



# PRINCETON INSTITUTE OF ENGINEERING AND TECHNOLOGY FOR WOMEN

Vijayapuri colony Chowdaryguda (V), Ghatkesar (M), Medchal (D), TS-500088.

(Affiliated to JNTUH, Hyderabad & Approved by AICTE, New Delhi)

PETW/PRIN/YOGA/AY2018-19/CR-01

Date: 07-08-2018

## OFFICE ORDER

The Yoga & Meditation cell is reconstituted with the following members for the academic year 2018-19. It is constituted to serve the interest of the student community to improve their physical and mental health.

The composition of Yoga & Meditation Cell is as follows:

S. No	Name of the member	Designation	Position
1	Dr.S. Prabakar Rao	Principal	Chairman
2	Mr.Parameswar	Physical Director	Convener
3	Mrs. Vidya	Assistant Professor	Member(ECE Dept)
4	Mrs. Swapna	Assistant Professor	Member(CSE Dept)
5	Mrs. Sandya	Assistant Professor	Member(EEE Dept)
6	Mrs. Pavani	Assistant Professor	Member(CIVIL Dept)
7	Mrs. swetha	Assistant Professor	Member(H&S Dept)
10	N.Navya	Student	Member(ECE Dept, 176M1A0406)
11	C.Vani	Student	Member(CSE Dept, 156M1A0504)
13	B.Soundarya	Student	Member(CIVIL Dept, 176M1A0105)
14	E. Srilatha	Student	Member(H&S Dept, 186M1A0102)

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PETW/PRIN/YOGA/AY2018-19/CR-02

Date: 09-08-2018

## CIRCULAR


All the Yoga & Meditation Cell members are hereby informed to attend a meeting which is scheduled on 13-08-2018. The venue will be the Department of Physical Education at 2:30pm. All are requested to be present on time.

The Agenda of the meeting is:

1. Review the activities of Yoga & Meditation Cell for the Ay 2017-18.
2. To discuss on events to be organized for the academic year 2018-19.
3. Any other matter with the permission of the chair.

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## Yoga & Meditation Cell

### MINUTES OF MEETING

1. The Meeting was held on 13-08-2018 and started at 3:00pm in the Department of Physical Education
2. The Convener started the meeting with congratulating all the members for the smooth conduction of last year programs in the events took place.
3. Principal instructed to the members of cell to put more efforts to develop yoga habit in the student's life
4. Members discussed to organized the following events
  - a. International Yoga Day
5. The meeting was adjourned at 4:00pm

The list of members attended to the meeting:

S. No	Name of the member	Designation	Position
1	Dr.S. .Prabakar Rao	Principal	Chairman
2	Mr.Parameswar	Physical Director	Convener
3	Mrs.Vidya	Assistant Professor	Member(ECE Dept)
4	Mrs. Swapna	Assistant Professor	Member(CSE Dept)
5	Mrs.Sandya	Assistant Professor	Member(EEE Dept)
6	Mrs. Pavani	Assistant Professor	Member(CIVIL Dept)
7	Mrs.Swetha	Assistant Professor	Member(H&S Dept)
10	N.Navya	Student	Member(ECE Dept, 176M1A0402)
11	C.Vani	Student	Member(CSE Dept, 156M1A0504)
13	B.Soundarya	Student	Member(CIVIL Dept, 176M1A0105)
14	E.Srilatha	Student	Member(H&S Dept, 186M1A0111)

  
Convener

  
Principal  
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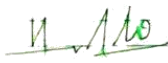
**Strategic perspective plan for the academic Year 2018-19**

<b>S. NO</b>	<b>Date of the Event</b>	<b>Dept./ Committee</b>	<b>Name of the Event</b>	<b>Details</b>
1	21-05-2019	Yoga & Meditation Cell	International Meditation Day	Objective of this event is to make the participate to realize the importance of Meditation in our daily life
2	21-06-2019	Yoga & Meditation Cell	International Yoga Day	Objective of this event is to make the participate to realize the importance of yoga in our daily life
3	24-09-2018	Yoga & Meditation Cell	International Physical fitness Day	Objective of this event is to make the participate to realize the importance of physical strength in our daily life

