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

e-mail: principal.giet.u6@gmail.com

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

Circular. No: GIET/NSS/CIRCULAR/2022/INTERNATIONAL YOGA DAY

Date: 15/06/2022

CIRCULAR

This is to inform all the students and faculty members of GIET that NSS units I and II are organising “INTERNATIONAL YOGA DAY” on 21-06-2022 as part of which few yoga Asanas will be demonstrated by our physical director. 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.




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The Report on International Yoga Day Celebrations -2022

The NSS Unit I & II has organized 08th International Yoga Day celebrations in GIET on 21st June 2022 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. To this programme we invited Mr.U.Ashok Kumar, MRO of Moinabad as Chief Guest. In his speech he mentioned Yoga Day is celebrated among the youth and children to make them understand the importance of Yoga in their life. It helps the students understand how to maintain harmony between body and mind. He explained that regular practice of Yoga will help the students to achieve better mental and physical health. Dr. Ravindra Tiwari , Dean GPC Mr. G.AhmedZeeshan Vice Principal and IQAC Coordinator GIET, Dr.FazluRahman Vice Principial 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 performed by the 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.AhmedZeeshan. On the same day Essay Writing competition was conducted on the theme of **Yoga for Humanity**.



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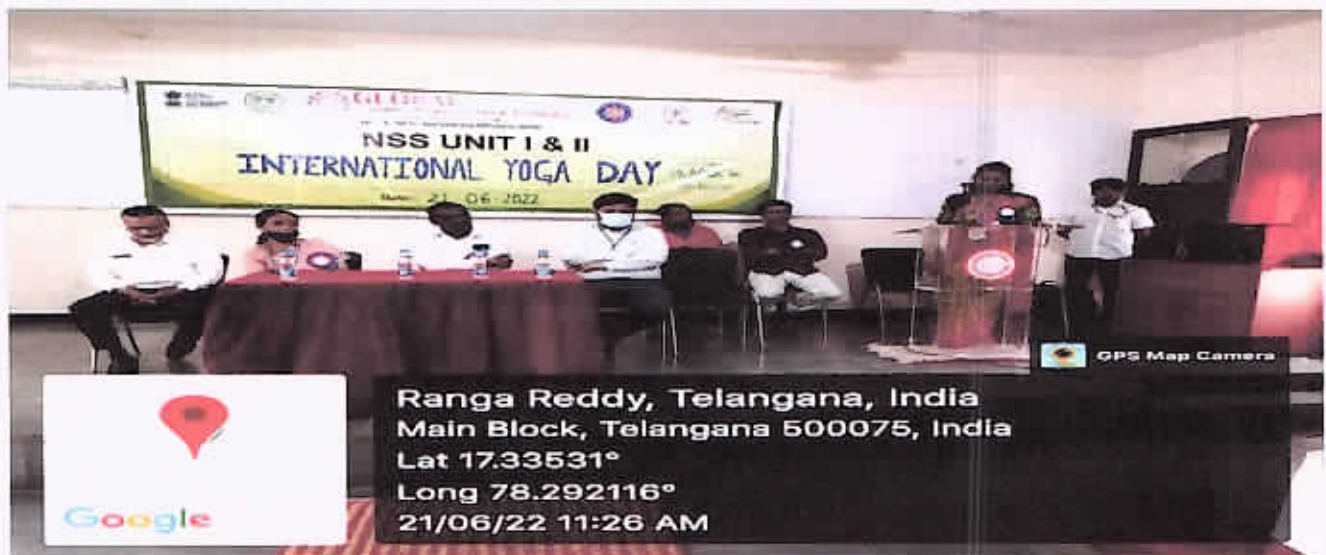
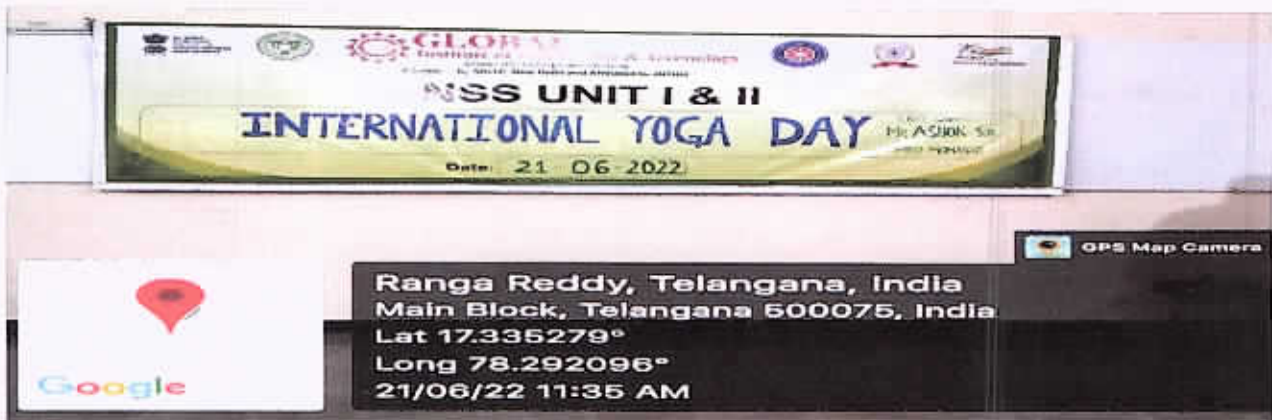


