



08-08-2016

**CIRCULAR**

It is hereby informed to all students that physical exercise classes are conducted from 12<sup>th</sup> August 2016 onwards for the academic year 2016-17 at AIET Gym from 6.30 AM to 7.30 AM and 5PM to 7.30 PM. All interested students can attend the classes and get the benefit of available Gym facility at campus.

**Physical Director**

**Principal**

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- Notice Board
- Class circulation



## **Report on Gym Activities for Physical Fitness**

**Physical fitness** is a state of health and well-being and, more specifically, the ability to perform aspects of sports, occupations and daily activities. The physical exercises in the gym enhance or maintain physical fitness and overall health and wellness.



As a part of health and wellness program, students of AIET were included in various physical activities for their physical fitness and motivation. The physical exercises were conducted at AIET Gym for the duration of every day morning from 6.30am to 7.30am and evening 5PM to 7.30 PM under the guidance of physical instructors and trainers of AIET. The students realized the promotion of physical fitness through daily physical exercises in the gym.

The regular exercise in gym can do wonders for human health, helping them to

- ❖ Prevent against diseases
- ❖ Support muscles and joints
- ❖ Encourage social life
- ❖ Reduce stress



**Figure: Physical exercises in the gym**



Sample copies of Log-in for Gym classes

2017 10-02-2017

3 years & 4 <sup>th</sup> years	Evening	Batch	Date
1) Akshay	VO	ISE	
2) Shubham Sai	EM	IT MBA	
3) Prasanna, Vik	EM	1912	
4) Manguntis	VO	1912	
5) Tejas	VO	3 <sup>rd</sup>	
9) Raju	VO	3 <sup>rd</sup>	
7) Shreyas	VO	DEB	
8) Sandeep	EM	2 <sup>nd</sup> MBA	
9) prasanna	EM	U	
10) Manish	EM	ECE	
11) Vishal P	EM	ME	
12) Sakshik	VO	CV	
13) Sneha	EM	CV	
14) Gaurav	EM	CV	
15) Shrikant	EM	CV	
16) Dhanu	EM	CV	
17) Vishu	EM	ME	
18) Dhruv	VO	CS	
19) Goshal	EM	ME	
20) Anag Pathad	EM	CV	
21) Vishal	EM	ECE	
22) Ashwin	EM	CV	
23) Bhanu	EM	CV	
24) Sayaj-S		ME	
25) Santosh C		ME	
26) ANIRAJ K.P		CSG	
27) Prasanna		ME	
28) Manohar		ISE	



# Alva's Institute of Engineering & Technology

Shobhavana Campus, Mijar, Moodbidri, D.K - 574225

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2017

11-02-2017

2<sup>nd</sup> year + 1<sup>st</sup> years

many Batch

NAME	BRANCH	Signature
MD Keerthi	CV	
Dhanna	ME	
Deepu	ME	
Mahesh	CV	
Pradyo	ECT	
Nirva	CV	
Sharan	CV	
Shradha	MB	
Anogh.D.M	ME	
Sunil.D.R	ME	
Vishal.G.K	ME	
Sanjay.M.N	CS	
Maya Shetty	CSE	
Rash Shetty	ME	
Himanshu	CS	
Abhishek	BCE	
Jamison	ME	
Pavni	CV	
Bharath	ME	
Saurav	MB	
BANGERA	CSE	
Tejas	CSE	
Lalitha	CSE	



08-07-2016

**CIRCULAR**

It is hereby informed to all the students that Zumba Fitness Program will be conducted from 11<sup>th</sup> July 2016 to 11<sup>th</sup> Aug 2016 at AIET auditorium from 6.30 AM to 7.30 AM. All the interested students can attend the classes.

**Physical Director**

**Principal**

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# Alva's Institute of Engineering & Technology

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## List of students enrolled for ZUMBA Fitness Program

1.	4AL12CS010	Anusha Ajith
2.	4AL13CS005	Akshatha Bhat
3.	4AL13CS025	Deeksha Shetty B
4.	4AL13CS026	Deeksha Shetty D
5.	4AL13CS027	Deena Deepika Cutinha
6.	4AL13CS035	Goutami Prakash Hosur
7.	4AL13CS044	Jisha Emmanuel
8.	4AL13CS045	Jisna Jayaraj
9.	4AL13CS047	Kavya
10.	4AL13CS048	Kusuma J
11.	4AL13CS057	Navami R S
12.	4AL13CS059	Niriksha M
13.	4AL13CS070	Rakshitha K Shetty
14.	4AL13CS071	Rakshitha Suvarna B
15.	4AL13CS072	Ranjitha M
16.	4AL13CS093	Shruthi Surendran
17.	4AL13CS104	Sumalatha N
18.	4AL13CS106	Supritha Kn
19.	4AL13CV018	Anusha
20.	4AL13CV060	Niveditha M B
21.	4AL13CV073	Ramya S B
22.	4AL13CV074	Ranjitha S S
23.	4AL13CV097	Shruthi A M
24.	4AL13CV101	Supriya S R
25.	4AL13CV126	Latha
26.	4AL13CV129	Vinutha Vs
27.	4AL14CV400	Anusha D B
28.	4AL14CV420	Sangeetha S
29.	4AL13EC006	Akshatha
30.	4AL13EC009	Asha V
31.	4AL13EC015	Bindu Patil B S
32.	4AL13EC016	Chaithra St
33.	4AL13EC019	D Nootana
34.	4AL13EC020	Deekshitha Coelho
35.	4AL13EC030	Jyothi Shetty
36.	4AL13EC040	Manaswitha M Shetty
37.	4AL13EC059	Prathiksha
38.	4AL13EC061	Priya P B
39.	4AL13EC062	Raksha Satish
40.	4AL13EC086	Shreya J Francis
41.	4AL13EC088	Shruthi
42.	4AL13EC089	Sindhu H C
43.	4AL13EC096	Sudha B S
44.	4AL13EC097	Sudhina Kotian



