



LIVE HEALTHY, BE WEALTHY



For Private Circulation

EVENTS OF OCTOBER

04/10/24-05/10/24- Two day event of Garba Night (4-5 Oct '24).

Two students from our AP campus have been selected to represent the Andhra Pradesh State team at the Nationals - October 6th to October 13th, 2024.

06/10/24---Prof GSN Raju, Chancellor Sir and Prof KCB Rao, JNTUV, honored by Chairman, NSRIT during its GB meeting.

08/10/24--Retreat 2024 CUTM AP

18/10/24- Dr J Anil kumar Presenting the opportunities in skilling in Drone, Smart Agriculture and SMO sectors at the SEEDAP workshop in Vijayawada

19/10/24 K. Lavanya Forensic science and D Teja of CSE chosen by trustees of ADITHAM Lakshmana Rao and Seshamma gari Memorial Trust merit Scholarship.

Our university weightlifting player CH SRI LAKSHMI honoured by Smt. ADITHI GAJAPATHI RAJU, MLA - VIZIANAGARAM

World anesthesia day program addressed by vice chancellor sir Dr.P.K.Mohanty sir , Dr.vijaya Babu sir (Dean SOPAHS), Kalyan sir (HOD) at gallery hall 1

19th & 20th October Department of Optometry students attended the Two days Contact lens workshop at the prestigious LV Prasad Eye Institute

BBSR, PKD and VZNM domain students involved in workshop on commercial plant tissue culture



Aditham Lakshshmanarao and Sesshamma Memorial Trust Merit, scholarship programme addressed by Vice president Prof. D.N Rao sir ,Hon'ble Chancellor Col.Prof.G.S.N Raju Sir , Vice Chancellor Dr .P .K Mohanthysir , Registrar Dr P. Pallavi ma'am , Deputy Registrar Dr . R S Varma , Dean Agriculture Dr .G. Pushpalatha madam ,Dean SOET, Dean SOPAHS and Dean IQAC. S Lavanya from Forensic Sciences and D Teja from CSE were awarded with this Scholarship



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The theme for the World Anaesthesia Day 2024 is "Workforce Well Being". It features the critical role anaesthesia plays in the treatment of cancer. Participate in the campaign to increase awareness and support the expansion of anaesthesia services, which will ultimately improve the prognosis of cancer patients. In this view the Department of Anesthesia has celebrated Anesthesia day in the campus

which was addressed by Honourable Vice Chancellor sir along with Dean SOPAHS, HOD of Anesthesia and chief guest Dr Chandrasekhar sir who is the Anestheologist in PVR hospital. Anaesthetists are responsible for the preoperative care of the patients.



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BBSR, PKD and VZNM domain students involved in workshop on commercial plant tissue culture. Primary hardening they are working on. All got hands on and care was taken not to harm the Tissue Culture plants- Under the supervision of Dr Pushpalatha G

Workshop at VZNM organised by school of smart agriculture. All Domain of PKD and BBSR students with B.Sc. Ag VZNM students interacted with Hon'ble VC sir. Thank you sir.





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Sports team of CUTM,AP being appreciated by Hon'ble VC sir and Deputy Registrar Dr .R S Varma

The team members have participated in national level competition and won medal in this regard the team has been appreciated for their dedication .



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Students of Department of Optometry along with Mr.Sourajit Kumar Baneerjee Hod of the Department of Optometry ,Mr . Nagula Dinesh kumar sir,, Assistant Professor and Mr P Eswar have participated in two days ICLEP workshop at LVPEI ,Visakhapatnam on 19th and 20th Oct 2024 there were series of sessions including

1. Contact lens Terminology and types
2. Soft Spherical and Toric lens parameters selection and fitting assessment
3. contact lens fitting in Paediatric cases
- 4 .Prosthetic and cosmetic contact lens
5. soft contact lens complications
- 6 Rigid contact lens fitting
7. RGP Contact lens complications
8. Contact lenses in Myopia Management
- 9 Scleral contact lenses



LV Prasad Eye Institute

mini ICLEP

19-20, October 2024

GMR Varalakshmi Campus Visakhapatnam, Andhra Pradesh





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Dr J. Anil Kumar ,Dean J Anil
Kumar
Dean- Extension, Skills and
Incubation
Coordinator, Research Centre for
Drones
Accountable Manager, RPTO-
PKD and VZM
Presenting the opportunities in
skilling in Drone, Smart
Agriculture and SMO sectors at
the SEEDAP workshop in
Vijayawada .

