



# AJ INSTITUTE OF ENGINEERING & TECHNOLOGY

A Unit of Laxmi Memorial Education Trust

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

15.06.2021

From,

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

To,

The Vice President  
Laxmi Memorial Education Trust  
Mangaluru -- 06

Through,

The Principal, AJIET, Mangaluru

**Sub: Seeking permission to celebrate International Yoga day**

Respected Sir,

The NSS unit of AJIET is planning to organize Yoga day on 21<sup>st</sup> June 2022.

I request you to grant the permission for the same.

Thanking you,

NSS Coordinator

(Dr. Sadananda Kumar N)

Principal

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



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## REPORT ON INTERNATIONAL YOGA DAY

National Service Scheme(NSS) unit of A.J.Institute of Engineering &Technology. Mangaluru conducted International Yoga day on 21. June 2022 at college campus. Dr .Shantharama Rai C., Principal inaugurated the Programme.In his speech he spoke that, Yoga is the medicine that hast he power to cure any disease of the universe, even those which cannot be cured by prescription of doctor. Yoga plays an important role in helping the people to lead stressless life.Various yogic excercises and asanas were demonstrated by Mr.Manohar M, Physical Education Director, Faculty, staff & students were actively involved in the yoga practices. Further, participants pledged to continue the practicing of yoga exercises to maintain the good health. Mr.Nithin Heraje, Secretary of NSS unit welcomed the gathering. Dr.Sadanand Kumar .,Chairman of NSS Unit, proposed the vote of thanks.



NSS Coordinator  
(Dr. Sadananda Kumar N)

Principal  
(Dr. Shantharam Rai C.)

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