**Yoga & Meditation Cell-Strategy Document**

1. Meeting of Yoga & Meditation Cell will be conducted twice in each academic year.
2. A brief synopsis is given on the importance of Yoga & Meditation Cell
3. Students are registered for the cell
4. Staff and Students are encouraged to actively organize and participate in the activities of yoga & Meditation Cell
5. Yoga & Meditation Cell have given instruction and suggestions to the students about implementation of the events

  
**Convener**

  
**Principal**  
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**PETW/PRIN/YOGA/AY19-20/CR-3**

**Date: 17/05/2019**

## **CIRCULAR**

On the occasion of Meditation Day, the Yoga & Meditation cell of Princeton institute of engineering and technology for women is organizing one day Meditation Training camp on 21/05/2019, in college premises. Hence, all the Teaching, Non teaching staff and students are requested to participate for your health benefit. Kindly enroll your names with the coordinator.

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## ACTIVITY REPORT

Name of the Activity	LIFE SKILLS	
Type of Activity	International Meditation Day	
Date and Time of Activity	21-05-2019	9:00AM to 11:00AM
Details of Participants	500	
Organizing Dept./Support System	B.TECH	
In collaboration with	Ms .Suchita Joshi Msc Yoga,Internationally(USA) Certified Coach	
Description	<p>Princeton institute of engineering and technology for women has organized a one day training program on yoga to the students at the campus on 21/05/2019 from 9.00 a.m. to 11.00 a.m. The principal has addressed the students about the importance of meditation in life.</p> <p>This program included a guest lecture by the expert Ms .Suchita Joshi Msc Yoga,Internationally(USA) Certified Coach who provided information about the importance of meditation in one's life. She gave her insights on <b>Meditation – As a Scientific Tool to Transcend the Body and Mind.</b></p> <p>She further went on to give a vivid outlook on few benefits of meditation like reduces stress, improves health, positive thinking and emotional stability, happiness, focused attention. She also guided students to adopt meditation as one of their habit and suggested to follow regular pranayama and yoga along with it. Students are made to do meditation for about 15 minutes in the training program. The training program ended with our respected Principal. He was thankful for the valuable inputs delivered by resource person and she appreciated the commendable efforts taken by the college for initiating such a holistic session. Finally the session ended with a vote of thanks by the HOD.</p>	

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**PETW/PRIN/YOGA/AR2018-19/CR-4**

**Date: 19-06-2019**

## **CIRCULAR**

On the occasion of Yoga day, the Yoga & Meditation cell of Princeton Institute of engineering and technology for women is organizing one day Yoga Training camp on 21/06/2019, in college premises. Hence, all the Teaching, Non teaching staff and students are requested to participate for your health benefit.

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## ACTIVITY REPORT

Name of the Activity	LIFE SKILLS	
Type of Activity	International Yoga Day	
Date and Time of Activity	21-06-2019	9:00AM to 11:00AM
Details of Participants	903	
Organizing Dept./Support System	B.TECH	
In collaboration with	Ms .Suchita Joshi Msc Yoga,Internationally(USA) Certified Coach	
Description	<p>Princeton institute of engineering and technology for women has organized a one day training program on yoga to the students at the campus on 21/06/2019 from 9:00PM to 11:00 a.m. The principal has addressed the gathering.</p> <p>The Resource person for the training program was Ms .Suchita Joshi Msc Yoga,Internationally (USA) Certified Coach</p> <p>The session was conducted to improve the holistic development of the students on which the vision and mission of the Institution is laid.</p> <p>Some of the topics covered are the basics of yoga and applying the principles of yoga for wholesome development. The resource person motivated the students to imbibe the values of practicing yoga for physical and mental harmony. She explained the importance of yoga which is an apt measure to inculcate a natural way to control their senses. This has instilled the best practice of gaining control over the emotional well being among the students. Students gained valuable information and some important tips. The session was interactive and informative.</p> <p>This guest lecture is an attempt to aware the students about the importance of yoga and meditation. This lecture has created awareness in the students. A thank you note on behalf of students and faculty was given by HOD.</p>	

