



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)

DATE:20/6/2022

CIRCULAR

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

Date: 21st June 2022

Time: 10:00 AM

Venue: AJIET Campus

Resource Person: Dr. Sadananda, NSS Coordinator

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.

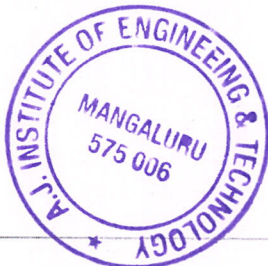
N. S. Ravi

Event Coordinator

M
Principal

CC to:

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



Principal
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