



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

Date 20-06-2018.

CIRCULAR

We are happy to inform, our NSS unit is organise "Yoga Awareness Programme" on 21-06-2018 on occasion of International Yoga Day in Seminar hall at Avanathi Institute of Engineering and Technology. All the students and faculty are informed to attend.

PROGRAMME OFFICER

Program Officer
NSS UNIT

Avanathi Institute of Engineering & Technology
MAKAVARAPALEM

PRINCIPAL
Principal

Avanathi Institute of Engg. & Technology
Tamaram, Makavarapalem Md.,
Visakhapatnam District, Pin: 531113



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Date: 21-06-2018.

INTERNATIONAL YOGA DAY CELEBRATIONS

International YOGA day was celebrated on 21-06-2018 in College Seminar Hall 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 Physical trainee Mr.SYAM explains Yoga Aasanas and how healthy people would be if they take the Aasanas all the time. Stress and psychological depression can also be controlled through yoga. Faculty, 193 students and office staff participated in the event.

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Principal

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INTERNATIONAL YOGA DAY-21-06-2019

