



17-08-2018

CIRCULAR

It is hereby informed to all students that physical exercise classes are conducted from 20th August 2018 onwards for the academic year 2018-19 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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- Principal's Table
- Dean Academics
- HODs of all Departments
- Notice Board
- Class circulation



Report on Activities for Physical Fitness-GYM

Physical fitness is a state of health and well-being and, more specifically, the ability to perform aspects of sports, occupations and daily activities. Without a doubt, regular exercise can benefit the health, mind and body. The physical exercises were conducted from 6.30am to 7.30am and evening 5pm to 7.30 pm in the presence of physical instructors of AIET.



The outcome of the activity is

- ❖ This activity helped our students not only for their physical fitness but also to boost their self-confidence and improve concentration
- ❖ The students feel benefited by daily physical exercises in the gym in developing physical health, mental health and more positive outlook.
- ❖ The activity helped the students to boost the energy, increase lean muscle mass, decrease a risk for certain health conditions, help to manage a weight, to improve mood.



Figure1: Physical exercises in the gym



Sample copies of Log-in for Gym classes

2018		25/8/2018	
2 nd 8	3 rd years	Evening	Batch.
1)	Niranjan	VJ	ECF
2)	Puneeth	2M	II MBA
3)	PRASANNA . N.3	VJ	II MBA
4)	Jagan A.P	"	5 th year
5)	Sathya B.R	VJ	5 th year
6)	Vinayak	VJ	5 th year
7)	Prasanna . VIK	VJ	5 th year
8)	Adesh	2M	II
9)	Kiran Rathod	3M	II
10)	Prattap . M	3M	II
11)	Shashikant	3M	III
12)	Adit	VJ	II
13)	Bhanu	3M	III
14)	Basavaraj . M	3M	III
15)	Ashwin . P	3M	V CV
16)	Nandan	2M	V CV
17)	Nikhil H.S	2M	V ME
18)	NAVEEN . A	3M	V ME
19)	Gauthosh	3M	V ME
20)	Mo . M . G	3M	VII
21)	Sri . Mohan . R	VJ	MBA-II
22)	Vivek	VJ	II ME
23)	Mayer	2M	II MBA
24)	Muniraju . M	"	II MBA
25)	Vishal . P	"	III 2 nd year ME
26)	Pushparaj	"	II year MBA
27)	Ananth	"	"
28)	VIKAS . D . S	"	III ME



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24-08-2018			2018
2nd yr & 1st year			Date 24 08 2018
Morning			Batch
1)	Smihansha	Civil	(21)
2)	Laxman. P.B	CSE	(19)
3)	Laxman P.B	C.S (1st)	(35)
4)	Harin Gowda	C.S (1st)	(10)
5)	Dharanraj. Ad	Civil (1st year)	(40)
6)	Yashwanth B.A	Civil (1st year)	(30)
7)	Purnitha	C.S (1st year)	(15)
8)	Nabe sharif	MEX (1st year)	(20)
9)	Kannurayyan	CSE (1st year)	(35)
10)	Panjan Kumar	IS (1st year)	(35)
11)	Seeta K.J	Civil	(15)
12)	Tejash	ME (2nd)	(15)
7th year Evening			Batch
1)	Shashikant Chann	CSE	(20)
2)	KIRAN.N	ECE	(15)
3)	Adit	ME	(20)
4)	Panay	ME	(20)
5)	Vineh	ME	(20)
6)	Sathish.B.R	CV	(20)
7)	Sagar.A.P	CV	(20)
8)	Shubham RAI	M.B.A. II	(20)
9)	Kiran. Rathod	CV	(20)
10)	Prasanna	CV	(20)
11)	Prasanna, Vile	ME	(20)
12)	Ashwin	LI	(20)
13)	Shivakumar K	ME	(20)
14)	Vikas D.S	ME	(20)
15)	Vikas D.S	ME	(20)



