presentation on 19<sup>th</sup> Nov 2021. In this context, we request all the chemistry students to attend the lecture and avail the opportunity for knowing the importance of meditation and vegetarianism.

Sir C.R.R. College for Women

#### Objective of the program

The main objectives of the program are as follows

- To aware on the importance of meditation and vegetarianism.
- To know the vegetarian diet.
- To know benefits of being a vegetarian.
- To know the benefits of regular meditation.

#### **Outcome of the program**

- With meditation we can know ourselves better and also the people around us and our environment.
- ❖ Meditation improves the metabolism this helps in many ways, for example with improving our digestive system.
- Stress reduction has not only a good influence on metabolism, but also reduces muscle, tensions and negative feelings.
- Vegetarian diets are associated with a reduced pre balance of hyper tension, metabolic syndrome, diabetes and reduced rates of some cancers.

#### Report

Department of Chemistry organized an invited talk "Spreading the importance of meditation and vegetarianism" on 19-11-2021 for III B.Sc. Chemistry students.

**Mr. Naga Bhaskar** explained about meditation and good diet which we have to follow. And he said that the most vegetables have very low calories and are low in fat and are full of natural fiber.

He gave excellent speech about meditation and vegetarianism. Meditation creates more self-acceptance in adolescents who fights with body image. He sited a research review published in JAMA Internal Medicine in January 2014 found meditation help full for reliving anxiety, pain and depression.

**Smt.P. Sailaja madam principal of Sir C.R.R College for woman**, educated the students regarding meditation and vegetarianism. She told that meditation is a relaxation technique. Yoga and deep breathing activates the body's relaxation, responds and decreases our stress levels in everyday life and that helps them to concentrate in studies.

III B.SC. MCCS			
SL.NO. ROLL NO NAME OF THE STUDENT		NAME OF THE STUDENT	
1	196007	KORNE JANAKI	
2	196009	KUNA MADHAVI	
3	196040	MACHHA VARA LAKSHMI	
4	196054	PICHUKA DEEPIKA	
5	196069	YALLA SAI DEVI	

II B.Sc - MPC			
SL.NO	ROLL.NO.	NAME OF THE STUDENT	
1	200105	AKRAMANI NAGA DURGA	
2	200106	ALAPATI GEETA	
3	200108	BATTINA KAVYA SRI SAMPATA LAKSHMI	
4	200109	BOLLU YAMINI	
5	200111	BOTLA KEERTHI SAI	
6	200114	CHOLLETI TRIVENI	
7	200117	DODDI ADILAKSHMI	
8	200119	DONTHUKURTHI SEETHA	
9	200120	DUMPALA GAYATHRI	
10	200124	KADUPUKUTI BABY BHARGAVI	
11	200125	KAMBHAMPATI LIKHITHA	
12	200126	KAMBHAMPATI MANASA CHOWDARY	
13	200129	KATTOJU NAVYA SRI	
14	200131	KOLUSU PAVANI	
15	200133	KONAKALLA NAGANJALI	
16	200140	MUDDAM JYOTHI PUSHPA	
17	200143	MUTYALA VENKATA SATYA	
18	200148	PATHIVADA KARTHI	
19	200150	PILLI LEELA KUMARI	
20	200155	POBBU RATANA KUMARI	
21	200157	POOTHI SYAMALA DEVI	
22	200159	RAVULA BABITHA	
23	200160	REDDY CHANDINI	
24	200167	RAMISETTY SRI LATHA	

II B.SC MCCs			
SL.NO	ROLL.NO	NAME OF THE STUDENT	
1	204616	BEVARA DIVYA	
2	204618	CHANDRUPATLA SRAVANI	
3	204626	DAVALA GAYATHRI	
4	204627	DONKADA NAGADIVYA	
5	204631	JULURI REVATHI	
6	204635	KARRI NAGA MADHAVI	
7	204636	KOLLEPARA YAMINI	
8	204637	KOMMINA PHANENDRA MEGHANA	
9	204664	SEELAM SETTI JAHNAVI	
10	204671	YANDAPALLI MONISHA	

