

17-08-2020

CIRCULAR

It is hereby informed to all students that physical exercise classes are conducted from 31st August 2020 onwards for the academic year 2020-21 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-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

Date 08-12-20
Page 1
Gym Class

	NAME	Branch	USNO
1	Abhishek S.H	CSE	18CS002
2	Arun Kumar	CV	18CV009
3	Sohan	CSE	18CS013
4	Harin Gowda	CSE	18CS071
5	Arun	CSE	17CS013
6	Sathya B.R	ECB	16EC065
7	Kishore	ECB	17EC062
8	Nagaganesh	ECB	17EC059
9	Satish	CSE	17CS082
10	Rohan	CSE	17CS075
11	Madan	CSE	17CS068
12	Sachin	CSE	17CS080
13	Nachiketh	CSE	17CS119
14	Dheeraj	ME	18ME010
15			
16			

Director of Physical Education
Alva's Institute of Engineering & Technology
Mijar, MOODBIDRI - 574 225

31-12-20

NAME **Branch** **USW**

1. Anish Dethy	CBE	18CB008
2. Sujana	CV	14CV025
3. Shashank	EC	14EC064
4. Ravi	EC	14EC059
5. Anil	EC	14EC008
6. Dhruv	EC	18EC013
7. Kunal	ME	18ME703
8. Simran	CBE	14CB080
9. Deep P.P	ME	20ME001
10. Raghav	EC	18EC032
11. Harin	CBE	18CB071
12.		
13.		

31/12/20

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25-01-21

NAME	Branch	USN
Dr. P. R.	MIE	19ME007
S. R. Ram	EC	19EC059
Dhanyaj	MIE	18ME001
Abhi	EC	18EC002
P. Rajan	CS	18CS032
Rajesh	MIE	19ME074
H. R. R.	CS	18CS071
Radan	CS	17CS048
Shivling	EC	17EC087
Shalash	EC	17EC057
Sanathkumar	MIE	18ME015

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Mijar, Moodbidri, D.K.

30-01-21

Date / /

Page

SPLASH

	NAME	Branch	Roll No
1	Aneesh Shetty	CSE	18CS008
2	Sagar KG	CV	19CV045
3	Ram	EC	19EC059
4	Abhi	EC	19EC008
5	Bhramish K	ECE	18EC013
6	Sameer	CSE	19CS080
7	Dileep PR	ME	20ME007
8	Sag Jain	EC	18CS071
9	Harin	CSE	18CS056
10	Sagar	ME	18ME016
11	Dheeraj	ME	18ME077
12	Shivakumar	CV	18CV038
13	Basangowda	CV	18CV014
14	Vedanth	ISE	19IS026
15	Harin	CSE	18CS072

[Signature]
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Mijar, Moodbidri - 574225

[Signature]

Date ___/___/___

Page _____

SPLASH

27-02-21

NAME	Branch	Roll No
1. Ranjan	ISE	18ES019
2. Sagar	ME	18ME036
3. Deleep R	ME	18ME007
4. Abhi	ECE	18EC003
5. Shwetha	ME	17EC051
6. Sagar lin	IT	18EC032
7. Chinger	BNS	158022
8. Prejwal	VCE	18CS032
9. Abhishek	ECE	18EC002
10. Ashi	EC	19EC008
11. Shanthuress	EC	19EC009
12. Ram	EC	19EC059
13. Sagar K G	CV	19CV045

[Signature]
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27/02/21

31-05-2021

Date / /
Page
SELASH

NAME	Branch	Roll No.
1. Smees	CSE	19CS080
2. Dhruv	CSE	18EC013
3. Harin	CSE	18CS071
4. Dhruv	ME	18ME010
5. Keyhal	ME	18ME903
6. Sanjay	CSE	19CS081
7. Yuvraj	CSE	19CS110
8. Saham	CSE	18CS013
9. Ranja	CSE	18IS014
10. Vedant	ISE	18IS026
11. Praveen	CSE	18CS032
12. Anush	CSE	18CS008

Deethy
Director of Physical Education
Alva's Institute of Engineering & Technology
Mijar, MOODBIDRI - 574225

15-07-2020

CIRCULAR

It is hereby informed to all the final year students that Zumba Fitness Program will be conducted from 18th July 2020 to 19th Aug 2020 at AIET auditorium from 6.30 AM to 7.30 AM. All the interested students can attend the classes.