13-07-2018

CIRCULAR

It is hereby informed to all the final year B.E students that Zumba Fitness Program will be conducted from 16th July 2018 to 16th Aug 2018 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.	4AL15CS028	Deeksha Shetty
2.	4AL15CS030	Devika Shetty M
3.	4AL15CS071	Priyanka B.M.
4.	4AL15CS086	Shilpa S Shetty
5.	4AL15CS097	Surekha Srihari Reddy
6.	4AL15CS099	T S Kusuma Sri
7.	4AL15CS101	Thripathi A H
8.	4AL15CS010	Anuprakash M P
9.	4AL15CS011	Anusha
10.	4AL15CS049	Kavya Rai A
11.	4AL15CS091	Sneha K N
12.	4AL15CS113	Shetty Niketha S
13.	4AL15CS114	Shetty Aishwarya S
14.	4AL14CV111	Varsha B M
15.	4AL15CV015	Anusha Sunagad
16.	4AL15CV019	Ashraya Shetty
17.	4AL15CV021	Athira Surendran
18.	4AL15CV025	Bhargavi B
19.	4AL15CV039	Jyothi S
20.	4AL15CV070	Priyanka M
21.	4AL16CV413	Neha Saleem Khan
22.	4AL14EC039	Harshitha M S
23.	4AL15EC001	A Shreya
24.	4AL15EC019	Devika H S
25.	4AL15EC028	Haripriya R
26.	4AL15EC029	Harshitha D
27.	4AL15EC033	Jeevitha K
28.	4AL15EC070	Rashmi Rao
29.	4AL15EC075	Sandhya B J
30.	4AL15EC080	Shefali S Shetty
31.	4AL15EC091	Sushmitha S
32.	4AL15EC095	Vanashree
33.	4AL15EC102	Vinaya Nagesh Naik
34.	4AL16EC401	Bhagya B V
35.	4AL15IS038	Shaziya Banu
36.	4AL15IS045	Sushmitha H S
37.	4AL15IS046	Swarna Gowri R S
38.	4AL15ME028	Christina
39.	4AL15ME070	Ramyashree
40.	4AL15CS002	Adarsh M S
41.	4AL15CS003	Adarsh Mohan Pujar
42.	4AL15CS053	Lalith Kumar Mishra J



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43.	4AL15CS104	Varsha S
44.	4AL15CS035	Geethanjali Bishtannavar
45.	4AL15CS039	Heisnam Sursita Devi
46.	4AL15CS077	Rakshitha H B
47.	4AL15CV038	Jagadeesha
48.	4AL15CV049	Mahammad Rasool Awati
49.	4AL15CV076	Rakshan R Shetty
50.	4AL16CV407	Iranna M Mudar
51.	4AL16CV422	Shubham Pundlik Mane
52.	4AL15EC007	Amitkumar Konnur
53.	4AL15EC060	Poonam Madan Gunagi
54.	4AL15EC090	Suresh Mallikarjun Naragund
55.	4AL15EC093	Thirtha A L
56.	4AL15IS006	Anvaya Kini
57.	4AL15IS015	Minal Pinto
58.	4AL15IS016	Mythri K J
59.	4AL15IS047	Thaizeera A S
60.	4AL14ME031	Harsha Raj



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. 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 16th July 2018 to 16th Aug 2018 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.



Students gained awareness that Zumba is by far one of the best ways to get into exercise routine because of following benefits.

- ❖ It leads to Calorie and fat burning
- ❖ It helps in improving coordination
- ❖ It involves full body workout
- ❖ It helps in increasing confidence and mood boosting
- ❖ It helps to improve a person's balance, flexibility and energy levels.





Physical Education Department

10-09-2018

CIRCULAR

It is hereby informed to all the students that jogging activity is conducted from 12th September 2018 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**

