



IDEAL INSTITUTE OF TECHNOLOGY

(Approved by AICTE, New Delhi & Affiliated to JNTUK, Kakinada)

Vidyut Nagar, KAKINADA- 533 003. (A.P.)

Phone: +91884 2363345

Web : www.idealtech.edu.in

E-mail: principal@idealtech.edu.in

Date:19-06-2021

CIRCULAR

This is to inform that "**International Yoga Day**" will be conducted on 21-06-2021. Hence, All the B.Tech Students are hereby informed to attend the program without fail.

Venue - Seminar Hall


PRINCIPAL


HOD-CE


HOD-ME


HOD-EEE


HOD-ECE


HOD-CSE



IDEAL INSTITUTE OF TECHNOLOGY

(Approved by AICTE, New Delhi & Affiliated to JNTUK, Kakinada)

Vidyut Nagar, KAKINADA- 533 003. (A.P.)

Phone: +91884 2363345

Web : www.idealtech.edu.in

E-mail: principal@idealtech.edu.in

Date: 22-06-2021

REPORT

On 21st June, 2018 IDEAL Institute of Technology celebrated **International Yoga Day** by organizing a special Yoga session by Mr.G Kasiyya, Physical Director. Around 60 students performed various 'Asanas'. The main aim was to raise awareness and ignite a passion for fitness and yoga among the students. The present day when students face stress, tension, fear etc, simple Asanas can help dispel these.

Benefits of Yoga Asanas:

- Reduced pain.
- Improved mental health.
- Increased circulation.
- Strengthened muscles.
- Improved flexibility and range of motion.
- Increased metabolic rate.
- Improved standing balance.
- Improved respiratory function.


PHYSICAL DIRECTOR

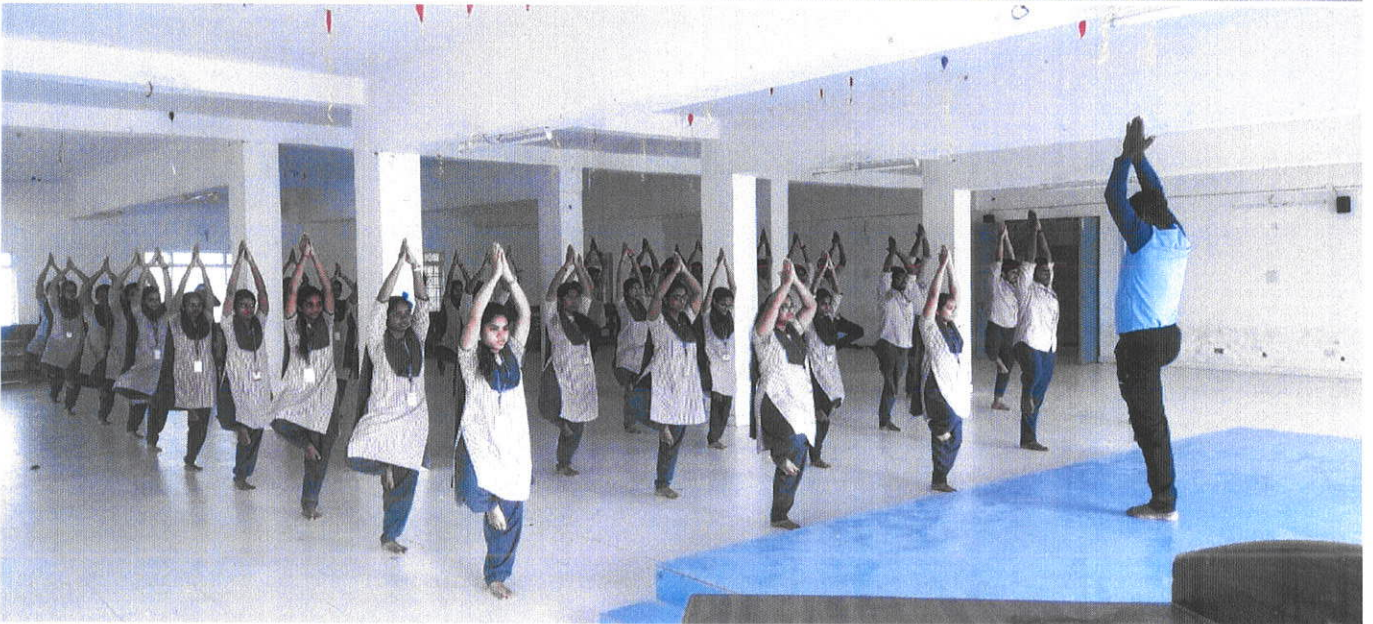


IDEAL INSTITUTE OF TECHNOLOGY

(Approved by AICTE, New Delhi & Affiliated to JNTUK, Kakinada)
Vidyut Nagar, KAKINADA- 533 003. (A.P.)
Phone: +91884 2363345

Web : www.idealtech.edu.in

E-mail: principal@idealtech.edu.in



YOGA Asanas presented by Mr. G Kasiyya, Physical Director.

