



07-08-2017

**CIRCULAR**

It is hereby informed to all students that physical exercise classes are conducted from 16<sup>th</sup> August 2017 onwards for the academic year 2017-18 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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- Dean Academics
- HODs of all Departments
- Notice Board
- Class circulation



## **Report on Activities for Physical Fitness-GYM**

Physical fitness is "a set of attributes people have or achieve that relates to the ability to perform physical activity." Multi gym Facility is provided for physical exercises that enhances or maintains physical fitness . 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 five main advantages of performing exercises in gym are to increase
- ❖ muscular strength
- ❖ muscular endurance



- ❖ flexibility
- ❖ body composition
- ❖ Cardio respiratory endurance.

The students gain awareness about promotion of physical fitness through activities of daily living and physical exercises in the gym.



**Figure: Physical exercises in the gym**



## Sample copies of Log-in for Gym classes

2017		
Srinivas M.N	CSE	Serial
Chetan	CV	
Naveen	CV	
Sagar	CV	
Shrithant S.D	CV	
Tejas	CS	
BANUJARA	CS	
I & II years		
1 Kishor	I year ME	
2 Charan	I yr ME	
3 Chirag	I yr ME	
4 Dikshit K	I yr ISE	
5 Shrivatsa	" ME	
6 Smriti harshe	" CV	
7 Ashutosh	" ME	
8 Madhin	" CV	
9 Nadeem	" CV	
10 Vikas	" CSE	
11 Rahul	" ME	
12 Akshat	" CSE	
13		
III years		
14 Shashibhat	CSE	
15 Pranshu	ME	
16 Vishal P	ME	
17 Sanyas	ME	
18 Gopal BLAST	ME	
19 Aheerth	ME	
20 D. ...	CV	





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I <sup>st</sup> year			
1.	Jagdish. H.N	MBA	
2	Sudhakar N	MBA	
3.	Bharath.	"	
4.	Praveen	"	
5	Adharth	"	
6)	Samad	"	
7)	Vijay	"	
8)	Chandanc	BE	
9	Prakash	ME	
	Sagar	CV	
	Meenir	CV	
	Aditya	ME	
3 <sup>rd</sup> Year			
17	Pranay	ME	
37	Pooja Pooth	MBA	
37	Vinayak	CV	
42	Sakthi	CV	
6)	Darshan.	CV	
	Anant	MBA	
	Vikas. D.S	ME	
	SHUBHAM RAI	MBA	
	PRASANN	MBA	
	Muniraju. M	MBA	
	Majur.	MBA	
	Sharukh	CV	
IV <sup>th</sup> Yr			
	Deepak	ME	
	Dhanaraj	ME	
	Abhishek	ME	



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2017 Batch				
Name	Branch	Year	Signature	
Ratan. L.T	Civil	3rd		
Nagaraj. A. B	ME	3rd		
Sanganbasav. D.S	CV	2nd		
Ramesh	CV	2nd		
Shankar Chavan	CSE	I <sup>st</sup> year		
Bharath D.V	ME	III <sup>rd</sup> year		
Ramjan	ECG	III <sup>rd</sup> year		
Rakesh K.H.B	ECG	II <sup>nd</sup> year		
Sachin M	MBA	I <sup>st</sup> year		
Sachin K.P	MBA	II <sup>nd</sup> year		
Aravesh S.G	Civil	4 <sup>th</sup> year		
Venkatesh. S	ME	III <sup>rd</sup> year		
Raghuveer. G.M	Civil	3 <sup>rd</sup> year		
Sangmesh	"	4 <sup>th</sup> year		
Vinod	"	4 <sup>th</sup> year		
Praveesh. D.M	MBA	4 <sup>th</sup> year (2nd)		
Pratya. Y.S.	"	4 <sup>th</sup> year (2nd)		
Bharath Sankosh	ME	2nd		
Vijay	EC	2nd		
Ekare Gowda. C.M	CV	2 <sup>nd</sup> year		
Manjunath. M	CV	2nd		
Nitin Kumar. N.G.	Mech	2nd		
Mallikarjun. E.	Mech	2nd		
Sunil.D.R	ME	2nd		
Udit Manjrekar	ME	2nd		
Chethan. H.N	ME	3rd		
Halesha. B.S	ME	2nd		
Rakesh. M.S	CS	3rd		
Sanjo Babu	ME	4 <sup>th</sup> year		
Tejash. R	ME	I <sup>st</sup> year		
Vishwprasad	ME	I <sup>st</sup> year		
Shwarkhan	ME	III <sup>rd</sup> year		
Bharanesh	ME	III <sup>rd</sup> year		



