

DETOX GROCERS

WHY THE PROGRAMME:

Today, many of us are under more stress than ever after enduring the COVID-19 pandemic, making the switch to working from home, and dealing with higher job and family responsibilities. These unexpected and undesirable developments can result in a lot of stress, which at times feels unrelenting.

While short-term stress can cause uncomfortable headaches, stomach cramps, weight gain, and additional cold and flu episodes, persistent, unrelenting stress has an adverse effect on every system in your body, including the immune, digestive, and reproductive systems. According to the National Institute of Mental Health (NIMH), if left untreated, chronic stress might even raise your chance of developing illnesses including obesity, type 2 diabetes, heart disease, depression, and anxiety.

Stress may not only make you grumpier but also sicker. Selection of detox groceries is one of the most important aspects in the present day life for blooming our lives.

The detox diet improves our skin tone, immunity, and sleep patterns in addition to getting rid of the toxins already in our bodies. Your energy is increased and your cravings are greatly reduced when you detox your body. A detox not only helps you lose weight, it also cleanses your body from the inside out.

The most frequent reason for recommending detox therapy is the possibility of exposure to hazardous chemicals in your surroundings or food. These include heavy metals, artificial chemicals, pollution, and other dangerous substances.

Additionally, it is asserted that these diets can aid in the treatment of a number of medical conditions, such as obesity, digestive disorders, autoimmune illnesses, inflammation, allergies, bloating, and chronic fatigue.

AIM: The program aims to show a variety of “detoxification” diets, regimens, and therapies—sometimes called “detoxes” or “cleanses” that have been suggested as ways to remove toxins from our body, lose weight, or promote health.

OBJECTIVES:

We are recommending a cleanse to all of our nutrition for

Energy Boost.

Better Concentration.

Better Breathing.

Emotional Release.

Ability to Make Healthier Lifestyle Changes.

Healthier Hair and Skin.

Convener : Dr.M. Srilakshmi

Staff Coordinators : Dr. T.Preethi Rangamani; Dr.S.Lakshmi Tulasi

Student Coordinators: Miss.Naga Dhatri; Miss.D.Rithusri; Mr.Avinas;Mr.N.Kundan Kumar

DG- CREATES HEALTH IN ALL AREAS OF OUR EXISTANCE

PRASAD V POTLURI SIDDHARTHA INSTITUTE OF TECHNOLOGY
KANURU, VIJAYAWADA
Freshman Engineering Department

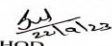
Circular

22-9-2023

The Department of Freshman Engineering is organising A ONE DAY WORKSHOP ON DETOX GROCERS to I. B. Tech students. In this regard we cordially invite all the departmental HOD's and Staff to visit the presentations and appreciate the capability of our B.Tech tutees culinary nutritious skills. We also requested you to encourage the Second B.Tech Students to visit the stalls.

Venue: Third Floor
Time: 10:30 AM

Copy to :
All HOD's & Section In charges


HOD
Freshman Engineering Department
Head
Freshman Engineering Department
PVP Siddhartha Institute of Technology
Kanuru, VIJAYAWADA-520 097.



PRASAD V POTLURI SIDDHARTHA INSTITUTE OF TECHNOLOGY
FRESHMAN ENGINEERING
DEPARTMENT
DETOX GROCERS
*We cordially invite you to
encourage the culinary nutritious
skills of our I B.Tech Tutees*
SATURDAY **23** SEPTEMBER
Third floor
Dept.
HOD
STAFF & STUDENTS



PRASAD V. POTLURI SIDDHARTHA INSTITUTE OF TECHNOLOGY
VIJAYAWADA

FRESHMAN ENGINEERING DEPARTMENT

welcomes you for

A ONE DAY WORKSHOP ON DETOX GROCERS

23-Sep-23



DETOX GROCERS

CREATS HEALTH IN ALL AREAS OF OUR EXISTENCE

PRASAD V. POTLURI SIDDHARTHA INSTITUTE OF TECHNOLOGY
VIJAYAWADA
ఆంధ్రప్రదేశ్

FED

Participant- badge

LIST OF PARTICIPANTS

Stall No	Civil Department Name Of The Student	Mobile Number	Name Of The Item	Table N.V 5+5 MARKS	10
1	Ch. Shanmuka Sai	8125934266	Pani Puri	3	
2	N. Aswanidath	9569709586	Peanut Masala	7	
	V. Hari Narayana	7569709586			
	K. RajaVardhan	9569709586			