Copy to

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

List of students enrolled for Zumba Fitness Program

SL. NO	USN	NAME
1.	4AL16CS063	POOJA RAJEEV
2.	4AL16CS113	TANOJ M
3.	4AL16CS047	MADUSHREE R
4.	4AL16CS078	HARSHITH S
5.	4AL17CS038	K THRISHUL
6.	4AL17CS039	KANAKA B S
7.	4AL17CS050	MHASKE POOJA SAMBHAJI
8.	4AL17CS005	AMRUTHA M
9.	4AL17CS006	ANILKUMAR B N
10.	4AL17CS007	ANUSHA
11.	4AL17CS008	ANVITHA POOJARY
12.	4AL17CS071	RAGHAVI HARISCHANDRA GAONKAR
13.	4AL17CS073	RAKSHA S
14.	4AL17CS074	RAMITHA Y S
15.	4AL17CS106	VARSHITHA
16.	4AL17CS107	VIDYA K C
17.	4AL17CS122	RAVI MATH
18.	4AL17CS123	PRUTHVI B C
19.	4AL18CS400	SAGAR B V
20.	4AL18CS401	SANDHYA KAPSE
21.	4AL16CV075	ROSHAN KAMATH
22.	4AL16CV081	SANJAY M M
23.	4AL16CV083	SAPAM CHA PAARI
24.	4AL17CV023	KARTHIK KAPSE
25.	4AL17CV025	KAVYA S S
26.	4AL17CV027	LIDISE Y SANGTAM
27.	4AL17CV066	SHRIHARSHA S TADDEWADI
28.	4AL17CV067	SHWETHASHREE
29.	4AL17CV068	SOMORJIT
30.	4AL17CV091	NAVEEN B M
31.	4AL17CV092	VENKATESH L
32.	4AL18CV400	CHEETHAN C G
33.	4AL18CV405	PRABHAVATHI KUMBAR
34.	4AL18CV406	PRAJWAL G
35.	4AL18CV407	SATHISH S
36.	4AL17EC020	CHANNABASAVA
37.	4AL17EC021	CHEETHAN KUMAR
38.	4AL17EC023	DARSHAN H B
39.	4AL17EC049	MAMATHA V R
40.	4AL17EC050	MANJUNATHA H K
41.	4AL17EC053	MOHANABABU D G
42.	4AL17EC077	RASHMITHA
43.	4AL17EC079	ROHAN SHETTY

44.	4AL17EC080	ROSHNI A B
45.	4AL17EC092	VARSHITHA S
46.	4AL17EC093	VARUN G SHETTY
47.	4AL17EC095	VIDUL SAMBHAJI CHAVAN
48.	4AL17IS012	DANUSH KUMAR
49.	4AL17IS013	DEEKSHA
50.	4AL17IS014	DIKSHIT GOVIND KOTIAN
51.	4AL17IS015	DIVYASHREE
52.	4AL17IS040	ROOPASHREE J
53.	4AL17IS041	S NIKIL TEJASWI
54.	4AL17IS042	SAI KUMAR S
55.	4AL17IS043	SHETTY RACHANA CHANDRASHEKAR
56.	4AL17IS046	SHREYAS R SHETTY
57.	4AL17IS047	SINCHANA
58.	4AL17IS048	SRIHARI B
59.	4AL17IS049	SUSHMITHA
60.	4AL17IS001	AHIMSA JAIN
61.	4AL17IS002	AKSHATHA L HEGDE
62.	4AL17IS003	AKSHATHA A M
63.	4AL17ME074	SUDDEP KUMAR JAIN
64.	4AL17ME076	SUJANSHEKAR H S
65.	4AL17ME078	SURAJKOLI
66.	4AL17ME074	SUDDEP KUMAR JAIN
67.	4AL17ME076	SUJANSHEKAR H S
68.	4AL17ME078	SURAJKOLI
69.	4AL17ME074	SUDDEP KUMAR JAIN
70.	4AL17ME076	SUJANSHEKAR H S
71.	4AL17ME078	SURAJKOLI
72.	4AL17ME074	SUDDEP KUMAR JAIN
73.	4AL17ME075	SUHAS A
74.	4AL17ME077	SUMAN SINGH
75.	4AL17ME075	SUHAS A
76.	4AL17ME077	SUMAN SINGH
77.	4AL17ME075	SUHAS A
78.	4AL17ME077	SUMAN SINGH

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 classes are typically about an hour long and are taught by instructors. 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 was conducted from 18th July 2020 to 19th Aug 2020 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 benefits of the Zumba activity are:

- ❖ It helps in losing weight
- ❖ Zumba can help to lower risk of heart disease,
- ❖ It can help to reduce blood pressure and bad cholesterol, and boost your good cholesterol





Alva's Institute of Engineering & Technology

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

Phone: 08258-262725, Fax: 08258-262726

Physical Education Department

10-09-2020

CIRCULAR

It is hereby informed to all the students that jogging activity is conducted from 14th September 2020 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

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Students Enrolled for Jogging Activity