(Principal)

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Photos



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**PETW/PRIN/ YOGA /AY19-20/CR-5**

**Date: 20-09-2018**

**CIRCULAR**

On the occasion of Physical Fitness, the Yoga & Meditation cell of Princeton institute of engineering and technology for women is organizing Physical fitness camp on 24/09/2018, in college premises. Hence all the students attend the program.

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## ACTIVITY REPORT

Name of the Activity	LIFE SKILLS	
Type of Activity	Physical Fitness	
Date and Time of Activity	24-09-2018	3:00PM to 4:00PM
Details of Participants	259	
Organizing Dept./Support System	B.TECH	
In collaboration with	Ms .Suchita Joshi Msc Yoga,Internationally(USA) Certified Coach	
Description	<p>Princeton institute of engineering and technology for women has organized a one day training program on yoga to the students at the campus on 24/09/2018 from 3.00 p.m. to 4.00 p.m. The principal has addressed the students about the importance of Physical Fitness in life.</p> <p>The guest lecture was headed by the resource person Ms .Suchita Joshi Msc Yoga,Internationally(USA) Certified Coach</p> <p>The main aim of the workshop was to provide awareness about physical fitness as an important tool to promote health. The program started at around 10 am in the morning and went on till 11 am. The instructors educated the participants on the role of food, water, sleep, mental health and immunity in the maintenance of physical fitness. In this session students were given hands on training on physical fitness. This was followed by a quiz about the best fitness strategy for individuals according to their personal requirements. The instructors then provided the participants with personal guidance regarding fitness.</p> <p>The training program ended with our respected Principal. He appreciated the commendable efforts taken by the college for initiating such a knowledgeable and informative session. The vote of thanks was given by the HOD of Physical fitness on the successful completion of the workshop.</p>	



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**Photo**



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**PETW/PRIN/YOGA/AY2018-19/CR-6**

**Date:13-11-2018**

**CIRCULAR**

All the Yoga & Meditation Cell members are here by informed to attend a meeting scheduled on 15-11-2018. The venue will be the department of Physical Education at 3:00pm. All are requested to be present on time.

The Agenda of the meeting is:

1. Review on previous events.
2. To discuss on events to be organized.
3. Any other matter with the permission of chair.

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## MINUTES OF MEETING

1. The meeting was held on 15-11-2018 and started at 03:00pm in the Department of Physical Education
2. The Convener started the meeting with congratulating all the members for the smooth conduction of last year events took place
3. Principal instructed the members to explore innovative events to be conducted for the next year. Further instructed to come up with new ideas
4. The meeting was adjourned at 04:00pm

The list of members attended to the meeting:

S. No	Name of the member	Designation	Position
1	Dr.S. Prabakar Rao	Principal	Chairman
2	Mr.Parameswar	Physical Director	Convener
3	Mrs. Vidya	Assistant Professor	Member(ECE Dept)
4	Mrs. Swapna	Assistant Professor	Member(CSE Dept)
5	Mrs. Sandya	Assistant Professor	Member(EEE Dept)
6	Mrs. pavani	Assistant Professor	Member(CIVIL Dept)
7	Mrs. Swetha	Assistant Professor	Member(H&S Dept)
10	N.Navya	student	Member(ECE Dept, 176M1A0402)
11	C.Vani	Student	Member(CSE Dept, 156M1A0504)
13	B.Soundarya	Student	Member(CIVIL Dept, 176M1A0105)
14	E. Srilatha	Student	Member(H&S Dept, 186M1A0111)

  
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PETW/PRIN/Vagdevi Health Club/AY2018-19/CR-01

Date: 21-08-2018

## OFFICE ORDER

### Sub: Restructuring of Vagdevi Health Club

In continuation to the Vagdevi Health Club is restructured with the following members for the AY 2018-19.