Principal
IDEAL INSTITUTE OF TECHNOLOGY
Vidyutnagar, KAKINADA.



IDEAL INSTITUTE OF TECHNOLOGY

(Approved by AICTE, New Delhi & Affiliated to JNTUK, Kakinada)

Vidyut Nagar, KAKINADA- 533 003. (A.P.)

Phone: +91884 2363345

Web : www.idealtech.edu.in

E-mail: principal@idealtech.edu.in

Date:19-06-2019

CIRCULAR

This is to inform that "International Yoga Day" will be conducted on **21-06-2019**. Hence, All the B.Tech Students are hereby informed to attend the program without fail.

Venue - Seminar Hall


18/6/19
PRINCIPAL


HOD-CE


HOD-ME


HOD-EEE


HOD-ECE


HOD-CSE



IDEAL INSTITUTE OF TECHNOLOGY

(Approved by AICTE, New Delhi & Affiliated to JNTUK, Kakinada)

Vidyut Nagar, KAKINADA- 533 003. (A.P.)

Phone: +91884 2363345

Web : www.idealtech.edu.in

E-mail: principal@idealtech.edu.in

Date: 22-06-2019

REPORT

On 21st June, 2018 IDEAL Institute of Technology celebrated **International Yoga Day** by organizing a special Yoga session by Mr.G Kasiyya, Physical Director. Around 60 students performed various 'Asanas'. The main aim was to raise awareness and ignite a passion for fitness and yoga among the students. The present day when students face stress, tension, fear etc, simple Asanas can help dispel these.

Benefits of Yoga Asanas:

- Reduced pain.
- Improved mental health.
- Increased circulation.
- Strengthened muscles.
- Improved flexibility and range of motion.
- Increased metabolic rate.
- Improved standing balance.
- Improved respiratory function.


PHYSICAL DIRECTOR

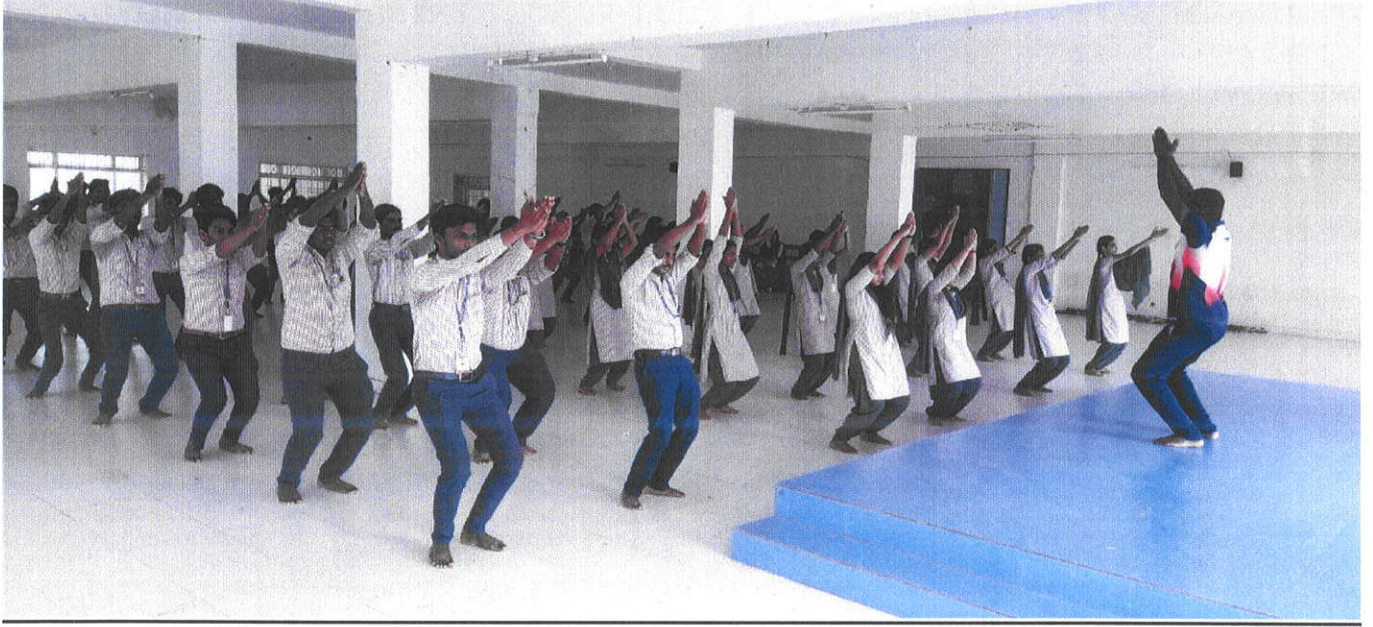


IDEAL INSTITUTE OF TECHNOLOGY

(Approved by AICTE, New Delhi & Affiliated to JNTUK, Kakinada)
Vidyut Nagar, KAKINADA- 533 003. (A.P.)
Phone: +91884 2363345

Web : www.idealtech.edu.in

E-mail: principal@idealtech.edu.in



YOGA Asanas presented by Mr. G Kasiyya, Physical Director.