07-07-2017

**CIRCULAR**

It is hereby informed to all the final year B.E students that Zumba Fitness Program will be conducted from 10<sup>th</sup> July 2017 to 10<sup>th</sup> Aug 2017 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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## List of students enrolled for Zumba Fitness Program

1.	4AL13CS010	Anusha
2.	4AL13CS095	Sindhu M.R
3.	4AL14CS017	Bhavyashree S Barkuru
4.	4AL14CS020	Deepa Shetty
5.	4AL14CS022	Divya Vinod Bandekar
6.	4AL14CS023	Fathima Ashika
7.	4AL14CS032	Karishma R Vernekar
8.	4AL14CS035	Kaveri Ningappa Gunjiganvi
9.	4AL14CS050	Nishmitha Shetty
10.	4AL14CS055	Pragati Dayanand Kalgutkar
11.	4AL14CS057	Prarthana M J
12.	4AL14CS066	Rakshithashree H
13.	4AL14CS067	Ramya K
14.	4AL14CS072	Sahana M
15.	4AL14CS073	Sai Priya
16.	4AL14CS076	Savitri
17.	4AL14CS087	Sowmya Shree K S
18.	4AL14CS093	Varsha A
19.	4AL14CS094	Varsha P M
20.	4AL15CS406	Shubha H V
21.	4AL13CV130	Soundarya B
22.	4AL14CV007	Akshatha K
23.	4AL14CV017	Archana Gangadhar Mudigowdra
24.	4AL14CV027	Dhanya
25.	4AL14CV087	Shilpa Gs
26.	4AL14CV091	Shruthi S N
27.	4AL14CV093	Sowmyashree D
28.	4AL14CV101	Sushma Krishnasa Raibagi
29.	4AL14CV103	Teenaantony
30.	4AL15CV403	Madhuri Yaraganavi
31.	4AL14EC002	Aishwarya
32.	4AL14EC004	Akshatha A
33.	4AL14EC007	Anusha A Poojary
34.	4AL14EC008	Anushree Shettigar
35.	4AL14EC010	Apoorva D
36.	4AL14EC018	Nishma Bhandary
37.	4AL14EC020	Bindushree K
38.	4AL14EC027	Deepika
39.	4AL14EC029	Divya Konati
40.	4AL14EC030	Divyashree M S
41.	4AL14EC042	Jyothi
42.	4AL14EC046	Keerthivadeyar
43.	4AL14EC068	Raina Benita Lobo