SL.NO	USN	NAME
1.	4AL20CV005	Kaushik
2.	4AL20CV010	Monisha R
3.	4AL20CV011	Nandini R
4.	4AL20CV019	Sadvini K T
5.	4AL19CV004	Ashish
6.	4AL19CV010	Hanumesh
7.	4AL19CV018	Megha G L
8.	4AL19CV045	Sagar K G
9.	4AL19CV033	Sandeep B Naik
10.	4AL18CV003	Abhishek Potadar
11.	4AL18CV012	Channabasava
12.	4AL18CV031	Ranjan Rao
13.	4AL18CV046	Supreeth V
14.	4AL17CV006	Ashwini S C
15.	4AL17CV018	Divakar P V
16.	4AL17CV019	Gokulkrishna
17.	4AL17CV034	Manoj G
18.	4AL17CV035	Manojkumar B
19.	4AL20CS007	Adithi
20.	4AL20CS002	Abhiram H A
21.	4AL20CS014	Amrutha G K
22.	4AL20CS030	Bhuvan M
23.	4AL20CS045	Hardik Prabhu
24.	4AL20CS067	Mallikarjuna N P
25.	4AL19CS015	Ashwin Shetty
26.	4AL19CS016	Athokpam Lolan Luwang
27.	4AL19CS032	Divyashree S K
28.	4AL19CS033	Ganavi
29.	4AL19CS085	Shetty Sushmita Rajeeva
30.	4AL19CS086	Shifali S Rao
31.	4AL15CS023	Chaithra Gajandimath
32.	4AL15CS027	Deeksha
33.	4AL15CS028	Deeksha Shetty
34.	4AL18CS019	Churashma -
35.	4AL18CS020	D Richard Franklin
36.	4AL18CS021	Felina Simon Menezes
37.	4AL18CS035	Latika Kavoor
38.	4AL18CS036	Keertana Ganesh Ganiga
39.	4AL17CS003	Akshat Khandelwal
40.	4AL17CS004	Akshata Narayana Hegde



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41.	4AL17CS017	Ashwini
42.	4AL17CS018	Ashwini Shekarappa Jadamali
43.	4AL17CS063	Praveen Kumar
44.	4AL17CS064	Praveen Kumar S
45.	4AL20EC008	Chaithrashree M G
46.	4AL20EC025	Monika D B
47.	4AL20EC050	Shridevi
48.	4AL20EC060	Vinod Raj G N
49.	4AL19EC008	Abhishek P
50.	4AL19EC009	Abhishek M O
51.	4AL19EC010	Aditya Togare
52.	4AL19EC054	Pavitra Kambar
53.	4AL19EC055	Prajwal Bhatt Joshi
54.	4AL19EC056	Prasannakumar V Bellada
55.	4AL18EC008	Ashwini R G
56.	4AL18EC009	Bhavana B
57.	4AL18EC011	Darshan Ravi Savukar
58.	4AL18EC050	Sneha G
59.	4AL18EC051	Sourav K
60.	4AL18EC053	Sudha R Channappa Goudar
61.	4AL17EC015	Chandan C
62.	4AL17EC018	Chandana G S
63.	4AL17EC020	Channabasava
64.	4AL17EC055	Mounitha D M
65.	4AL17EC057	Nagaganesh N
66.	4AL20IS033	Nesara S Gowda
67.	4AL20IS059	Varsha M
68.	4AL20IS055	Tejas R
69.	4AL19IS006	Ananya H S
70.	4AL19IS007	Anusha T R
71.	4AL19IS008	Arundhathi S Bhat
72.	4AL19IS061	Vaishnavi Ps
73.	4AL19IS062	Varshith
74.	4AL18IS002	Abhiman H R
75.	4AL18IS003	Amarjit Yangleam
76.	4AL18IS010	Dhanya Laxman Byndoor
77.	4AL18IS011	K Shirisha Shetty
78.	4AL17IS003	Akshatha A M
79.	4AL17IS004	Akshitha
80.	4AL17IS051	Thangsabam Bikumar Singh
81.	4AL17IS053	Zeenal Manola Lobo
82.	4AL20ME007	Dileep P R
83.	4AL20ME0017	Pallavi P
84.	4AL20ME0022	Vignesh
85.	4AL20ME019	Rakshith



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86.	4AL19ME005	Bhoomika K R
87.	4AL19ME006	Christon Lloyd Pinto
88.	4AL19ME007	D Jay Kumar
89.	4AL19ME030	Umarfarooq Khanshired
90.	4AL19ME031	Venkata Shiva Reddy
91.	4AL18ME019	Keerthan Subhashchandra Kuckian
92.	4AL18ME022	Megharaj A Kencharaddi
93.	4AL18ME023	Muzammil Chitragar
94.	4AL18ME037	Harshitha S
95.	4AL18ME037	Sagar Loni
96.	4AL18ME700	Abdul Kareem
97.	4AL17ME005	Adithya Rathore
98.	4AL17ME007	Akshay Kulal
99.	4AL17ME032	Kishor H H
100.	4AL17ME034	Laxamannab Hebbal
101.	4AL17ME056	S Y Mohan Kumar
102.	4AL17ME017	Chandana G S
103.	4AL17ME088	Vinodraj
104.	4AL17ME089	Viresh B Sirimani

Report on Jogging

Jogging is a form of running at a slow or leisurely pace. Jogging is a fairly gentle sport that allows you to get all the benefits of exercise without putting your body under huge amounts of strain. 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 14th September 2020 between 6.30am to 7.30am.



Figure: Jogging by students for physical fitness

- ❖ The students realized that jogging is a fairly gentle exercise to maintain physical fitness with less stress on body.
- ❖ Jogging helps to boost up the energy and confidence at the work place.
- ❖ Regular exercise such as jogging helps to strengthen heart, reduces the risk of heart disease in later life.

Physical Director