SEEDAP is one of the largest skilling organizations in the country and the Nodal Agency for implementing the various Central and State Government's skilling programmes to facilitate the settlement of youth in Wage Employment, Self-Employment and Entrepreneurship.

SEEDAP works with an objective to provide at least one employment opportunity in the organized sector to every poor rural house hold by conducting employment oriented, market driven skilling programs to rural unemployed youth aged between 18 - 35 years focusing predominantly on school and college dropouts.



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Garba which is a ritualistic and devotional dance that is performed on the occasion of the Hindu festival of Navaratri, which is dedicated to the worship of the feminine energy or 'Shakti'. The dance takes place around a perforated earthenware pot lit with an oil lamp, or an image of the mother goddess Amba

Ms Manishi and Ms Rashmi have initiated the event and students from various departments have taken active participation in the dance and carried out the Pooja





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Visakhapatnam, AP, India

Jagdamba Junction, Visakhapatnam, 530020, AP, India

Lat 17.710974, Long 83.300216

10/08/2024 04:05 PM GMT+05:30

Note : Captured by GPS Map Camera

Retreat for the faculty of CUTM, AP was conducted in Hotel Daspalla addressed by Vice President Prof D N Rao sir , Chancellor G S N Raju sir .

Faculty were assigned with new responsibilities to look after and execute within the next few months



Founder of Zolostays visited the campus .

They do work with educational institutions in enhancing campus - student interactions and event planning.



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Radiology students recently attended a 3-day conference and workshop organized by Andhra Pradesh MedTech Zone (AMTZ) and the Indian Society of Radiographers and Technologists (ISRT) in Visakhapatnam. This comprehensive event offered students valuable exposure to the latest advancements and trends in medical imaging and radiology technology.

The conference included expert-led sessions on innovations in diagnostic imaging, radiology safety protocols, and advancements in imaging equipment. Hands-on workshops provided practical training on cutting-edge radiology equipment and technology, enabling students to gain real-world skills and insights into industry best practices.

The event also featured networking opportunities, allowing students to connect with industry professionals, mentors, and peers from across the country. This experience equipped the students with essential knowledge and skills, preparing them for future careers in the dynamic field of radiology.





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Miss Laxmi from the Department of BBA has been awarded a gold medal at the national level in weight lifting, felicitated by Honorable Vice President Prof .D.N RAO sir , Registrar Dr. P.Pallavi Ma'am , Deputy Registrar Dr . R S Varma

Our University weightlifting player CH SRI LAKSHMI Honoured by Smt. ADITHI GAJAPATHI RAJU, MLA - VIZIANAGARAM



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ANDHRA PRADESH

DEPARTMENT OF OPTOMETRY

World Sight Day 2K24

INTERNATIONAL WEBINAR ON
"Redefining the Limits in Optometry"

BY
HONORARY GUEST SPEAKER
DR. DIBYENDU PUSTI

03 OCTOBER 2024
10:30AM

Dr. Dibyendu Pusti
Vision Scientist
Apple Inc., California, USA
Formerly, Senior Research Scientist, University of Houston, TX, USA

International webinar by
Dr .DIBYENDU PUSTI

Vision Scientist

APPLE INC. CALIFORNIA taking an online session to the students of Optometry in regard to **WORLD SIGHT DAY CELEBRATION 2024**
TOPIC : REDEEMING THE LIMITS IN OPTOMETRY

MS. Saranya Sridharan

Senior Consultant Optometrist ,DMK Charity Hospital provided valuable insights and practical advice to help better protect the eye health for all

CENTURION UNIVERSITY OF TECHNOLOGY AND MANAGEMENT
ANDHRA PRADESH

DEPARTMENT OF OPTOMETRY

WORLD SIGHT DAY 2024

WEBINAR ON
Eyecare awareness ,tips and misconceptions

2nd October 2024
11 am

Ms Saranya Sridharan
Senior consultant optometrist, DMK charity hospital.
Alumni Elite school of Optometry, Sankara Nethralaya, Chennai