S. No	Name of the Member	Designation & Dept	Position
1	Dr. S. Prabakar Rao	Principal	Chairman
2	Sunitha	Medical officer	Convener
3	Mrs. Swetha	Asst.Prof, H&S	Coordinator
4	Mrs. Vidya	Asst.Prof, ECE	Member
5	Mrs. Swapna	Asst.Prof, CSE	Member
6	Mrs. Sandya	Asst.Prof, EEE	Member
7	Mrs. Pavani	Asst.Prof, CIVIL	Member
10	K. Madhuri	H&S	Student Member
12	K. Pravalika	ECE	Student Member
13	B. Soundarya	CIVIL	Student Member
14	S. Sinduja	CSE	Student Member


Committee will work in line to meet the following objectives

1. To educate the students about the importance of health
2. To bring awareness among the students about various diseases, flues and also how to retaliate them
3. Motivate and encourage the students to conduct the health campaigns at various villages
4. To develop students as healthy and sound minded which is must for a good society
5. To make all students, staff and faculty to be a part of healthy Nation

The committee shall meet as frequently as necessary to discharge its duties and in any case at least two times per academic year.

Copy to:

1. Chairman
2. IQAC Coordinator
3. Exam Branch
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PETW/PRIN/Vagdevi Health Club/AY2018-19/CR-02

Date: 07-09-2018

## CIRCULAR

All the Vagdevi Health Club members are hereby informed that, the health club meeting is scheduled on 11-09-2018. The Venue will be the IQAC at 12:00pm. All are requested to be present on time.

The Agenda of the meeting is:

1. Discussing the events to organized for the AY 2018-19
2. For scheduling all the related events/programs without affecting the class/lab work, examination schedules.
3. To discuss the about the necessary facilities from college side like banners, seminar hall, transportation, food and others
4. Inviting the necessary resource persons if required

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**MINUTES OF MEETING OF VAGDEVI HEALTH CLUB**

**Date: 12-09-2018**

Minutes of the first meeting of Vagdevi Health club for the AY 2018-19 held at 12:00pm on 11-09-2018 at IQAC Block-I Princeton Institute of Engineering and Technology for Women.

**Minutes of Meeting:**

The chairman, Dr.S. Prabakar Rao started the meeting by greeting all the members present and congratulated the members for successful conduction of the events in the AY 2017-18.

Members presented suggested one event for the first semester while one more for the second semester.

Mrs. Swapna Asst.Prof, CSE suggested to conduct an awareness campaign on Thalassemia

N. Akhila a student member suggested conducting an awareness campaign on mental health

One event was decided to be conducted for each semester

**Resolution 01:** The Vagdevi Health Club members came to a conclusion to conduct two events for first semester i.e. awareness campaign on Thalassemia.

**Resolution 02:** The Vagdevi Health club members came to a conclusion to conduct two events for the second semester i.e. awareness campaign on Mental Health

The meeting concluded with the chairman thanking the members for their valuable suggestions.

