



AJ INSTITUTE OF ENGINEERING & TECHNOLOGY

A Unit of Laxmi Memorial Education Trust®

(Approved by AICTE, New Delhi, Affiliated to Visvesvaraya Technological University, Belgavi)

15.06.2021

From,

Dr. Sadananda Kumar N
Assistant Professor
Basic Science Department
AJIET, Mangaluru - 06

To,

Principal
AJ Institute of Science and Technology
Mangaluru- 06

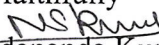
Respected sir,

Sub: Seeking permission to celebrate International Yoga day


The NSS unit of AJIET is planning to organize Yoga day on 21th June 2021. I would like to request you to grant the permission for the same.

Kindly do the needful.

Yours faithfully


Dr. Sadananda Kumar N

NSS Coordinator


Principal

Principal

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





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AJIET/NOTICE/247/2020-2021

Date: 18/06/2021

Circular

On account of Yoga day celebration there will be yoga asana demonstration programme in our campus on 21/06/2021 at 9 am .All are requested to attend the same.

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

1 st Year				
A Sec	B Sec	C Sec	D Sec	D Sec
2 nd Year				
E&C	Civil	CSE	ISE	Mech
3 rd Year				
E&C	Civil	CSE	ISE	Mech
4 th Year				
E&C	Civil	CSE	ISE	Mech

CC to :

1. Vice President,LMET
2. All HOD'S- Mechanical,CSE,E&C,IS,Civil,First Year ,Placement,Librarian,English,A.O. & all faculties.

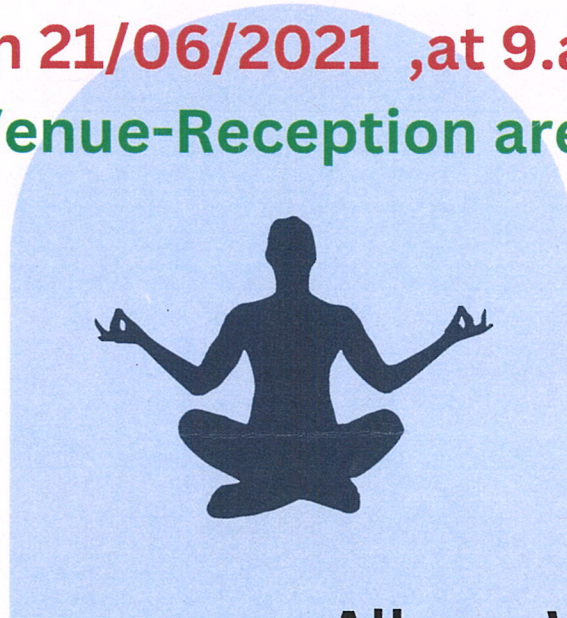


A.J. INSTITUTE OF ENGINEERING & TECHNOLOGY
(A Unit of Laxmi Memorial Educational Trust ®)
Kottara Chowki, Mangaluru

International **YOGA DAY**




On 21/06/2021 ,at 9.am
Venue-Reception area



All are Welcome



National Service Scheme (NSS)Unit


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

Our Patrons

Dr.A J Shetty
President,LMET

Mrs.Sharada J Shetty
Director,LMET

Mr.Prasanth Shetty
Vice President,LMET

Mrs. Arshitha P Shetty
Director,LMET

Dr.Prasanth Marla
Director,LMET

Dr.Amitha P Marla
Director,LMET





REPORT ON INTERNATIONAL YOGA DAY

The National Service Scheme (NSS) unit of A.J. Institute of Engineering & Technology Mangaluru held an International Yoga Day on June 21, 2021, at 9 a.m. at the reception area. The programme was started by Dr. Shantharama Rai C., Principal. In his address, he stated that Yoga is not a religion; rather, it is a way of life that attempts to promote a healthy mind and body. According to Ayurveda in India, man is a physical, mental, and spiritual entity, and yoga helps to achieve a balance between all three. Other kinds of exercise, such as aerobics, simply provide bodily benefits. Yoga can help individuals live stress-free lives. Mr. Manohar M, Physical Education Director, performed a variety of yoga exercises and asanas. Faculty, staff, and students participated enthusiastically in the yoga practices. In addition, participants promised to keep up their yoga practice in order to keep their health. The NSS unit secretary, Mr. Nithin Heraje, welcomed those present. The NSS Unit Chairman, Dr. Sadanand Kumar, suggested the vote of thanks.



Principal

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Dr. Sadanand Kumar N

Chairman - NSS Unit

Dr. Shantharama Rai

Principal
Principal

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

Participated Students List

Event International Yoga day

Date 21/06/2021

Sl No.	Name of Students	USN	Signature
1	Chaitrasree	4JK181S015	
2	Ayesha Saba	4JK181S013	
3	Bhanush S Shetty	4JK181S018	
4	Nikitha	4JK181S033	
5	Pooja SP	4JK181E031	
6	Pratheek Raj	4JK181E033	
7	Aneisha D Sura.	4JK181C5013	
8	Pavithra	4JK181S037	
9	Mandj MS	4JK181E021	
10	Pranjana M	4JK171S015	
11	Sagar Shetty	4JK181S099	
12	Insha Naz	4JK181E5029	
13	Deeksha	4JK191S013	
14	Deeksha Shetty K	4JK191S014	
15	Joshua V Fernandes	4JK191S020	
16	Aarshi Anchan	4JK171S001	
17	Shreya	4JK181S062	
18	Kishan Kumar	4JK191S023	
19	Apeksha	4JK171S002	
20	Athmi BS	4JK191S010	
21	Devika R	4JK191S037	
22	Shahala Sheikh	4JK171S017	
23	Rakshitha Shetty	4JK171S016	
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Principal

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