1. Varun CSD Dry Fruit halwa

ECE-1 2. Sada 3. Peda 4. Peda 5. Peda

ECE 2 4 - mixtur - 3 5 - halwa - 1

SI - Peanut-masala - 2

K.N. vardhan 28/12/23

Stall No	COMPUTER SCIENCE Name Of The Student	Mobile Number	Name Of The Item	MARKS
1	Md. Sadhika	9666066838	Pani Poori, Maramaralu Mix	4
	V. Alekhya			
	Sk. Shaistha			
2	N. Sri charanya	9989255282	Millet Laddu, Sandwich	8
	M. Dakshayani			
3	B. Lokesh	8247006143	Maramaralu Laddu	5
	Sushanth			
	Jitendra			
4	Wesly	8688625414	Lemonade	4
	Krishna			
5	Ruthvik		Badam Milk	4
	Pranay			
	Gurusai	9515561473	Groundnut Milk	
	Varaprasad			
6	Veda Priya	8096941388	Maramaralu Mix	
	Sahithya			
	Sowmya			
7	Nikhil	7330791555	Maramaralu Mix	4
	Karthik			
	Harsha			
8	T. Blessy Keerthana	8501813269	Pani Poori	4
	Pallavi			
	K. Jayg Prakash	7416762080	Sprout Sandwich	
	Subash			
10	Y. Nihar	7207896689	Dryfruit Laddu	8
	Jahnavi			
	Afreen			
	Sruthi			
11	D. Reethusri	6302433066	Chia Seed Drink (Nanari)	9
	M. Rishmitha		Peanut Chikki, Maramaralu laddu	
	T. Sai Deepika		Millet Laddu	
12	N. Sudha	7780740714	Rajama	5
	K. Charisma		Mojito	

SI - millet-laddu - 2

SI - chia seed drink - 11

SI - Dryfruit Laddu - 10

K.N. vardhan

INFORMATION TECHNOLOGY				
Stall No	Name Of The Student	Mobile Number	Name Of The Item	MARKS
1	J. Viswates	8121566676	Pani Puri , Millet Putareku	6
2	A. Likith			
	A. Rohan	9246496315	Wheat Rolls	2
	B. Nitish			
3	A. Rushitha	8309822289	White Pasta	3
	G. Nvavyasri			
4	M. Divya	9652391677	Pan cakes	4
	N. Ramya			
	V. Veda Sidhi			
5	Ch. Jaswanth		Banana Shake	6+
	M. Naga Tarun			
	P. Hemanth			
6	Ch. Harshini		Peanut chikki	
	P. Lasya	9848746058		
7	M. Geetha Varshini	9346483496	Maramaralu Mix	3
	N. Sindhu			
	Ch. Revanthi			
8	M. Vyshanavi	8522839959	Millet Laddu	8
	K. Pujitha	8125432497		

Ist - Millet Laddu - 8
 IInd - wheat roll - 2
 IIIrd - Pan cakes - 4.

K. w. varalal

ARTIFICIAL INTELLIGENCE				
Stall No	Name Of The Student	Mobile Number	Name Of The Item	MARKS
1	P. Venkata Karthik	8919484263	Lemon juice	2
2	Gowthami	8106768578	Veg. Salad	7
	A.B. Farzana		Maramaralu chat	
	Darshini		lemon juice	
3	Sai Sri	9346524549	Lemon Tea	6
	Laksmi Prasanna			

Ist - Veg salad - 7
 2nd - Lemon tea - 6

K. w. varalal

MECHANICAL				
Stall no	Name Of The Student	Mobile No	Name Of The Item	MARKS
1	B.Sanjana		Maramarala Mix	3
	M.Rupa Rani	*		
2	SK.Meera Sharif	9390175354	Laddu	9
	V.Kalyan Sai Ram	9908586975	Salad	

1st - Laddu - 2

K.V. varadell

23/9/23

DATA SCIENCE				
Stall No	Name Of The Student	Mobile Number	Name Of The Item	MARKS
4	K.Nikitha	9121726006	Soya Chuke & Chat	10
	B.Nikhitha Salam	7569647257		6 1/2
2	G. RamyaSree	7842201162	Ragi Smoothi	6
	Ch. Sravanthi	9515367974		
3	Vani Vahnika	9502175499	Chia seed pudding	8 1/2
	S. Sravanthi	9390643538		
1	A. Jnana Srivalli	9392998482	Chick pea masala	5
	B. Nikitha			
5	T. Nikhil	7816087949	Lemon Juice	6
	K. Mahitosh	9494278669	Sprout Bread sandwich	
6	Sk. Ibrahim	9492308324	Sweet Corn	4
	P. Tauthik	9347021923	Muri mix	
7	R. Praneetha	9000421192	Maramarlu	5
	P. Vineetha	9347422344	Mix	
	S. Tanmayee	7285985173		
8	N. Veda Varshitha	8186004688	Fruit Salad	8
	S. Sai Maitreyi	8978908545	Sprout Salad	
	K. Siri	7981419581	Sandwich	
9	K. Varun	8125768557	Halwa	6
10				

1st - Sprout salad - 8.