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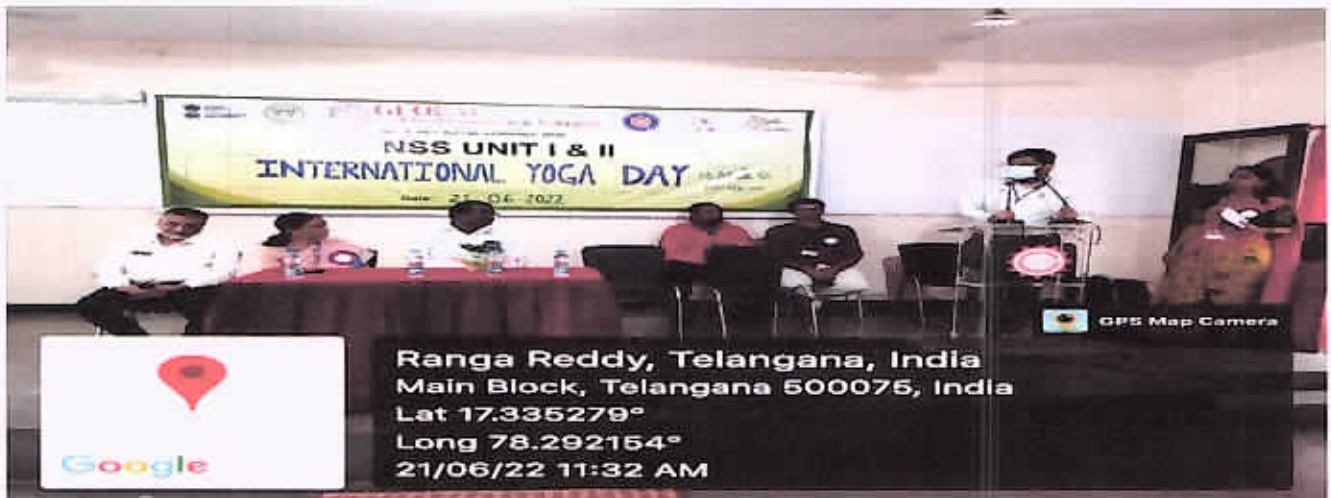
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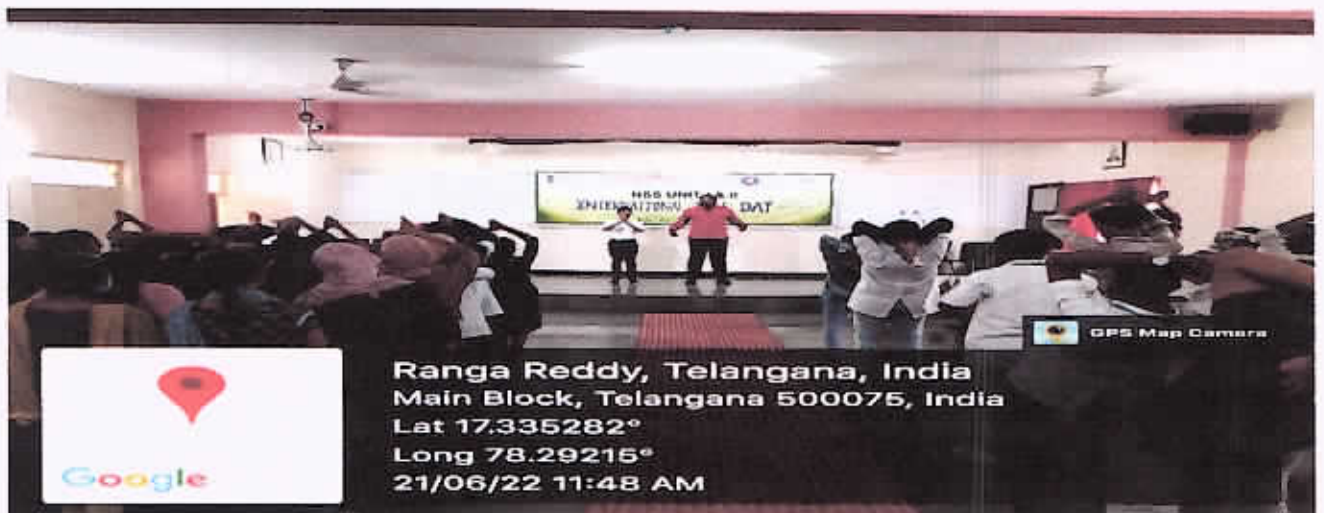
