

16-08-2019

## **CIRCULAR**

It is hereby informed to all students that physical exercise classes are conducted from 22<sup>nd</sup> August 2019 onwards for the academic year 2019-20 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**

### **Copy to**

- Principal's Table
- Dean Academics
- HODs of all Departments
- Notice Board
- Class circulation

## Report on Activities for Physical Fitness

Physical fitness is "a set of attributes people have or achieve that relates to the ability to perform physical activity." The five main components of physical fitness include muscular strength, muscular endurance, flexibility, body composition and cardio respiratory endurance. 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 6.30 am to 7.30 am and evening 5 pm 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.



**Figure1: Physical exercises in the gym**

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Getting to the gym on a regular basis can do wonders for your health.

- ❖ Exercising daily strengthens the heart and allows it to pump more efficiently with less strain.
- ❖ It also keeps your blood pressure and blood sugar levels in the normal range and keeps your cholesterol levels in check.
- ❖ It may help manage the symptoms of depression and anxiety.
- ❖ The students gain awareness about promotion of physical fitness through activities of daily living and physical exercises.

## Sample copies of Log-in for Gym classes

01-01-2020

Date: / /  
Page: 05  
SPLASH

Sl. No.	NAME	Branch	Roll No.
1.	Janardhan S	ME	18ME015
2.	Madan	CSE	17CS048
3.	Sachin	CSE	17CS080
4.	Sathish K	CSE	17CS089
5.	Kushal	ME	18ME003
6.	Haron	CSE	18CS071
7.	Laxmanarayan	CSE	18CS044
8.	Amrit	ME	18ME061
9.	Sohan	CSE	18CS013
10.	Anush Shetty	CSE	18CS008
11.	Kishan	CSE	18EC025
12.	Abhishek	CSE	18CS002
13.	Phemaj	ME	18ME010
14.	Dileep	ME	18ME008

Director of Physical Education  
Alva's Institute of Engineering & Technology  
Mijar, Moodbidri - 574225  
29



Date 31-01-20  
Page 1  
SPLASH

	NAME	Branch	Roll No.
1	Krishna	ME	18ME5703
2	Shashank	EC	18EC048
3	Keshav	CSE	18CSE033
4	Chirag	BNYS	15YB555
5	Kishan	BNYS	16YB235
6	Shashank	EC	17EC05
7	Krishna	EC	18EC032
8	Rajesh	ME	14ME071
9	Nikhil	ME	14ME018
10			
11			
12			

Director of Education  
Alva's Institute of Engineering & Technology  
Mijar, Moodbidri, D.K - 574225

06-03-20

Date      /      /     

Page

**SPLASH**

	<u>NAME</u>	<u>Branch</u>	<u>USN</u>
1	Anush Shetty	CSE	18CS009
2	Manthre	EC	19EC004
3	Sagar	CV	19CV005
4	Sri Ram	EC	19EC009
5	Abhishek P	EC	19EC009
6	Amrutesh B	MIE	19MIE400
7	Dheeraj	MIE	18MIE010
8	Sameer	CSE	19CS000
9	Darshana	BNVS	18BNVS021
10	Chinguri	BNVS	18BNVS022
11	Kushal	MIE	18MIE034
12	Dhanush	EC	18EC008
13	Abhishek	EC	18EC003
14	Yuvraj T	CSE	19CS110
15	Shareeta	EC	17EC001

*Shareta*

*DJOKH*

*08/05/20*

*Alva's Institute of Physcial Education,  
Mumbai - 400 092*



23-03-20

Date: \_\_\_/\_\_\_/\_\_\_

Page: \_\_\_

**SPLASH**

Sl. No.	NAME	Branch	Roll No.
1	Samcey	CSE	19CS080
2	Chenglin	BNYS	15X0227
3	Dhanush	ECF	18EC013
4	Hasu'n	CSE	18CS071
5	Dheeraj	ME	18ME010
6	Chandankumar M	CSE	19CS023
7	Rushal	ME	18ME003
8	Sanjay S	CSE	19CS081
9	Yuvraj J. K	CSE	19CS010
10	Sohan	CSE	18CS013
11	hanminarayan M	CSE	18CS044
12	Ranjit	ISF	18IS014
13	Vedant M	ISF	18IS026
14	Sagar	ME	18ME036
15	Abhishek S. H	CSE	18CS002
16	K. S Prayid	CSE	18CS032