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45.	4AL14EC411	Preeti Hanamanth Makani
46.	4AL14EC419	Vidyashree M
47.	4AL13IS001	Aishwarya K V
48.	4AL13IS004	Bharati
49.	4AL13IS008	Dolly
50.	4AL13IS013	Kavyashree C
51.	4AL13IS017	Mandara Mulgund
52.	4AL13IS022	Pavitra C Agasar
53.	4AL13IS023	Pooja
54.	4AL13IS030	Shreya S
55.	4AL13CS008	Aniketani Noel
56.	4AL13CS011	Anusha S Aradhya
57.	4AL13CS019	B Asritha
58.	4AL13CS020	Bhandary Shreyas Shankar
59.	4AL13CS032	Drisya S Babu
60.	4AL13CS034	Gaurav Suvarna
61.	4AL13CS065	Prajwal M Shetty
62.	4AL13CS066	Prarthana G M
63.	4AL11CV022	Longjam Anjali Devi
64.	4AL12CV087	Basavanneppa P Haveri
65.	4AL12CV090	Nithesh.N S
66.	4AL13CV005	Adarsh
67.	4AL13CV015	Ambili M P
68.	4AL13CV016	Anand Babu
69.	4AL13CV022	Arun Kumar T K
70.	4AL13CV023	Ashish Jarmal
71.	4AL13CV043	Kishore K
72.	4AL13CV045	Lokesh K B
73.	4AL13CV046	M Manjunatha
74.	4AL13CV065	Pranil Kumar
75.	4AL11EC041	Mohammed Sanoob
76.	4AL12EC019	Anuraj V
77.	4AL12EC042	Manu Kiran
78.	4AL13EC003	Adarsh S Shettigar
79.	4AL13EC024	Dhanush K A
80.	4AL13EC026	Inchara P
81.	4AL13EC035	Lakshmi Sagar K N
82.	4AL13EC037	Madhushree S
83.	4AL13EC042	Maruti
84.	4AL13EC043	Meghana B V
85.	4AL13IS002	Aribam Supriya Devi
86.	4AL13IS003	Barna Cherian



## **Report on Zumba Fitness Program**

Zumba is a dance fitness programme that combines dance and aerobic exercises. As a part of pre-placement training program, students of AIET were included in various physical activities in morning for their physical fitness and motivation. Zumba was one among those physical activities. Classes were conducted from 11<sup>th</sup> July 2016 to 11<sup>th</sup> Aug 2016 at AIET auditorium for the duration of one month every day from 6.30am to 7.30am by a Zumba instructor **Mr. Mithesh S Kulal** from Mangalore.



The students realized the following benefits by Zumba activity.

- ❖ Improve cardiovascular fitness.
- ❖ Reduce health risks, help maintain a healthy weight, to strengthen the heart and boost their mood.



- ❖ Even small amounts of physical activity are helpful for being active throughout the day.





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## **Physical Education Department**

### **CIRCULAR**

09-09-2016

It is hereby informed to all the students that jogging activity will be conducted from 12<sup>th</sup> September 2016 onwards near AIET Shobhavana from 6.15 AM to 7.30 AM. All the interested students can attend the Jogging Activity.

**Physical Director**

#### **Copy to**

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## Physical Education Department