  
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## Club Members:

S. No	Name of the Member	Designation & Dept	Position
1	Dr. S. Prabakar Rao	Principal	Chairman
2	Sunitha	Medical officer	Convener
3	Mrs. Swetha	Asst.Prof, H&S	Coordinator
4	Mrs. Vidya	Asst.Prof, ECE	Member
5	Mrs. Swapna	Asst.Prof, CSE	Member
6	Mrs. Sandya	Asst.Prof, EEE	Member
7	Mrs.Pavani	Asst.Prof, CIVIL	Member
8	K. Madhuri	H&S	Student Member
9	K. Pravalika	ECE	Student Member
10	B. Soundarya	CIVIL	Student Member
11	S. Sindhuja	CSE	Student Member

  
COORDINATOR

  
Principal  
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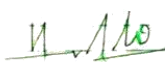
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## Strategic perspective plan for the academic year 2018-19

S. No	Date of the Event	Dept./Club	Name of the Event	Budget for the Event	Details
1	05-11-2018	Vagdevi Health Club	Awareness Campaign on Thalassemia	NIL	As the Thalassemia cases decrease the percentage of hemoglobin. So in this program we will be effective to conduct such awareness program for the improvement of blood in every Human.
2	07-02-2019	Vagdevi Health Club	Awareness Campaign on Mental Health	NIL	In this program we learn how mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

  
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### **Vagdevi Health Club-Strategy Document**

1. Health Club meeting is conducted at the beginning of the each academic year
2. A brief synopsis is given by the Vagdevi Health Club on the importance of the club and its activities
3. Students are motivated to register in health club.
4. Students are encouraged to actively participate in the health club activities.
5. Health club has given instructions and suggestions to the students about implementation of the events as and when needed

  
**Coordinator**

  
**Principal**  
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**PRINCETON INSTITUTE OF ENGINEERING AND TECHNOLOGY FOR WOMEN**

**Vijayapuri colony Chowdaryguda (V), Ghatkesar (M), Medchal (D), TS-500088.**

**(Affiliated to JNTUH, Hyderabad & Approved by AICTE, New Delhi)**

**PETW/PRIN/Vagdevi Health Club/AY2018-19/CR-3**

**Date: 27-10-2018**

**CIRCULAR**

This is to inform all the faculty, staff and students that our college is going to organize an awareness program on Thalassemia at PETW main auditorium. The main motto of the program is to save the people and make them aware about the disease. Hence, all the faculty, staff and students are requested to attend program at 2PM on 05-11-2018 without fail.

Copy to:

1. IQAC Coordinator
2. Exam Branch
3. All HODS
4. Library
5. Notice Board

  
**Principal**  
PRINCETON INSTITUTE OF ENGINEERING  
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## ACTIVITY REPORT

Name of the Activity	LIFE SKILLS	
Type of Activity	Awareness program on Thalassemia	
Date and Time of Activity	05-11-2018	2:00Pm to 4:00pm
Details of Participants	215	
Organizing Dept./Support System	B.TECH	
In collaboration with	Ms .Suchita Joshi Msc Yoga,Internationally(USA) Certified Coach	
Description	<p>Princeton institute of engineering and technology for women has conducted an awareness program on 'Thalassemia' on the 5<sup>th</sup> of November 2018 by. Ms .Suchita Joshi Msc Yoga,Internationally (USA) Certified Coach was the Facilitator for the program.</p> <p>The campaign was organized to create awareness among the students about Thalassemia. The programme was inaugurated by the chairman.</p> <p>The program began with a brief discussion on Thalassemia which is an inherited blood disorder that causes our body to have less hemoglobin than normal. Thalassemia can cause anemia, leaving you fatigued. She also delivered a brief message about its cause, spread, symptoms. She also gave a brief on preventive measures and some suggested strategies for improving health conditions were discussed.</p> <p>Through this programme, all the students were benefitted. The guest lecturer had clarified all the doubts of students. After completing all the formal events, NSS students performed a street play on Thalassemia and then, animation movies were also played for the students.</p> <p>The session ended with a good response from the students. They felt the session was very useful.</p>	



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<p><b>Photo</b></p>			
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**PETW/PRIN/Vagdevi Health Club/ay2018-19/CR-4**

**Date: 04-02-2019**

**CIRCULAR**

This is to inform all the faculty, staff and students that our college is going to organize an “Awareness program on Mental Health” at PETW main auditorium. The main motto of the program is to build a strong health nation. All the faculty, staff and students are requested to attend program at 2PM on 07-02-2019 without fail

