



17-06-2019

CIRCULAR

It is hereby informed to all the students that Alva's Education foundation will be organizing "World Yoga day" on 21st June 2019. The interested students of AIET are informed to participate actively in the event.

VENUE: Auditorium, AIET.

TIME: 8.00 AM

Coordinator

Principal

Copy to

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



01-07-2019

Report of Yoga day celebration

International Day of Yoga (IDY), Yoga day or Antarashtriya Yoga Divas is an annual event celebrated all over the world on June 21 since its inception in 2015. The idea of IDY was first proposed by India Prime Minister during his speech at the UNGA, on September 27, 2014.

Yoga improves strength, balance and flexibility. It helps with back pain relief. Yoga can ease arthritis symptoms, benefits heart health, relaxes us, to help you sleep better, can mean more energy and brighter moods, and helps us manage stress. Yoga connects us with a supportive community. Yoga is an ancient physical and mental activity with many benefits, including reduced stress, increased relaxation and greater flexibility.



With this objective in mind AIET, Moodbidri organizes yoga day celebrations. Mass Yoga by students of all institutions of Alva's Education foundation was organized on 21st June 2019 World Yoga day at AIET auditorium. 53 students of AIET took active participation.

Coordinator