

CIRCULAR

It is hereby informed to all the students that a mass yoga performance by students of all institutions of Alva's Education foundation is organized at Nudisiri vedike, Vidyagiri, Moodbidri on 21st June 2019 from 7:00AM to celebrate World Yoga day. The interested students of AIET are informed to participate actively in this event.

Coordinator

Principal

Copy to

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

Yoga is an ancient physical and mental activity with many benefits, including reduced stress, increased relaxation and greater flexibility. Yoga Education helps in self control and self discipline leading to immense amounts of awareness and concentration and a higher level of consciousness. Yoga Education can enhance all the activities of the students academic or sports or social. Yoga practice provides improved attention in studies, better stamina and coordination for sports, high awareness and balanced attitude for social activity.

With this objective in mind AIET, Moodbidri organizes yoga day celebrations. Mass yoga performance by students of all institutions of Alva's Education foundation was organized at NudisiriVedike, Vidyagiri, Moodbidri on 21st June 2019 to celebrate World Yoga day. More than 70 students of AIET participated actively in the function.



OUTCOME: The students realized that practicing yoga helped in getting a quiet mind space to concentrate when reading, studying and sitting through lectures.

Coordinator