Copy to:

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5. Library
6. Notice Board

  
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## ACTIVITY REPORT

Name of the Activity	LIFE SKILLS	
Type of Activity	Awareness program on Mental Health	
Date and Time of Activity	07-02-2019	2:00PM to 4:00PM
Details of Participants	250	
Organizing Dept./Support System	B.TECH	
In collaboration with	Ms .Suchita Joshi Msc Yoga,Internationally(USA) Certified Coach	
Description	<p>An awareness program on 'Mental Health' was conducted on the 7<sup>th</sup> of February 2019 by Princeton Institute of Engineering and Technology for Women.</p> <p>Ms .Suchita Joshi Msc Yoga,Internationally (USA) Certified Coach was the Facilitator for the program. The program was attended by 250 students from B.Tech.</p> <p>The programme aims at creating awareness among communities on mental health issues, counselling and treatment.</p> <p>This program started with an introduction to the guest speaker. After which the facilitator explained them the objectives of raising awareness of mental health issues and mobilizing efforts in support of better mental health. She added on symptoms. She also spoke about the preventive measures and major risk factors. Through this programme, all the students were benefitted. The guest lecturer had clarified and helped them to overcome difficult situations in life. They are also suggested to approach the nearby primary health centre for counseling.</p> <p>Students may face depression in colleges due to certain incidents and may not reveal it to anyone, which might affect their mental health. Hence, the objective of the program is to make them come out and discuss the issues with their parents, teachers and doctors.</p> <p>Students contributed to the awareness program and conducted rally around nearby areas. The program provided a great opportunity to learn about chikungunya and its preventive measures.</p>	



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**Photo**



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**PETW/PRIN/Vagdevi Health Club/AY2018-19/CR-5**

**Date: 16-04-2019**

**CIRCULAR**

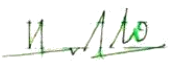
All the Vagdevi Health Club members are here by informed that the Health Club Annual review meeting is scheduled on 22-04-2019. The venue will be the IQAC at 3PM. Hence all are requested to attend the same.

The agenda of meeting is:

- I. Review meeting on the events conducted in Academic year:2018-19
- II. Discussion on non-conduct/Extra conducted events.

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## MINUTES OF MEETING OF VAGDEVI HEALTH CLUB

Date: 23-04-2019

1. The Minutes of the second meeting was held on 22-04-2019, started at 2PM in the IQAC Block-B Princeton Institute of Engineering and Technology for Women.
2. The coordinators started the meeting with congratulating all the members for the smooth conduction of current academic year programs
3. Club members discussed about the problems faced in conducting the events and suggested the modifications to overcome the glitches faced.
4. All the members presented accepted the suggestions

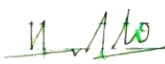
The list of events conducted in the current academic year

S. NO	Name of the Event	Date of the Event
1	Awareness program on Thalassemia	05-11-2018
2	Awareness program on Mental Health	07-02-2019

### Club Members:

S. No	Name of the Member	Designation & Dept	Position
1	Dr. S. Prabakar Rao	Principal	Chairman
2	Sunitha	Medical officer	Convener
3	Mrs. Swetha	Asst.Prof, H&S	Coordinator
4	Mrs. Vidya	Asst.Prof, ECE	Member
5	Mrs. Swapna	Asst.Prof, CSE	Member
6	Mrs. Sandya	Asst.Prof, EEE	Member
7	Mrs.Pavani	Asst.Prof, CIVIL	Member
8	K. Madhuri	H&S	Student Member
9	K. Pravalika	ECE	Student Member
10	B. Soundarya	CIVIL	Student Member
11	B. sindhuja	CSE	Student Member

  
COORDINATOR

  
PRINCIPAL  
PRINCETON INSTITUTE OF ENGINEERING  
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