	II B.SC MSCS			
SL.NO	ROLL.NO	NAME OF THE STUDENT		
1	200908	ANDE BHARATHI		
2	200912	BODATI PRIYANKA		
3	200914	BUDUMURU ARUNA		
4	200924	GANTA SATYA SPANDANA		
5	200928	GONDESI SIREESHA		
6	200929	GORIPARTHI AMARESWARI		
7	200930	GORRELA HARIKA USHA SRI		
8	200934	HARIKA ATYAM		
9	200935	INNAMURI NAGA NIKITHA		
10	200937	KAKARLA GOWRI GAYATHRI		
11	200939	KARRE CHETHANA		
12	200940	KOLAGATLA VINEELA		
13	200942	KOMARAPU BHANUPRASANNA		
14	200947	MAJJI PRAMILA		
15	200957	MARUKURTHI SUREKHA		
16	200971	PUJARI SRI DURGA DEVI		
17	200977	REDDY JAYASRI		

#### II B.SC-MPCS SECT -I

S No.	ROLL.NO.	NAME OF THE STUDENT	
1	200211	ALLU RENUKA	
2	200212	ANJURI VIJAYA	
3	200213	APPIKATLA JAYA SRI	
4	200215	BALINA TEJA SRI	
5	200217	BATTULA SRAVYA SRI	
6	200218	BHUMARAJU VIMALA	
7	200219	BHUPATIRAJU INDU NIKHILA	
8	200220	BHYRAPATLA MEGHANA	
9	200222	BUDUMURU GOWTHAMI	
10	200225	CHINTALA VASAVI	
11	200240	KOLUSU UMA DEVI	
12	200243	KORAKUTI KALYANI	
13	200244	KOSURI JAYASREE DEVI	
14	200246	MADAKA MEGHANA	
15	200249	MALLAMPALLI HARIPRIYA	
16	200250	MALLAMPALLI NAGA SWARUPA	
		II B.SC-MPCS SECTION II	
SL No.	Roll Number	NAME OF THE STUDENT	
1	200253	MAMIDI HEMA PRASUNA	
2	200267	MOJJADA MENAKA	
3	200276	PETLA MANI	
4	200279	PONDURI DURGABHAVANI	
5	200285	SANAPALA JYOTHI VENKATA PAVAN DURGA	
6	200295	THATTUKOLLA ISWARYA	
7	200296	TIRUPATHI SUMA SREE	
8	200297	TUMMA SYAMALA MANI SAI	

II B.SC - MECS			
SL.NO	ROLL.NO NAME OF THE STUDENT		
1	203708	ADAPA VIMALA	
2	203714	BAGATHI BALA VENKATA SWARJYALAKSHMI	
3	203723	KANDRU ISWARYA	
4	203726	LIKITHA RAJULAPATI	
5	203728	MUSUNURI SAI PRASANNA	
6	203730	NULU THANUSHA RANI	
7	203731	PAMULA NAGA DURGA MOUNIKA	
8	203732	PARAWADA KANAKA SRI	
9	203741	SHAIK MUSTAFUNNI	
10	203744	VEMULAMANDA TANMAI	
11	203745	YAJJAVARAPU ANANDA LAKSHMI SUJATHA	

II B.SC ZFC			
SL.NO	ROLL.NO	NAME OF THE STUDENT	
1	201813	BAGGU LAKSHMI SAI LAVANYA	
2	201817	DADI DYANESWARI DEVI SRI	
3	201818	DIRISIPAMU KARUNYA	
4	201819	GANJI JOHARIKA	
5	201824	KANNIKANTI SUJITHA	
6	201831	NAGA SRI MAREEDHU	
7	201835	PULAMALA VARSHITHA	

I B.SC- BZBT			
SL.NO	SL.NO ROLL.NO NAME OF THE STUDENT		
1	202614	CHALLAGOLLA SAI RESHMA	
2	202621	KATTUMURI DIVYA	
3	202624	MAJJIGA PAVANI	
4	202625	NAGANABOINA GOWTHAMI	
5	202640	VEERAVALLI LAVANYA	