*(Signature)*  
Director of Technical Education  
Alva's Institute of Engineering & Technology  
Mijar, Moodbidri - 574225

15-7-2019

**CIRCULAR**

It is hereby informed to all the Final year students that Zumba Fitness Program will be conducted from 18<sup>st</sup> July 2019 to 18<sup>th</sup> Aug 2019 at AIET from 6.30 AM to 7.30 AM. at AIET auditorium from 6.30 AM to 7.30 AM. All the interested students can attend the classes.

**Physical Director**

**Principal**

**Copy to**

- Principal's Table
- Dean Academics
- HODs of all Departments
- Notice Board
- Class circulation



**List of enrolled students for ZUMBA Fitness Program**

SL.NO	USN	NAME
1.	4AL16CS006	AKASH KUMAR S
2.	4AL16CS007	AKSHATHA S
3.	4AL16CS008	ALBIN FRANCIS
4.	4AL16CS022	BHUVANA S
5.	4AL16CS023	BRINDASHREE B V
6.	4AL16CS024	CHAITANYATEJAS
7.	4AL16CS025	CHARANRAJ N
8.	4AL16CS035	GAUTHAMPRABHU
9.	4AL16CS036	HANISHREE M S
10.	4AL16CS038	HARSHITHA M
11.	4AL16CS039	HUDA SULTANA
12.	4AL16CS072	RAKESH M KOTIAN
13.	4AL16CS074	RAKSHITHGOWDA N
14.	4AL16CS075	RAKSHITHUMESHRAI
15.	4AL16CS076	RAVI K R
16.	4AL16CS129	JYOTHI LAKSHMI C S
17.	4AL16CS130	RAHUL J
18.	4AL16CS131	MANISH B. SHRIYAN
19.	4AL16CS132	JAVAHAR S. GOUTAM
20.	4AL16CV017	BHARATH A C
21.	4AL16CV019	BHOOMIKA T C
22.	4AL16CV021	BRUNDA Y M
23.	4AL16CV023	CHAITHRA S G
24.	4AL16CV077	SACHIN SHIRANGAPUR
25.	4AL16CV078	SAGAR A P
26.	4AL16CV080	SANGEETHA S
27.	4AL16CV108	TEJAS L
28.	4AL16CV109	SHARANU B TAKKLAKR
29.	4AL16CV110	NIVEDITHA
30.	4AL16CV111	SUMUKH R
31.	4AL16CV007	ANILKUMAR AMBARAYA HAVANI
32.	4AL16CV008	ANOOP G SHIRANI
33.	4AL16CV009	ANUSHA K P
34.	4AL16CV011	ASHWIN Y N
35.	4AL16EC021	DHANALAKSHMI G
36.	4AL16EC022	GAGANA M R
37.	4AL16EC023	HEEMA RUBAB
38.	4AL16EC024	JALAJA G S
39.	4AL16EC026	JAYANAND J
40.	4AL16EC074	SHREYA S POOJARY
41.	4AL16EC075	SOORAJ

