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Institute of Engineering & Technology



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Survey No. 179, Chilkur (V), Moinabad (M), Ranga Reddy Dist. T.S.

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JNTUH Code (U6) ECE – CSM – CSE - CIVIL – ME – MBA - M.Tech EAMCET Code - (GLOB)

Circular. No: GIET/NSS/CIRCULAR/2020/INTERNATIONAL YOGA DAY

Date: 15/06/2020

**CIRCULAR**

This is to inform all the students and faculty members of GIET that NSS units I and II are organising “INTERNATIONAL YOGA DAY” as part of which few yoga Asanas will be demonstrated by our physical director online due to covid 19 .All the Students, Teaching and Non-Teaching staff members are hereby informed to take part in the session.

An Essay writing competition will be conducted on the same day for the students on the topic: “Yoga For Humanity”.

All the Heads of the Departments are requested to circulate the information among students and staff members.

Sd/-  
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Cc to:

NSS Program Officers Unit I & Unit II

All the Heads of the Departments with a request to circulate among staff and students

RO with a request to make necessary arrangements

Notice Board



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## The Report on International Yoga Day Celebrations -2020

The NSS Unit I & II has organized 08<sup>th</sup> International Yoga Day celebrations in GIET on 21<sup>st</sup> June 2020 for Teaching & Non-Teaching and students with great enthusiasm. The celebrations began with a brief introduction of Yoga Day by Mrs.V.Renuka , Asst Prof & NSS P.O. The programme was online due to covid 19 It helps the students understand how to maintain harmony between body and mind regular practice of Yoga will help the students to achieve better mental and physical health. Dr. Ravindra Tiwari , Dean GPC Mr. G.Ahmed Zeeshan Vice Principal and IQAC Coordinator GIET, Dr.Fazlu Rahman Vice Princiapal GCP, Staff and Students participated.

Mr. Mohammed Younus , Physical Director of GIET started Yoga demonstrations with the Yoga prayer and a few warm up and simple Aasanassuch as Padmasana, Suryanamaskar, Sarpasana,Savaasanaetwewere showed online to staff and students of GIET enthusiastically and the importance of these Aasanas were explained simultaneously.Thecelebrations ended with a vote of thanks by Mr.G.Ahmed Zeeshan.



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