II BCOM VOC SECTION I			
SL.NO	SL.NO ROLL.NO NAME OF THE STUDENT		
1	208214	ALIVELI AMRUTHA BINDHU	
2	208222	CHINTA RAHITHA RANI	
3	208227	DAVULURI GAYATHRI DEVI	
4	208233	GORRELA MADHURI	
5	208242	KAILA ASWINI	
II BCOM VOC SECTION II			
SL.NO	ROLL.NO	NAME OF THE STUDENT	
1	208267	KUNAMNENI SUSMITHA	
2	208269	MAGANTI HEMAVALLI	
3	208275	MOVVA GUNAVARDHINI	
4	208285	POLAGANI GEETA SRI	
5	208287	PRAKKI JAYA SRI	
6	208298	SYED JASMIN	

	II B.COM - GENERAL- TM			
SL.NO	L.NO ROLL.NO NAME OF THE STUDENT			
1	208109	GUDLA PRASANTHI		
2	208119	MUDAGANI PRATHYUSHA		
3	208120	NALLAGOPU SAI SUSEELA		
4	208122	NUKALA NAGA ANJALI BHAGYASRI SRAVANI		
	II B.COM - GENERAL- EM			
SL.NO	ROLL.NO	NAME OF THE STUDENT		
1	208135	BARAGADA PRAVALLIKA		
2	208137	DODDI PAVANI		
3	208147	PAKANATI BHAVANI		
4	208150	KOVVALI SWATHI		
5	208151	VEERLA SIVA NAGAMANI		

### Quest: Perumalla. Naga Bhaskar

# SIR CRR COLLEGE FOR WOMEN, ELURU GUEST LECTURE Attendance Sheet

		portance of Medito	
SL.NO	ROLL.NO	NAME OF THE STUDENT	SIGNATURE
1	200212	A. Vijaya	A Vijanja
2	0.015	e miner	R. Foinsn

SL.NO	ROLL.NO	NAME OF THE STUDENT	SIGNATURE
1	200212	A. Vijaya	A Vijaya
2	2002 15	B-Tejasn	B. Tejasni
3	200243	k kalyan?	K. Kalyani
4	200240	K Oma Devid:	* (maDeril
5	200213	A Jayosti	A. Zhul
6	200249	M. Hari priya.	M. H. I Briga.
7	200217	B. Svavya Sri	B. Sravya Sri
8	200 220	B. Meghana	B-Meghana.
9	200.219	B. Endu Nikhila	B-Ghan Nikhle
10	200246	no neghana	nemoghana
11	204626	D. Gayathai	D. Grayathei .
12	204635	F. Naga modhavi	K. Nagamadheni
13	204637	K-Phanendsa Maghana	14. Pha nendra Meghana
14	200244	K. Jayassi Devi	k. Jayakri Devi
15	200 950	M. Nagoswasupa	M. NagioSco Sturgs
16	200266	Md karimunnisa	Md karimumisa
17	200259	m. Yamin' Daga	т. чаший Далда
18	2002943	K. Nurga Shavani	K. Durga Blavail
19	203745	Y-A-L. Sigatha	Y.A.L. Sigatha
20	203741	SK-Mustakional	Sk. Mustatunni
21	203730	N. Thanusha Rani	Thomusha Pari. N
22	200929	G. Amaroxwasii	G. Amares arasii
23	200222	B - Gowthami	B.gowtham?
24	200225	Ch. VasaVi	chilanin
25	200211	A. Benuka	A Reneto
26	2043708	A Vimala	A Vimola
27	203723	k. Aishwarya	k. Aishaeya
28	203726	R. Likitla	R. Kikithe
29	201831	M. Nagasti	M. Nagaki
30	2018/3	B. Lavanya	5 Lavanya
31	200109	8 Jamini	- B. Janini
32	200127	k. Soudher	K-gardhye.
33	200133	K. Aneyer.	K-sandhyr.
34	20011	K. Kronthi say	K. Keer-thi sei

B. Our

# SIR CRR COLLEGE FOR WOMEN, ELURU

		Attend	lance Sheet
onle	: Timo Anne		Meditation

& Vegetarianism.