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44.	4AL14EC079	Shilpashree N
45.	4AL14EC089	Supriya A M
46.	4AL14EC091	T Hithaishi Mohan
47.	4AL14EC096	Varsha K
48.	4AL14EC097	Varshitha C R
49.	4AL14EC402	Ashmitha
50.	4AL15EC403	Amrutha J.N
51.	4AL15EC411	Manasa K.M
52.	4AL15EC423	Roopa Bagade
53.	4AL15EC426	Shilpa H
54.	4AL14IS012	Ashmitha Shetty V
55.	4AL14IS016	Deeksha
56.	4AL14IS018	Deekshitha
57.	4AL14IS023	Lolita Crystal Menezes
58.	4AL14IS025	Mashitha Banu
59.	4AL14IS026	Meghana N R
60.	4AL13CS023	Bitty Grace George
61.	4AL13CS067	Pratheek P P
62.	4AL14CS025	Hemashree J
63.	4AL14CS027	Hrishikesh Shetty
64.	4AL14CS029	Jithesh A
65.	4AL14CS046	Nagaveni V
66.	4AL14CS069	Reeba Thankam Chandy
67.	4AL14CS071	Safnaz K
68.	4AL14CS089	Tejaswini Gowda H
69.	4AL14CS091	Trupti Padmanabha Poojary
70.	4AL14CV005	Aishwarya V
71.	4AL14CV020	Basanagowda R Patil
72.	4AL14CV058	Polem Nirmaldhaja
73.	4AL14CV073	Rakesh H
74.	4AL14CV075	Rasina K V
75.	4AL14IS042	Suraksha
76.	4AL13ME131	Prashanth S
77.	4AL14ME001	Abdul Rayan
78.	4AL14ME706	Basavaraj Annappa Patil
79.	4AL14ME716	Nithesh B M
80.	4AL14ME717	Prabhu Tippanna Byakod
81.	4AL14ME737	Sudheep D Shetty



## **Report on Zumba Fitness Program**

Zumba is an exercise fitness program and also a cardio-dance workout that uses music and choreographed steps to form a fitness party atmosphere. Zumba is a total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility. In one Zumba class, a person can burn up to 600 cal, depending on the energy put forth. As a part of pre-placement training program, our students were included in various physical activities in morning for their physical fitness and motivation.



Zumba was one among those physical activities. Program were conducted from 10<sup>th</sup> July 2017 to 10<sup>th</sup> Aug 2017 at AIET auditorium for the duration of one month everyday from 6.30am to 7.30am by a Zumba instructor **Mr.Mithesh S Kulal** from Mangalore.



- ❖ The students realized that Zumba is definitely one of the outstanding ways of keeping oneself fit and healthy.
- ❖ Zumba is an effective form of aerobic exercise and indeed beneficial to those students seeking to lose weight and stay in shape. Zumba improves posture and coordination.
- ❖ Since Zumba is a group activity it made our students to work as a team with co-ordination.





**Physical Education Department**

07-09-2017

**CIRCULAR**

It is hereby informed to all the students that jogging activity is conducted from 10<sup>th</sup> September, 2017 onwards near AIET Shobhavana from 6.30 AM to 7.30 AM. All the interested students can attend the Jogging Activity.

**Physical Director**

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**Students Enrolled for Jogging Activity**

<b>Sl.NO</b>	<b>USN</b>	<b>NAME</b>
1.	4AL13CS014	Apeksha Rai
2.	4AL13CS060	Nitesh Narayan Vaidya
3.	4AL13CS105	Sumathi S M
4.	4AL14CS004	Akash Kubasad
5.	4AL14CS010	Archana Achar
6.	4AL14CS019	Chandana C
7.	4AL14CS021	Deepthi Shetty
8.	4AL14CS024	Harshitha Bhat
9.	4AL14CS030	K M Thomas
10.	4AL14CS031	K Nikhil V Shetty
11.	4AL14CS098	Pratiksha Shetty
12.	4AL15CS400	Khaleedahamad G N
13.	4AL15CS404	Rashmitha R
14.	4AL15CS408	Umesh H Pujar
15.	4AL11CV051	Abhishek S Shetty
16.	4AL13CV013	Amarnath V A
17.	4AL13CV070	Rafeeqe U P
18.	4AL13CV131	Shashank Gowda
19.	4AL14CV003	Abdul Rafab
20.	4AL14CV006	Akarsh Ponappa
21.	4AL14CV012	Ananth Kumar S
22.	4AL14CV014	Anoop A
23.	4AL14CV016	Anto Chakochan
24.	4AL14CV019	B Vidhyadar Rao
25.	4AL14CV022	Beerappa S Girisagar
26.	4AL15CV410	Rajesh H Kambli
27.	4AL15CV411	Rajesh R N
28.	4AL15CV414	Sachin P
29.	4AL15CV415	Sagar M S
30.	4AL15CV416	Sanjeev Kumar S
31.	4AL15CV417	Veeresh Wali
32.	4AL15CV418	Venkatesh Cs
33.	4AL13EC068	Rohit Pawar
34.	4AL14EC001	A Shabaz Khan
35.	4AL14EC006	Anjana N Katwe
36.	4AL14EC011	Arun Kumar K V
37.	4AL14EC013	Ashika H A
38.	4AL14EC016	Avinash A P
39.	4AL14EC021	Chaithra
40.	4AL14EC022	Chaitratungal
41.	4AL14EC024	Chethan M N