CENTURION UNIVERSITY OF TECHNOLOGY AND MANAGEMENT
ANDHRA PRADESH
DEPARTMENT OF OPTOMETRY



WORLD SIGHT DAY 2024

WEBINAR ON
Setting up your own brand in Optometry

3rd OCTOBER 2024
11 AM

CO-FOUNDER & CEO , BYNOCS
MD. OLIULLAH ABDAL



MD. Oliullah Abdal

Co-Founder & CEO, BYNOCS delivered a lecture on -
Setting up your own brand in Optometry



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10 TIPS TO HELP PREVENT WINTER COLDS AND FLU



Add more powerful
nutrients into your
diet



Add
immune-boosting
supplements to your
health regimen



Stay away from
processed foods and
sugars



Avoid alcohol and
smoking

Focus on proper
hydration



Spend time in nature



Improve your sleep
quality



Increase your
physical activity



De-stress



Add other
health-boosting
routines to your life





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ఐజయనగరం జిల్లాలో సంచాలయన్ యూనివర్సిటీ ఆఫ్ టెక్నాలజీ అండ్ మేనేజ్మెంట్ యూనివర్సిటీ ఆధ్వర్యంలో ఉచిత ఆరోగ్య సేవలు




కంటి పరీక్షలు **రక్తపోటు**



రక్త చరణ్ (CBC) ₹60 **బ్లడ్ గ్రూప్ ₹60** **బ్లడ్ గ్రూప్ ₹10** **చూరమేరం ₹10** **లిపిడ్ ప్రొఫైల్ ₹150**

నవంబర్ 1న దేవిపల్లి గ్రామంలో లాంచనంగా ప్రారంభం

ఉచిత కంటిపరీక్షలు జరిపి, అవసరమైన వారికి ఉచితంగా కళ్ళ జోక్యు పంపిణీ స్వల్ప ధరలకే లిపిడ్ ప్రొఫైల్, బ్లడ్ గ్రూపింగ్, సిజసి, షుగర్ తదితర ఆరోగ్య పరీక్షలు హెల్త్ ఆన్ వీల్స్ బస్సు ద్వారా జిల్లా వ్యాప్తంగా అందనున్న ఆరోగ్య పరీక్షల సేవలు




Health on wheels - CUTM,AP

Health Care on Wheels is a mobile van sponsored by Ashok Leyland to the Centurion University, Andhra Pradesh. The objective is to provide comprehensive eye screening, Diabetic, Hypertension testing in the rural areas of AP. With the help of Essilor and through this vehicle, free reading glasses for economically poor background will also be provided. Apart from screening, healthcare awareness campaign will also be carried out.



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Students should focus on long-term goals 'Biz Fest 2.0' at Centurion

- A Tech-Talk on Stellar Engines and Dyson Spears - Vice Chancellor Prof. Mohanty



(Ringside View Bureau) Vizianagaram, October 25: Professor Prasanta Kumar Mohanty, Vice-Chancellor of Centurion University, urged the students to concentrate on their long-term objectives. A 'Tech-Talk' event was held on Friday at Centurion University. The program's Chief Guest, Vice-Chancellor Professor Mohanty, advised the students to utilise the Tech-Talk program, which would be held monthly. According

to him, this platform would enable students who are enthusiastic about engineering or any other subject to demonstrate their special abilities in the areas of cutting-edge design and technology. He gave the kids an explanation of Tech-Talk's advantages. Dr. Sonny Dayal, Dean of SoET, also offered his perspectives on how technology is used in different domains. A first-year student named Sridhar Raghunanda gave a speech about "Stellar Engines and Dyson Spears." He also explained about the hypothetical megastructure designed to harness the energy of the stars, Dr. Satyabrata Lenka, Assistant Professor, Department of CSE conducted the program. GTIDS CEO Babu Sankar, Faculty members, and students from various departments participated in this program.



(Ringside View Bureau) Vizianagaram, October 25: IIM Visakhapatnam Professor K. Kalyan said that if students want to succeed in the field of business, they should have a complete un-

derstanding of them. He was the chief guest at Centurion University's 'Biz Fest 2.0' program organized by the Department of Management on Friday. On this occasion, he said that stu-

dents should acquire skills in the fields they need. Vice-Chancellor Professor Prasanta Kumar Mohanty, who participated as a guest in the inaugural program, said that "Coffee Connect"

has been a about busi studies. S have an in how to ap they learn related to life. In this trar Dr. Pal future of t pends on Management Dean Dr. M demic De Dayal, Dea IQAC Dea Acharyul Kumar, Gr Babu Sha PSV Rama ager Sriniv participat

