



# AJ INSTITUTE OF ENGINEERING & TECHNOLOGY

A Unit of Laxmi Memorial Education Trust

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

Accredited By NBA (BE : CV, CSE, ECE, ISE & ME)

08-06-2024

From,  
Dr Sujaya C  
Yoga Club Coordinator  
Assoc Professor, Dept. of Physics  
AJIET Mangaluru – 06

To,  
The Principal  
AJIET, Mangaluru – 06


Through: The Dean Academics, AJIET

Subject: Seeking permission to celebrate International Yoga day - Reg


Respected Sir,

Yoga club AJIET in association with NSS Unit is planning to conduct 10<sup>th</sup> International Yoga Day Celebration on 21<sup>st</sup> June 2024 in our campus. In this regard we are inviting yoga trainer Mr. Kushalappa Gowda to guide yoga practice. Kindly grant the permission to conduct the fore mentioned event.

Thanking you.

  
NSS Coordinator

  
Yoga club Coordinator

  
.. 19/06/2024  
Dean Academics

  
Principal



# AJ INSTITUTE OF ENGINEERING & TECHNOLOGY

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Date: 18/06/2024

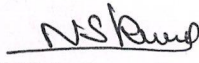
## CIRCULAR

NSS unit in association with Yoga club of AJIET is planned to celebrate international yoga day by conducting yoga practice on 21.06.2024 at our College campus at 10.00 AM. The staff members and students are requested to attend the program. The participants are requested to wear suitable cloth for the event and to bring mat/ sheet for Yoga practice.

Participates are requested to be there in the venue at 9.50am.

Venue: B-313 (B-Block)

Note: Third year Yoga students must attend the program compulsorily with proper Yoga dress code.


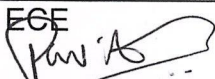


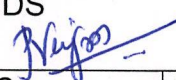
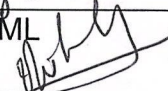

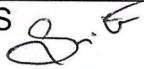
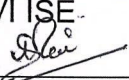

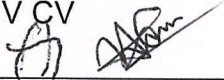
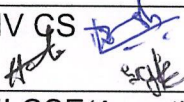
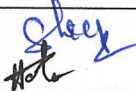
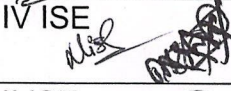
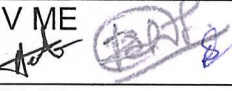



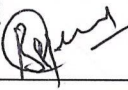

  
NSS Coordinator

  
Yoga Coordinator

  
Dean Academics

  
Principal

- Copy to :
- i) All HOD's
  - ii) Office file
  - iii) Class room circulation

CIV	CSE 	ECE 	ISE 	ME 
ICB		AI & DS 		AI & ML 
VI CV 	VI CS 	VI EC	VI ISE 	VI ME 
IV CV 	IV CS 	IV EC 	IV ISE 	IV ME 
II CV 	II CSE(A section)	II ECE 	II ISE 	II ME 
II ICB	II CSE(B section)	II AI&ML	II AI& DS 	



**A.J. Institute of Engineering & Technology**

**(A Unit of Laxmi Memorial Educational Trust <sup>(®)</sup>)**

Kottara Chowki, Mangaluru

**NSS UNIT & YOGA CLUB OF AJIET**

*organizes*

**"International Yoga Day"**

21-June-2024

🕒 10 AM

📍 B-313

*Yoga Trainer:*

*Mr. Kushalappa Gowda N. ,  
Yoga therapist ,  
Avishkar Yoga Center,  
Mangaluru*

*Target Audience:*

*Members of NSS & Yoga Club*

**Dr. Sadananda Kumar & Dr. Sujaya C**  
Co-ordinators

**Dr. Shantharama Rai C**  
Principal

**Dr. P Mahabaleshwarappa**  
Dean Academics

**Dr. Antony P J**  
Vice Principal

Our Patrons

**Dr. A J Shetty**  
President, LMET

**Mrs. Sharada J Shetty**  
Director, LMET

**Mr. Prashanth Shetty**  
Vice President, LMET

**Mrs. Ashritha P Shetty**  
Director, LMET

**Dr. Prashanth Marla K**  
Director, LMET

**Dr. Amitha P Marla**  
Director, LMET



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<b>NAME OF THE EVENT:</b>	<b>INTERNATIONAL YOGA DAY CELEBRATION</b>
<b>ORGANISING DEPARTMENT / COMMITTEE :</b>	<b>NATIONAL SERVICE SCHEME UNIT/ YOGA CLUB</b>
<b>DATE :</b>	<b>21.06.2024 (10.00 AM – 11.30AM)</b>
<b>NAME OF THE RESOURCE PERSON :</b>	<b>Mr KUSHALAPPA GOWDA N</b>
<b>NO OF PARTICIPANTS :</b>	<b>107</b>