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42.	4AL14EC025	Chongtam Rakesh Singh
43.	4AL14EC028	Dheeraj A Shetty
44.	4AL14EC031	Gagana G D
45.	4AL14EC034	Govindrao M
46.	4AL14EC037	Hariprasad
47.	4AL14EC040	Harshitha S
48.	4AL14EC041	Jagadishvenkatraman
49.	4AL14EC043	Karthik A R
50.	4AL15EC430	Sujaya L
51.	4AL15EC433	Yashashwi S
52.	4AL12IS018	Nagaraj E
53.	4AL13IS024	Prajwal Kumar
54.	4AL14IS010	Apurva P
55.	4AL14IS014	Chandra Shreyas P
56.	4AL14IS017	Deeksha Dinesh Shetty
57.	4AL14IS021	Kirthy P
58.	4AL14IS024	Manasa
59.	4AL14IS027	Naik Tejas Satish
60.	4AL14IS030	Pankaj D D
61.	4AL14IS033	Pooja T Shetty
62.	4AL12ME119	Pavaraj Shetty
63.	4AL13ME047	Habeeb Rahaman K
64.	4AL13ME125	Vivek R
65.	4AL14ME005	Ambresh
66.	4AL14ME012	Ashwin Ashok Padmashali
67.	4AL14ME015	Bharath D V
68.	4AL14ME016	Bharath K
69.	4AL14ME017	Chetankumara Veerabhadrappe U
70.	4AL14ME018	Chethan D
71.	4AL14ME019	Chethan H N
72.	4AL14ME020	Chethangowda C R
73.	4AL14ME025	Dsouza Mojek Joseph
74.	4AL14ME026	Ganesh Prakash Shet
75.	4AL14ME038	K P Rahul Machaiah
76.	4AL14ME045	Maiboob Ameensab Naikodi
77.	4AL14ME736	Sudesh Poojary
78.	4AL14ME740	Vijesh Shetty
79.	4AL15ME456	Praveen L Kotabhagi
80.	4AL15ME457	Ravishankar
81.	4AL14ME068	Pramodkumar B
82.	4AL14ME069	Pranav Shetty
83.	4AL14ME070	H R Prashanth
84.	4AL14ME072	Praveen Hipparagi
85.	4AL14ME104	Vishal Gothekar
86.	4AL14ME424	Yogendra S



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87.	4AL15ME400	Abhishek
88.	4AL15ME401	Abhishekgowda G A
89.	4AL15ME408	Byre Gowda G
90.	4AL15ME409	Darshan S
91.	4AL15ME410	Darshan S Kumbar
92.	4AL13ME046	Guru Prasada Panniker S M
93.	4AL13ME083	Nishanth M
94.	4AL13ME113	Sonu Jose
95.	4AL15ME412	Dhanush Kumar



## **Report on Jogging**

Jogging is a complete workout and also serves to prepare the body for an intense workout and other physical activities. It helps to build endurance and stamina in the body without being too harsh. It strengthens the muscles and bones and also keeps the heart and mind healthy. As a part of pre-placement training 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 10<sup>th</sup> September 2017 between 6.30am to 7.30am.



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





- ❖ Jogging every day offers potential benefits including
- ❖ a stronger immune system
- ❖ better stamina
- ❖ weight loss,
- ❖ less risk of chronic diseases
- ❖ a natural mood boost.

**Physical Director**