



# A J INSTITUTE OF ENGINEERING AND TECHNOLOGY

NH-66, Kottara Chowki, Mangaluru - 575006, Karnataka, INDIA

A Unit of Laxmi Memorial Education Trust®

(Approved by AICTE, New Delhi. Affiliated to Visveswaraya Technological University, Belagavi)

22/10/2019

## CIRCULAR

AJIET is pleased to inform all students that **Yoga for Health** will be conducted as part of our ongoing efforts to promote the physical, mental, and spiritual benefits of yoga among the participants.

**Date:** 24<sup>th</sup> October 2019

**Time:** 10:00 AM

**Venue:** AJIET Campus

### Resource Person:

Dr.Sadanand Kumar N, NSS Coordinator,AJIET,Mangalore

The session will cover the following topics:

- Physical Health
- Mental Well-being
- Spiritual Growth
- Health Awareness

All students are encouraged to attend this important session. Attendance is mandatory for students from all departments.

Let's come together to promote a healthy and safe campus environment.

Event Coordinator

Principal

Principal

A. J. Institute of Engineering & Technology  
Mangaluru - 575 006

CC to:

1. Principal, AJIET
2. HOD's of all Departments



E-mail: [ajenggcollege@gmail.com](mailto:ajenggcollege@gmail.com), Web: <https://www.ajiet.edu.in>