National Service Scheme (NSS) unit in association with Yoga club of A.J. Institute of Engineering & Technology, Mangaluru celebrated International Yoga day on 21<sup>st</sup> June 2024 at college campus. Mr Kushalappa Gowda N, Yoga Therapist, Avishkar Yoga centre Mangaluru was the Yoga trainer. In this Programme the faculty, staff members and students were participated with great passion. Dr P Mahabaleswarappa., Dean Academics, inaugurated the programme and in his inaugural speech he addressed the gathering and explained the importance of yoga in our life. Further he mentioned regular Yoga practice is the best medicine to relax physical and mental stress. He also briefed about the role of Yoga in human life and the motto of yoga day “Women empowerment”. Various Yogic exercises and Asanas like Swasthikasana, vajrasana, Trikonasana, vrikshasana etc were demonstrated by Mr. Kushalappa Gowda N. More than hundred participants including staff & students were actively involved in the Yoga practices. Ms. Sahitya Borkar of III year ISE did the master of ceremony. Dr. Sadananda K N, NSS Coordinator and Dr Sujaya C, Yoga Coordinator organised this program.





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NSS Co-ordinator

Yoga Coordinator

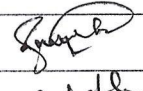
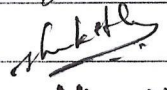
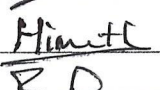
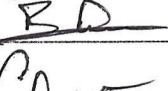
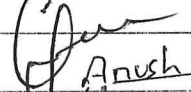
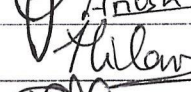
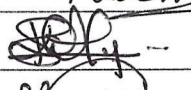
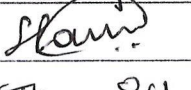
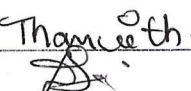
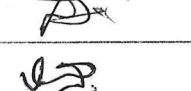
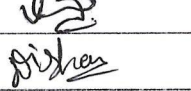
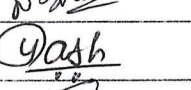
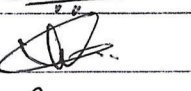


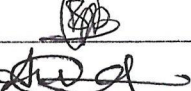
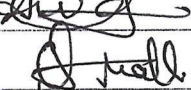
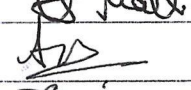
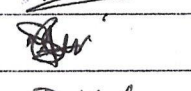
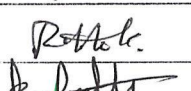
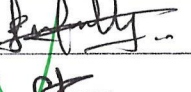




Dean Academics

Principal

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

Date: 21/6/2024

Attendance for International Yoga Day

Sl.No	Name	Department	Signature
1	Gaurav	ESB	
2	Shruenikthar	ISB	
3	Himmat	ISB	
4	Bhuvan	ESB	
5	Gauthan	ISB	
6	Anush Kumar Shettigar	ICB	
7	Milan-P	ICB	
8	Chirag U. Shetty	ICB	
9	Shamrith	ICB	
10	Manueth	ICB	
11	Dhyani P. Amir	ICB	
12	V.R. Venu	ICB	
13	Dishan Dinesh	ICB	
14	Yash G. Shetty	ICB	
15	Yashraj Sai	AIMC	
16	Shiva Dhuman	FCE	
17	Prasael	POB	
18	Shreyas B	ICB	
19	Ajay Gauda	AZML	
20	Chethan C. Malli	AZML	
21	Siddharth	AIML	
22	Yashas S Shetty	AI&DS	
23	RITHVIK	AI&DS	
24	Shubrath shetty	AI&DS	
25	Chethan B. P	AI&DS	