SI.NO	USN	NAME
1.	4AL15CS004	Adithya Vishwanath Shetty
2.	4AL15CS018	Bangera Yatish Govinda
3.	4AL15CS037	H Akshay Kedlaya
4.	4AL15CS042	Jagdish Rathi
5.	4AL15CS051	Kumaraswamy V S
6.	4AL15CS056	Meghana G R
7.	4AL15CS062	Nidhi Chakravathy
8.	4AL15CS069	Prajwal S
9.	4AL15CS072	Priyanka S P
10.	4AL15CS075	Rajarajeshwari B B
11.	4AL15CS045	Jeffin Boban
12.	4AL15CS047	Kajare Tejas Tukaram
13.	4AL15CS048	Kalavara Deekshith Raj
14.	4AL15CS094	Sudarshan G
15.	4AL15CS096	Suraksha R B
16.	4AL15CS098	Sushanth
17.	4AL15CS105	Vilas Raj S
18.	4AL15CS110	Sharath D S
19.	4AL14CV013	Annappa Sani
20.	4AL14CV046	Mallikarjuna
21.	4AL14CV112	Raghavendra G M
22.	4AL15CV004	Adarsha A
23.	4AL15CV012	Anand P R
24.	4AL15CV018	Arun Kumar A Badmal
25.	4AL15CV020	Ashwatha Narayana M K
26.	4AL15CV023	Basavaraj Kankanodi
27.	4AL15CV026	Bhupathi L
28.	4AL15CV032	Govind Raj H.R
29.	4AL15CV034	Hanamanth Y Madar
30.	4AL16CV419	Roopa T
31.	4AL16CV420	Sharanakumara
32.	4AL16CV423	Siddu Gurupadappa Nelagudda
33.	4AL15EC092	Teena Lobo
34.	4AL15EC096	Varsha P
35.	4AL15EC099	Vasanth Kumar M
36.	4AL15EC101	Vinay B
37.	4AL15EC103	Yeshwanth M
38.	4AL15EC104	Abhishek
39.	4AL16EC407	Prakash Naik
40.	4AL16EC413	Veerendrakumar
41.	4AL15IS009	Ganesh Prasad E



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42.	4AL15IS018	Nisha
43.	4AL15IS023	Pooja Gangadhara Hegde
44.	4AL15IS026	Poojitha
45.	4AL15IS044	Sukanaya Viruprakashi Madiwalar
46.	4AL15IS050	Vishwath Putti
47.	4AL13ME134	Anoop R B
48.	4AL14ME030	Gurumurthy J L
49.	4AL15ME026	C Abhilash
50.	4AL15ME035	Harish Balkunde
51.	4AL15ME036	Harsha R
52.	4AL15ME037	Hemanth Kumar D
53.	4AL15ME038	Jameson Keisham
54.	4AL15ME042	Karthik K
55.	4AL15ME044	Kiran Ramanagowda Hosagowdar
56.	4AL15ME045	Koushik N
57.	4AL15ME046	Lathesh
58.	4AL15ME050	Manish
59.	4AL15ME051	Manoj
60.	4AL15ME052	Manoj Kumar N S
61.	4AL15ME055	Mohammed Iliyaz
62.	4AL15ME056	Moinodin Sha
63.	4AL15ME092	Virupakshi S
64.	4AL15ME093	Vishal G K
65.	4AL15ME096	Yankappa Kumbar
66.	4AL16ME400	Adarsh J
67.	4AL16ME403	Arunkumar S
68.	4AL16ME404	Bhushan Dayannavar
69.	4AL16ME406	Deepak H A
70.	4AL16ME407	Deepak Tirakannavar S
71.	4AL16ME410	Gadkar Rohan Rajesh
72.	4AL16ME411	Girish R
73.	4AL16ME412	Girish Ugargol
74.	4AL16ME413	Halesha B S
75.	4AL16ME414	Madhusudhan Khamitkar
76.	4AL15ME701	Akash V
77.	4AL15ME702	Amog Dilip Majalika
78.	4AL15ME703	Anand G Warriar
79.	4AL15ME704	Anand Rathod
80.	4AL15ME705	Arjun S
81.	4AL15ME706	Asif M B
82.	4AL15ME707	Aswin Krishana P R
83.	4AL15ME708	Aswin Vineeth
84.	4AL15ME710	Bharath Santhosh
85.	4AL15ME711	Chandan N
86.	4AL15ME712	Chirag B Shetty



Report on Jogging

Jogging is a popular form of physical activity. Jogging promotes not just physical but also mental well-being. Jogging is a form of running at a slow or leisurely pace. 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 12th September 2018 between 6.30AM to 7.30AM.



Figure: Jogging by students for physical fitness

Jogging can bring you numerous benefits

- ❖ Jogging promotes not just physical but also mental well-being.
- ❖ Main intention is to increase physical fitness with less stress on body.
- ❖ Helps to burn calories and keep your heart healthy,
- ❖ Helpsto boost the overall health, to aid in weight loss, to boost confidence, to reduce bone and muscle wasting.
- ❖ The activity helped students to stay physically fit and to improve the confidence.

Physical Director