Sl.NO	USN	NAME
1.	4AL12CS036	Gireesh Mon P M
2.	4AL12CS048	Manisha K P
3.	4AL12CS062	Payal M P Shetty
4.	4AL13CS003	Aishwarya K Shetty
5.	4AL13CS004	Akash G
6.	4AL13CS016	Arya K M
7.	4AL13CS018	Asif
8.	4AL13CS021	Bharath R
9.	4AL13CS108	Tibin K Tomy
10.	4AL13CS110	Vandana G
11.	4AL13CS117	Rohit Rajan Babu
12.	4AL13CV059	Nitinkumar Chinchali
13.	4AL13CV061	Peeush V G
14.	4AL13CV063	Prakash Basagond
15.	4AL13CV064	Prakash Pawar
16.	4AL13CV068	Praveenkumar R
17.	4AL13CV069	Puneeth A S
18.	4AL13CV091	Sheethal Madhusoodhanan
19.	4AL13CV094	Shreenath S Dalawai
20.	4AL13CV096	Shrikanth Kamu Ratoda
21.	4AL13CV098	Shyam Mohan P
22.	4AL13CV099	Sreeraj S Pillai
23.	4AL14CV405	Jyoti Krishna Patgar
24.	4AL14CV406	Kadambari Shivanand Teli
25.	4AL14CV408	Kiran M L
26.	4AL14CV409	Lakkappa
27.	4AL14CV410	Lohith V
28.	4AL11EC017	Nixon Sharma B
29.	4AL11EC057	Sachin Gowda B S
30.	4AL11EC074	Shyamlal S
31.	4AL12EC002	Aishwarya Shetti
32.	4AL12EC057	Rai Kaushik Shivaram
33.	4AL13EC002	Abhishek G A
34.	4AL13EC004	Aishwarya Keni
35.	4AL13EC005	Akbarbasha H Nadaf
36.	4AL13EC007	Akshay Kumar Shanbhogue
37.	4AL13EC048	Nikitha J
38.	4AL13EC049	Nischitha Charanya
39.	4AL13EC051	Pattam Joshna Ramesh
40.	4AL13EC054	Pooja
41.	4AL13EC055	Pooja
42.	4AL13EC063	Ramya S
43.	4AL13EC064	Ranjith S



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44.	4AL13EC065	Rashmitha M
45.	4AL13EC073	Sampath D
46.	4AL13EC075	Sangeetha K M
47.	4AL13EC077	Saptha Purushothaman
48.	4AL13EC080	Shek Sharuk
49.	4AL13EC081	Shetty Abhilash Sudhakar
50.	4AL13EC084	Shivaraja
51.	4AL13EC087	Shreyas
52.	4AL13EC091	Soniya Thomas
53.	4AL13EC099	Suparna G
54.	4AL13EC404	Havale Pooja Uday
55.	4AL13EC421	Vinod Kumar
56.	4AL13EC417	Sowmya G K
57.	4AL14EC400	Anilkumar
58.	4AL13IS010	Inchara D
59.	4AL13IS019	Megha G
60.	4AL13IS027	Rakesh B
61.	4AL13IS035	Udyavar Prateeksha Jayanth
62.	4AL10ME015	Ashik B Shetty
63.	4AL10ME080	Puthran Abhishek Bhaskar
64.	4AL11ME110	Tilak Raj Hegde
65.	4AL11ME126	Anoop Varghesh
66.	4AL12ME084	Shetty Kartik Krishna
67.	4AL12ME087	Shetty Sanketh Jagannath
68.	4AL13ME003	Aaron Glen Dsouza
69.	4AL13ME084	Nithin
70.	4AL13ME085	Parthan K V
71.	4AL13ME086	Pavan Kumar N Hegde
72.	4AL13ME087	Prakasha Acharya
73.	4AL13ME091	Praveena P
74.	4AL13ME092	Prithviraj Ramesh More
75.	4AL13ME093	Punith Rai B S
76.	4AL13ME094	Radhakrishnan E
77.	4AL13ME095	Rajakumar Gangashetti
78.	4AL13ME119	Swagatha M S
79.	4AL13ME120	Swaraj K
80.	4AL13ME121	Syed Matin Syed Masood
81.	4AL13ME122	Vaishak S
82.	4AL13ME123	Vinodh V M
83.	4AL13ME126	Jamsheer P P
84.	4AL13ME127	Suraj Prabhakar Naik
85.	4AL13ME128	Stephin Steephen
86.	4AL13ME129	Ruthwik B Gunjal
87.	4AL13ME408	Erana Gowda
88.	4AL13ME423	Shailesh Petter D'souza
89.	4AL13ME432	Vignesh K
90.	4AL14ME403	Aruna Kumara M



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91.	4AL14ME404	Chetan Magadum
92.	4AL14ME405	Devaraj R
93.	4AL13ME714	Gowthamraj J M
94.	4AL13ME716	Hegde Praneeth Ashok
95.	4AL13ME717	Joel Joseph
96.	4AL13ME745	Suhad Kassim
97.	4AL13ME746	Sunil G M
98.	4AL13ME747	Suraj Bangera K
99.	4AL14ME435	Vaddara Raja

## **Report on Jogging**

Jogging is running at a gentle pace, and it also distinguished from running by having a wider lateral spacing of foot strikes, creating side-to-side movement that likely adds stability at slower speeds. As a part of this program, our students were included in various physical activities in morning for their physical fitness and motivation. Jogging was one among those physical activities. Jogging activity is conducted at AIET and Shobhavana premises from 12<sup>th</sup> September 2016 between 6.30am to 7.30am.



**Figure:1 Jogging by students for physical fitness**

- ❖ Jogging every day helped the students to aid weight loss, to stay physically fit and mentally healthy.
- ❖ Jogging is an excellent way to keep fit and live longer.
- ❖ It also increases stamina and productivity.
- ❖ Jogging every day offers a host of potential benefits, including a stronger immune system, better stamina, weight loss, less risk of chronic diseases and a natural mood boost.

**Physical Director**