Principal

Date: 21/6/2024

Attendance for International Yoga Day

Sl.No	Name	Department	Signature
1	Lalan Kumar . S	Mechanical	LalanKumarS
2	NAVJENNA C.K	Mechanical	NAVJENNA
3	Geethan	Mech	Geethan
4	Jayaraman T.S	M.E	Jaye
5	Anugrahik	M.E	Anu
6	Shivraj	ME	Shivraj
7	Jayantika	ME	Jayantika
8	Bhuvan C.S	ME	Bhuvan
9	Arun Kumar	ME	Arun
10	Akshith	ME	Akshith
11	Pranjal-K	ME	Pranjal
12	Adityan M	ME	Adityan
13	Adith.P	ME	Adith
14	Hansha G	ME	Hansha
15	metrin	ME	metrin
16	rakesh.B	ME	rakesh
17	Vishwas Shetty	ME	Vishwas
18	Hanumantha	ME	Hanumantha
19	Shreepathika	ME	Shreepathika
20	Sahad . B	ME	Sahad
21	Ashfar AZi T.A	ME	Ashfar
22	Mohamed HUMAZ	ME	Mohamed
23	ANIL KASH	ME	ANIL
24	Shreyas.k	ME	Shreyas
25	MOKSHITH.P	ME	MOKSHITH

Principal

Date: 21/6/2024

Attendance for International Yoga Day

Sl.No	Name	Department	Signature
1	Likhith Kumar.D	CIVIL	Likhith.D
2	Ruthik B.L	Civil	Ruthik
3	Shivananda H Sangendhi	Civil	Shivananda
4	Neelappa - Meledu	Civil	Neelappa
5	Kalash Alva	M.E	Kalash
6	Shravan	M.E	Shravan
7	Yusuf	M.E	Yusuf
8	Mesher	ISE	Mesher
9	Amith	CIVIL	Amith
10	Yasir	Civil	Yasir
11	Mamjunath	Civil	Mamjunath
12	Muheed Sheikh	Civil	Muheed
13	SARANG.P	Civil	Sarang
14	Akshay. Pawar	Civil	Akshay
15	Rahul	Civil	Rahul
16	D. Mahendra	Civil	D. Mahendra
17	Dhyan Gatty	AIML	Dhyan
18	Maiden Moshook	AIML	Moshook
19	Haneen Suhood	AIML	Haneen
20	Abdu Rehman	AIML	Abdu
21	Naranyashri R H	AIML	Naranyashri
22	Sharanya.K.	AIML	Sharanya
23	Amisha A Kotian	AIML	Amisha
24	Monisha	AIML	Monisha
25	Ashaya	AIML	Ashaya

Principal

Date: 21/6/2024

Attendance for International Yoga Day

Sl.No	Name	Department	Signature
1	Harsha S rao	AI & DS	Harsha
2	ABHAY	AI & DS	Abhay
3	Shreyank	AIML	Shreyank
4	nilas Raj .R	AIML	nilas
5	Syam krishna vi	AIML	Syam
6	Adithya Jaagan	AIML	Adithya
7	Adithyam . M.	AIML	Adithyam
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Principal

Date: 21/6/2024

Attendance for International Yoga Day

Sl.No	Name	Designation	Department	Signature
1	Manjukiran	Asst. Prof	ECE	A. D.
2	Dr. Kishor Shetty. M	Asst. Prof.	chemist	Kishor
3	Mamoharan	Physical Asst	PED	Mamoharan
4	Dr. Pavitra Shambhu	Asst. Professor	maths	Pavitra
5	Jithendra N. K	Asst. Professor	ECE	Jithendra
6	Therathi Shetty	Asst. Professor	ECE	Therathi
7	Rekha A. A	Asst. Professor	ECE	Rekha
8	Dinaya A	Asst. Professor	ECE	Dinaya
9	Suchitha. K	Asst. Professor	Physics	Suchitha-K
10	Nishmitha. G. Shetty	Asst. Professor	Maths	Nishmitha
11	Rachana Kumbar	Asst. Professor	Chemistry	Rachana
12	Vinod D. Soygi	Asst. Professor	Civil	Vinod
13	Rudhara K. K	Asst. Professor	Mechanical	Rudhara
14	Prabhakara B. K	Assoc. Professor	ISE	Prabhakara
15	Naveya. J. Rai	Asst. Professor	AI&DS	Naveya
16	Kalavati			Kalavati
17	Jayaram Shetty	Professor	physics	Jayaram
18	Ms. Deeksha Anand	Assistant Prof.	Civil Engg	Deeksha
19	Mr. Saketh Shetty	Assistant Prof.	Civil Engg	Saketh
20	Mr. Nilesh	Asst Professor	Civil Engg	Nilesh
21	Vishmitha. Shetty	Asst. Prof	Mathematics	Vishmitha
22	Mrs. Babitha. B	Asst. Prof	Civil Engg.	Babitha
23	Dr. Sadanandak N	Asso. Prof	PHYSICS	Sadanandak
24	Dr. Kishan Kumar. N. B	Asso. Prof	Physics	Kishan
25	Dr. Sujaya. C	Asso Prof	Physics	Sujaya
26			Principal	