	Date : 19	relieve 10-30 Am to	(1-20
SL.NO	ROLL.NO	NAME OF THE STUDENT	SIGNATURE
1	19 6040	M. Varalakshmi	m. Vanalakshmi
2	196069	y Sai Devi	y San Den
3	200935	T. Alaga Nikitha	I. Nogo Nikitha
4	200912	B. Briyanka	B. Briyanka
5	200914	B. Aguna	B. Aguna.
6	200937	K. Goson Gayaltoni	K. Gowsi Coups thou
7	200942	K. Bhanu Pxasanna	K. Hhanu Prasanna
8	200908	-A. Bharathi	A. Bharoda
9	204627	D. Naga Divya	D. Naga Dinya
10	204664	S. Johnavi.	S. Jahnaug
11	204671	y · Monisha	y-Monisha
	204616	B. Divya	B. Divyas
12	204631	J. Revathing	J. Revathing
1053	TO REAL PROPERTY AND ADDRESS OF THE PARTY AND	CH-SKOVODI	C.H. Sanipai
14	204636	K- Yamini	K. Yamini
16		M. Surekha	M. Suretha
	200957	A · Harika	Of Alberto
17	200934	y. suryatanuja	y fanya
18	200997	G. Harika usha svi	Gotbal Kaushasi
19	200930	G. Sirista	Gusinsha
20	200928	K.chetana.	4. Chetane
21	200939		G. Manjusha
22	200922	G. Manjusha M. Drancela	M. prancela
23	200947	n-praneeta	Priprance Co
; 24	FFPOOL	Regist .	N-Zhyash
. 25	200940	Rivindela.	K. Wheela
26	150000		PSP derogadoù
27	202614	ch. Sai Reshma-	Ch. Sai Reshma
28	202621	* Dinya	K-Dinja.
29	202624	M. gvani	M. painns
30	801824	of Complete	al Ruf Ho
31	201817	D. Dyaneswari Devi Sri	Doganeswari bevi s
1 32	200130	k Naga Stavya	K Naga Starya .
33	308685 300 114	N. Gaullianie.	N. Gorofficine

Brown

## SIR CRR COLLEGE FOR WOMEN, ELURU

Att		dan	-	Ch	204
AATT	one	1 a F1	E 63	30	GA GA T

SL.NO	ROLL.NO	NAME OF THE STUDENT	SIGNATURE
1	201835	P. Vasshitha	P Vashu.
2	202640	V. lavanya	AF Lavanesa.
3	200285	S. Typith's ventrate pavar ranga	San Markey J. F. S.
4	200 164	Y. Dasyo chowdaxy	y.103/ya 0
5	203731	P-Noga Duxag mounista	P. N. A. mounika
6	2037-28	P-Abga Durga maurita M-Sarprayanna	M-Saipley an no
7	203732	P. Kanakari	P. Kanakasri
8	200157	P. Syamala Deis	P. Jamala deus
9	200159	R. Balritta	P. Balatte
10	203744	V. Janmai	J. Janmai
11	203714	B.B.V. Sanniya Lakshni	R.B. V. S. hakeloni.
12	208135	B. Pravallika	B. Pravalelka
13	2081.50	S- Jahnavi nevi	S. Jahnavi nevi
14	208137	A. Bavani	Q. Davani
15	208108	G. Kalyani	G. Kalyan
16	208120	N. sag. suseBla	N. saisuseela
17	208147	P. Rhavans	. P. Bhavani
18	208275	m. Gunglandhini	M. Gunalland heni
19	208269	M. Slemavalli	m Hemavair
20	208285	P. Gartha SYI	Parthast
21	208267	K. Switha	Kissmitha
22	208151	V. Silvanagamani	V Sulgant
23	208119	m. Prattyusha	m Prathyusha
24	208122	N Sporting	N. Brawains.
25	208148	P. Sivigla .	P. Sirigla
26	2068222	ch. Rabitta rani	chirahetha ran:
27	208242	K. Papini	K. Aswini
28	200994	a satta spandana	6. Satya spandano
29	8001661	6- oyothi	S. Tyothe
30	2001649	P. Chin Maye Growsi	P. ChinMaye GOWSi
31	200106	Argecta	A Geefa
32	200129	K.Navya Sti	K. Navya Sri
33	200167	R. Spilatha.	K-Seilatha
34	200108	B. Kavya-Sri	B.K.S.S.Iakshmi