42.	4AL16EC076	SOUNDARYA
43.	4AL16EC077	SOUNDARYA N A
44.	4AL17EC402	VISHAL
45.	4AL15EC105	SAMBRAM K S
46.	4AL16EC405	MAHESH B
47.	4AL16IS015	GIRIJA R
48.	4AL16IS016	GOWTHAMI H R
49.	4AL16IS017	HANVITAA
50.	4AL16IS018	HEGDE AKSHAY RAGHURAM
51.	4AL16IS021	K S VEDA
52.	4AL16IS059	M MANJUSHA
53.	4AL16IS060	NITHIN M
54.	4AL16IS061	RACHANA T
55.	4AL16IS062	TANUJA H BENAKATTI
56.	4AL16IS027	MANOHAR M GOWDA Y K
57.	4AL16IS029	MEGHANA NAIK
58.	4AL16IS030	MOULYA M
59.	4AL16ME007	ANIL KUMAR
60.	4AL16ME009	BAVIN I
61.	4AL16ME010	BLESSON XAVIER
62.	4AL16ME011	CHANDRASHEKAR KULAL
63.	4AL16ME012	CHETHAN N
64.	4AL16ME022	KISHORE KUMAR A
65.	4AL16ME028	MANOJGOWDA K N
66.	4AL16ME029	MANOJ KUMAR D
67.	4AL16ME031	MERVIN LAWRENCE D' ALMEIDA
68.	4AL16ME032	MOHAMMAD FAIZ
69.	4AL16ME059	RAKSHITH KOTAIN
70.	4AL16ME060	RAKSHITH R
71.	4AL16ME061	RAVI NIMBONI
72.	4AL16ME063	S NIKHILESH
73.	4AL16ME059	RAKSHITH KOTAIN
74.	4AL16ME073	SHETTY MANOJ MANMATHA
75.	4AL16ME074	SHETTY PRANAY RADHAKRISHNA
76.	4AL16ME076	SHETTY ROHITH JAYAPRAKASH
77.	4AL16ME077	SHIKHAR V RAJ JAIN
78.	4AL16ME080	SOHAN POOJARI S S
79.	4AL16ME081	SONAL TOMY
80.	4AL16ME082	SOUFIA N SHAIKH
81.	4AL16ME084	SUDHEERA
82.	4AL16ME094	VISHAL SRIDHAYA P
83.	4AL16ME095	VISHNU
84.	4AL16ME096	VISHNUPRASAD SHETTY

## **Report on Zumba Fitness Program**

As a part of the pre-placement training program, our students were included in various physical activities in the morning for their physical fitness and motivation. Jogging, Gym and zumba were conducted in boot camp from 18<sup>st</sup> July 2019 to 18<sup>th</sup> Aug 2019.



Zumba was one among those physical activities. Classes were conducted at AIET auditorium for the duration of one month everyday from 6.30am to 7.30am by a zumba instructor Mr.Sumanth Bernard Roche conducted sessions for the duration of 30 days.



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.





**Physical Education Department**

06-09-2019

**CIRCULAR**

It is hereby informed to all the students that jogging activity is conducted from 9<sup>th</sup> September 2019 onwards near AIET Shobhavana from 6.30 AM to 7.30 AM. All the interested students can attend the Jogging Activity.