2nd - Chiaseed pudding - 3.

3rd - Soya chunk chat - 4.

Annapurna
23/9/23.

3

LECTRONICS AND COMMUNICATION				
Stall No	Name Of The Student	Mobile Number	Name Of The Item	MARKS
1	Hema Anadh	9849477184	Green Gram Mixture	2 6
2	V.Jwaladeep	8106434729	Chat, Maramaralu mix	7
	P.Pavan Kumar	8328030022		
3	T.Eshwar Sai	8712213474	Sugandha Water	5
4	P.Pavan Kumar	9398049729	Maramarlu mix	2
5	A.Ramya Mounika	9290185369	Pumpkin Halwa & Muri Mixture	7 1/2
	P.Hanisha	9704492559	"	
	K.Abhilasya	9676181688		
6	S.Harini	9059396951	Detox Water	4
	J.Pallavi	9618205248		
7	M.Sai Sri Veda,	8885111489	channa chat	5
	G.Sujana Sree	8074329900		
	B.Jana Sri	8374831579		
8	N.Sri Durga,	9866457531	Pani Puri ,Perugu Puri	4
	Y.Tejaswini	910087090		
	Ch.Prananthi	9291686446		
9	G.Bhanu teja	9675772345	Millet laddu	8
	M.Balaram			
	A.Chaitanaya sai			

1st prize - Millet laddu - No 9 .
 2nd - Pumpkin Halwa - No 5
 3rd - Maramaralu mix - No 2

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NV
5 + 5 = 3

LECTRICAL AND ELECTRONICS ENGINEERING				
Stall No	Name Of The Student	Mobile Number	Name of the Item	MARKS
1	V.vennela	7815859693	Laddu	
	Y.Akankasha	9963019353		
	S.Kcerthana	7671899344		
2	K.Mamatha	9959072711	Poha Mix	6
	N.Dhanalakshmi	7569449692	Kichidi	
	D.Divya Anvitha	911054359	Chia Pudding	
	B.Vyshnavi	7386737839	Lemon Juice	
3	K.N.L.Sowjanya	7981389829		
	D.Vaishnavi	9866817120		4
	L.Hepsibha	8019497550	Lemon Juice maramaralu mix	
4	CH.Pujitha	99493971325	Corn mix	4
	V.Bhavitha	9121515799	Peanut masala	
5	V.Yasaswini	8977644778	Lemon ade	6 1/2
	K.Sri Lekha	7093628290	Pohamix	
	S.Nehitha	9494732379	Fruit salad	
6	S.Nikhillesh	9392810188	Lemon Juice	4
	D.Sai Teja,	7799621100	(Soda)	
	K.Naga Balaji	9390243591		
7	P.Prasanna Kumar	7702999359	Popcorn, sweet corn	4
	V.Nikhil,	7075076280		
	M.Jagadeesh	7842523883		
8	K.Anuradha	8501879187	Peanut Masala	7
	CH.Sai Srujana	7893237856	Sweet Corn Chat	
	J.Leela	9550681184	Ragi Laddu	

1st - Ragi laddu - 8 .
 2nd - Pohanix - 5
 3rd - Kichidi - 2

Annapurna
23/9/23



GPS MAP CAMERA

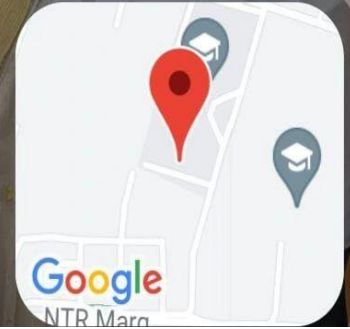
PVP SIDDHARTHA INSTITUTE OF TECHNOLOGY Chalasani Nagar

Latitude: 16.486768

Longitude: 80.6936808

Date: 23 Sep 2023

Time: 11:49 AM



GPS MAP CAMERA

PVP SIDDHARTHA INSTITUTE OF TECHNOLOGY Chalasani Nagar

Latitude: 16.486768

Longitude: 80.6936808

Date: 23 Sep 2023

Time: 11:06 AM