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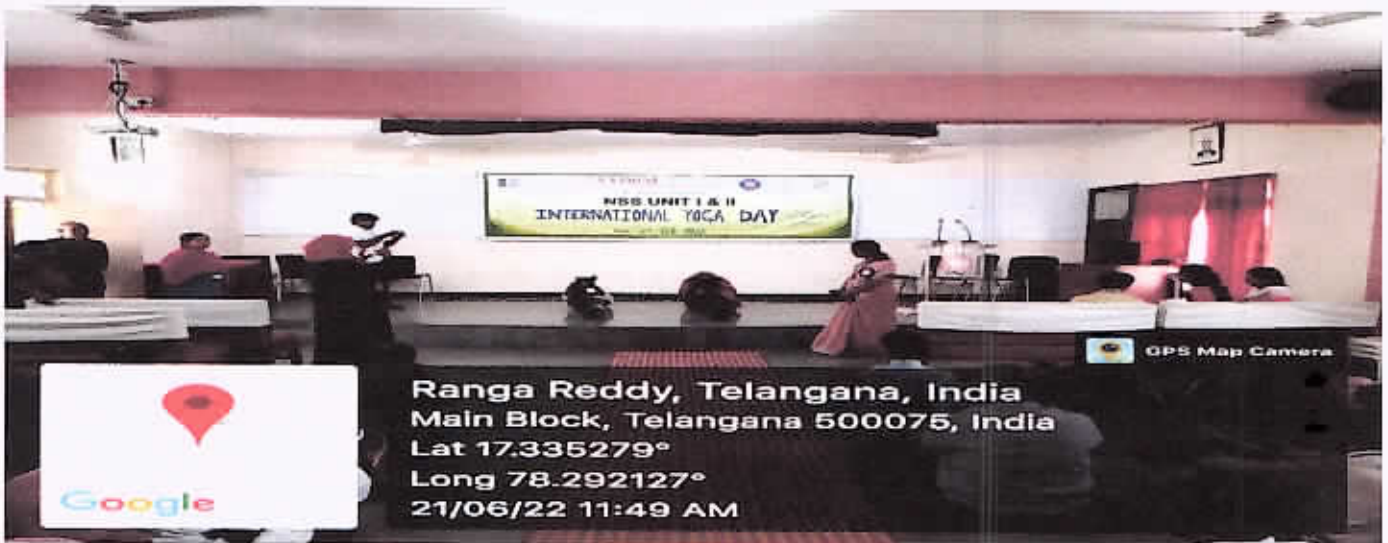
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