**Physical Director**

**Copy to**

- Principal's Table
- HODs of all Departments
- Notice Board
- Class circulation



# Alva's Institute of Engineering & Technology

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

Phone: 08258-262725, Fax: 08258-262726

## Students Enrolled for Jogging Activity

Sl.NO	USN	NAME
1.	4AL19CS016	Athokpam Lolan Luwang
2.	4AL19CS017	Athul Raj K
3.	4AL19CS018	B H Rashmi
4.	4AL19CS062	Pooja Rajesh Talekar
5.	4AL19CS063	Poojary Karunakar Ramanatha
6.	4AL19CS064	Prajna S P
7.	4AL18CS089	Sujana
8.	4AL17CS034	Jagath Haren
9.	4AL16CS025	Charanraj N
10.	4AL16CS026	Deeksha D Poojary
11.	4AL18CV010	Arvin Yumnam
12.	4AL18CV027	Nitesh Seetaram Naik
13.	4AL18CV045	Sunil
14.	4AL16CV064	Prajwal H M
15.	4AL16CV067	Premkumar G J
16.	4AL17CV035	Manojkumar B
17.	4AL17CV036	Mithulesh J M
18.	4AL17CV088	Yajnesh Madivala
19.	4AL17CV089	Yendrembam Malemnganba Singh
20.	4AL16CV037	Keerthana K C
21.	4AL16CV039	Laishram Linthoinganbi
22.	4AL16CV106	Yathisha
23.	4AL16CV107	Zeos Laimayum
24.	4AL19CV013	Kiran.R.Mundargi
25.	4AL19CV015	Mailar Malleshappa
26.	4AL19CV040	Trupthi.A
27.	4AL19CV041	Varun Gowda Tv
28.	4AL19EC007	Abhishek Naik
29.	4AL19EC008	Abhishek P
30.	4AL19EC036	J V Rashmita
31.	4AL19EC037	Jaison V J
32.	4AL19EC075	Shwetha H M
33.	4AL19EC076	Soupoorna Sukrappa Moger
34.	4AL18EC005	Akshatha Y E
35.	4AL18EC006	Annapurna
36.	4AL18EC007	Archana H N
37.	4AL17EC009	Bhavith
38.	4AL17EC010	Bhoomika Ramachandrahebbbar
39.	4AL17EC011	Bindushri
40.	4AL17EC012	Brunda H Y
41.	4AL17EC061	Bhargavi





# Alva's Institute of Engineering & Technology

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42.	4AL15EC043	Madhu B Gurav
43.	4AL16EC037	Mirza Sibgathulla K R
44.	4AL17EC086	Shilpa C
45.	4AL17EC090	Sushmitha R Naik
46.	4AL17EC091	Swastik R Gowda
47.	4AL16EC004	Ankitha C C
48.	4AL16EC005	Anupama J S
49.	4AL16EC006	Apeksha S Shetty
50.	4AL15EC025	Gourav
51.	4AL15EC026	Girish H R
52.	4AL17EC401	Dileep
53.	4AL16EC102	Sangamesh
54.	4AL19IS004	Adwaith P
55.	4AL19IS005	Amratha
56.	4AL19IS006	Ananya H S
57.	4AL19IS040	Raghavendra Cv
58.	4AL19IS041	Rakshith
59.	4AL19IS042	Rakshitha R
60.	4AL18IS005	Bhuvan S T
61.	4AL18IS006	Chinmayi M K
62.	4AL18IS007	Deepthi
63.	4AL17IS003	Akshatha A M
64.	4AL17IS004	Akshitha
65.	4AL17IS005	Albin George
66.	4AL16IS002	Amulya
67.	4AL16IS005	Ankitha P
68.	4AL16IS006	Anusha
69.	4AL16IS042	Rakesh M R
70.	4AL16IS046	Saileela R
71.	4AL16IS047	Samruddi Shetty
72.	4AL19ME002	Abhishek Vinod
73.	4AL19ME003	Ajay Kumar J
74.	4AL19ME004	Aromal A
75.	4AL19ME028	Srishail S
76.	4AL19ME029	Tejasgowda M
77.	4AL19ME030	Umarfarooq Khanshired
78.	4AL18ME012	Gaurav Chandrashekar Sanil
79.	4AL18ME013	Gautham S N
80.	4AL17ME003	Adithya Nayak
81.	4AL17ME005	Adithya Rathore
82.	4AL17ME007	Akshay Kulal
83.	4AL16ME100	Prasanna Venkatesh
84.	4AL16ME102	Shashank CM
85.	4AL16ME103	Sumith Kumar

## **Report on Jogging**

Jogging is a form of running at a slow or leisurely pace. Main intention is to increase physical fitness with less stress on body. 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 9<sup>th</sup> September 2019 between 6.30am to 7.30am.



**Figure: Jogging to keep fitness**

- ❖ Jogging benefits the brain health by releasing endorphins that calm down the stress
- ❖ It enhances the lung's capacity, as well as help to improve the blood cholesterol levels.
- ❖ Jogging is an excellent way to keep fit and live longer.

**Physical Director**