B. Ohi

### SIR CRR COLLEGE FOR WOMEN, ELURU

Attendance Sheet

	Topic : Tw	Attendance Sheet	15 c vanetarian
	Date : 19	portance of medita	to 11-20000
SL.NO	ROLLINO	NAME OF THE STUDENT	SIGNATURE
1	200160	R. Chanding	P. Chand
2	200141		
3	200117	M. Grano Maunika  D. Adilakshmi	
4	200143		D. Adilakshmi.
5	200148	M. Lienkata Patya: P. Kasthi	M. Upakata Satya P. Kathy
6	200119	D. Seetha	
7	200124	K. Baby Bhangavi	D. Seetha
8	200105	A. Naga Dunga	K. Baby Bhangar
9	200296	T. Soma Soule	A. Nagh Runga T. Suma Snee
10	200297	I Gyamala Mani Sai	P. Syamala Maii Sai
11	200267	H. Menaka	4 4
12	208227	n Gayattisi neui	M. Menaka
13	200279	P. Durga Bhavani	D. Gayathai Deur
14	208253	K. Ratra manikyan	P. Durga Bhavani
15	208244	K. Bhargayi	K. Ratiananskyam
16	208240	J. Lokering day	K. Bhavaavi
17	208218	B. Rajiswari	J. Lokernan dans
18	208249	P. Naga Kavya	R. Raligian
19	208250	v. dikhitha	K. Naga Kauya
20	208295	Sk Shaheena	K. dikhitm.
21	208300	T.S. U.D. Bhauni	Sk Shaheeve
22	208233	C. Madhy 372	T.S. U.D. Bhavans
23	208214	1 Amoutha Bindhus	G. Madhara
24	196007	K. Janaka	Amatha Birdho X-Tanaxè
25	196054	P Deepika .	P. Deepika
26	198009	K. Madhawi	K. Madhawi
27	208287	P. Janasi	P -
28	208298	Sd. Jaeppin	Sd. Jagarn
29	208302	T Streetha	
30	200876	P. Man?	P. Mani
31	200140	M. Tyndhi pushpa	M. Jyothe pushpa
1 32	800185	1. Likhitha	& Palato
33	200150	pleela Kumari	P. leela kymazn'
34	200155	P. Rotna Kumani	P. Reithakermorie

BOL





#### SIR CR REDDY COLLEGE FOR WOMEN

(Affiliated to AdikaviNannayaUniversity,Rajahmahendravaram) Vatluru (Post), Pedapadu Mandal , Eluru (A.P)

#### CHEMISTRY DEPARTMENT FEEDBACK ON GUEST LECTURE

Student Name	: 10-septha	Date: 19-	11-2021
Class	: JI MPC		
1. How satisfi	ed are you with this	event [d]	
A) Average	B) Good C) Very	Good D) Excelle	ent
2. Did the eve	nt meet your expec	tations [ $eta$ ]	
A) No B			numbers and to Participate [4]
<ol><li>Did you hav</li></ol>	e any opportunity a	and place to ask	questions and to Participate [A]
A) Yes	B) No		
4. Was the gu	est lecture beneficia	al? [4]	
A) Yes I	B) No		
5. Please shar	e any additional co	mments,thought rplanations	ts, suggestions for future events.
+ Mil. 64362-775	982		signature of the Study
			D. See the