

# AVANTHI INSTITUTE OF ENGINEERING AND TECHNOLOGY Accredited by NAAC with 'B+' Grade Affiliated to JNTU, KAKINADA, Approved by AICTE Makavarapalem,Narisipatnam,Visakhapatnam-531113,A.P

20-06-2018

#### Circular

NSS unit of AIETM celebrates International Yoga Day on 21<sup>st</sup> June 2018 at 3pm.in AIETM Seminar hall.

All the Students and faculty are informed to attend.

Programe Officer

Program Officer
NSS UNIT

Avanthi Institute of Engineering & Technology
MAKAVARAPALEM
Circulate:

- All Classes
- Department HoDs
- Office copy

Principal

**Principal** 

Avanthi Institute of Engg. & Technology Tameram, Makavarapatem Md., Visakhapatnam District., Pin: 531113



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21-6-2018

### INTERNATIONAL YOGA DAY CELEBRATIONS

International YOGA day was celebrated on 21-06-2018 in College campus with great respect for the tradition of India; Students performed various Aasanas and enthralled the audience.

Dr. C Mohan Rao principal explained in detail about the importance of YOGA and Yoga master Giri explains Yoga Aasanas and how healthy people would be if they take the Aasanas all the time. Stress and phycological depression can also be controlled through yoga.

Faculty and students participated in the event. The students performed different activities and sang patriotic songs.

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Tamaram, Makavarapalam Md.,

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**International Yoga Day Celebrations – 2018** 