ఆంధ్రప్రభ

సెంచూరియన్ లో విదేశాల్లో చదువు - ఉపాధి అవకాశాలుపై సదస్సు

వైద్యమర్ల, అక్టోబర్ 25 (ప్రభ న్యూస్) - సెంచూరియన్ విశ్వవిద్యాలయం, ఓక్స్ ఫర్డ్ లోని సెంచూరియన్ విదేశాల్లో చదువు - ఉపాధి అవకాశాలు అనే అంశంపై శుక్రవారం సదస్సు నిర్వహించాయి. ఈ సదస్సును డాక్టర్ డీన్ సన్నీ డయాల్, విభాగాధిపతి డాక్టర్ డీపికే కుమార్ నిర్వహించారు. ఈ కార్యక్రమానికి ముఖ్య అతిథిగా పాల్గొన్న ఓక్స్ ఫర్డ్ లోని సెంచూరియన్ మేనేజ్మెంట్ పబ్లిక్ మాస్ట్రారు ఈ విదేశాల్లో చదువుకోవడం వల్ల తిరిగి ప్రయోజనాలు, ఉపాధి గల విస్తృత అవకాశాల గురించి వివరించారు. అనంతరం వివిధ సంస్థలకు చెందిన విదేశీ ప్రతినిధులు మల్లారా, శ్రీకృష్ణ విద్యార్థుల సందేహాలను వివృతి చేశారు. ఈ కార్యక్రమంలో ప్రాసెస్ సీఎస్సీ రమణారావు, డాక్టర్ రంజన్ బిహారా, డాక్టర్ ఎ.కె.జెనా, చలువుల సైదరియర్ విద్యార్థులు పాల్గొన్నారు.

విద్యార్థులు భవిష్యత్తు లక్ష్యాలపై దృష్టి సారించాలి

టెక్-టాక్ లో వైస్ ఛాన్సలర్ ప్రొఫెసర్ ప్రశాంత కుమార్ మహాంతి

నెల్లెమర్ల, అక్టోబర్ 25 (ఆంధ్రప్రభ): విద్యార్థులు భవిష్యత్తు లక్ష్యాలపై దృష్టి సారించాలని సెంచూరియన్ యూనివర్సిటీ వైస్ ఛాన్సలర్ ప్రొఫెసర్ ప్రశాంత కుమార్ మహాంతి పిలుపునిచ్చారు. శుక్రవారం సెంచూరియన్ విశ్వవిద్యాలయంలో టెక్-టాక్ కార్యక్రమాన్ని నిర్వహించారు. ఈ కార్యక్రమానికి ముఖ్య అతిథిగా పాల్గొన్న వైస్ ఛాన్సలర్ ప్రొఫెసర్ మహాంతి మాట్లాడుతూ ఇంజనీరింగ్, మరేదైనా రంగంపై ఆసక్తి న్న విద్యార్థులు అభివృద్ధి చెందుతున్న సాంకేతికత, డిజైన్ వంటి అంశాలపై తమ శిష్ట ప్రతిభను ప్రదర్శించడానికి ఈ వేదిక ఎంతగానో దోహదపడుతుందన్నారు. ఈ టెక్-టాక్ టెక్-టాక్ వల్ల విద్యార్థులకు కలిగే ప్రయోజనాల గురించి వివరించారు. ఈ కార్యక్రమం ప్రతి నెల చేపట్టనున్నామన్నారు. స్కూల్ ఆఫ్ ఇంజనీరింగ్ అండ్ టెక్నాలజీ డీన్ డాక్టర్ సన్నీ డయాల్ వివిధ రంగాలలో సాంకేతిక అనువర్తనాలకు సంబంధించి వివరించారు. ఇంజనీరింగ్ మొదటి సంవత్సరం విద్యార్థి శ్రీధర్ ఘుమండ స్టెల్లార్ ఇంజనీరింగ్, డైసన్ స్పియర్స్ అనే అంశంపై తన ప్రసంగంలో సక్షత్రాల క్రింది వినియోగించుకోవడానికి రూపొందించిన ఊహాజనిత మెగాస్ట్రక్చర్ గురించి వివరించారు. సిఎస్సీ విభాగం అసిస్టెంట్ ప్రొఫెసర్ డాక్టర్ సత్యబ్రత లెంక ఈ