Principal
IDEAL INSTITUTE OF TECHNOLOGY
Vidyutnagar, KAKINADA.



IDEAL INSTITUTE OF TECHNOLOGY

(Approved by AICTE, New Delhi & Affiliated to JNTUK, Kakinada)

Vidyut Nagar, KAKINADA- 533 003. (A.P.)

Phone: +91884 2363345

Web : www.idealtech.edu.in

E-mail: principal@idealtech.edu.in

Date:19-06-2018

CIRCULAR

This is to inform that "**International Yoga Day**" will be conducted on 21-06-2018. All the B.Tech Students are hereby informed to attend the program without fail.

Venue - Seminar Hall


PRINCIPAL

HOD-CE



HOD-ME

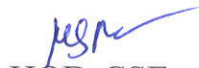


Ch. Divond Kumar
HOD-EEE

HOD-ECE



HOD-CSE





IDEAL INSTITUTE OF TECHNOLOGY

(Approved by AICTE, New Delhi & Affiliated to JNTUK, Kakinada)

Vidyut Nagar, KAKINADA- 533 003. (A.P.)

Phone: +91884 2363345

Web : www.idealtech.edu.in

E-mail: principal@idealtech.edu.in

Date: 22-06-2018

REPORT

On 21st June, 2018 IDEAL Institute of Technology celebrated **International Yoga Day** by organizing a special Yoga session by Mr.G Kasiyya, Physical Director. Around 60 students performed various 'Asanas'. The main aim was to raise awareness and ignite a passion for fitness and yoga among the students. The present day when students face stress, tension, fear etc, simple Asanas can help dispel these.

Benefits of Yoga Asanas:

- Reduced pain.
- Improved mental health.
- Increased circulation.
- Strengthened muscles.
- Improved flexibility and range of motion.
- Increased metabolic rate.
- Improved standing balance.
- Improved respiratory function.


PHYSICAL DIRECTOR



IDEAL INSTITUTE OF TECHNOLOGY

(Approved by AICTE, New Delhi & Affiliated to JNTUK, Kakinada)
Vidyut Nagar, KAKINADA- 533 003. (A.P.)
Phone: +91884 2363345

Web : www.idealtech.edu.in

E-mail: principal@idealtech.edu.in



YOGA Asanas Presented by Mr. G Kasiyya, Physical Director

Principal
IDEAL INSTITUTE OF TECHNOLOGY
Vidyutnagar, KAKINADA.



IDEAL INSTITUTE OF TECHNOLOGY

(Approved by AICTE, New Delhi & Affiliated to JNTUK, Kakinada)
Vidyut Nagar, KAKINADA- 533 003. (A.P.)
Phone: +91884 2363345

Web : www.idealtech.edu.in

E-mail: principal@idealtech.edu.in



YOGA Asanas presented by Mr. G Kasiyya, Physical Director



IDEAL INSTITUTE OF TECHNOLOGY

(Approved by AICTE, New Delhi & Affiliated to JNTUK, Kakinada)

Vidyut Nagar, KAKINADA- 533 003. (A.P.)

Phone: +91884 2363345

Web : www.idealtech.edu.in

E-mail: principal@idealtech.edu.in

Date:19-06-2017

CIRCULAR

This is to inform that "**International Yoga Day**" will be conducted on **21-06-2017**. Hence, All the B.Tech Students are hereby informed to attend the program without fail.

Venue - Seminar Hall


19/6/2017
PRINCIPAL

HOD-CE 


HOD-ME


HOD-EEE


HOD-ECE


HOD-CSE



IDEAL INSTITUTE OF TECHNOLOGY

(Approved by AICTE, New Delhi & Affiliated to JNTUK, Kakinada)

Vidyut Nagar, KAKINADA- 533 003. (A.P.)

Phone: +91884 2363345

Web : www.idealtech.edu.in

E-mail: principal@idealtech.edu.in

Date: 22-06-2017

REPORT

On 21st June, 2017 IDEAL Institute of Technology celebrated **International Yoga Day** by organizing a special Yoga session by Mr.G Kasiyya, Physical Director. Around 57 students performed various 'Asanas'. The main aim was to raise awareness and ignite a passion for fitness and yoga among the students. The present day when students face stress, tension, fear etc, simple Asanas can help dispel these.

Benefits of Yoga Asanas:

- Reduced pain.
- Improved mental health.
- Increased circulation.
- Strengthened muscles.
- Improved flexibility and range of motion.
- Increased metabolic rate.
- Improved standing balance.
- Improved respiratory function.


PHYSICAL DIRECTOR



IDEAL INSTITUTE OF TECHNOLOGY

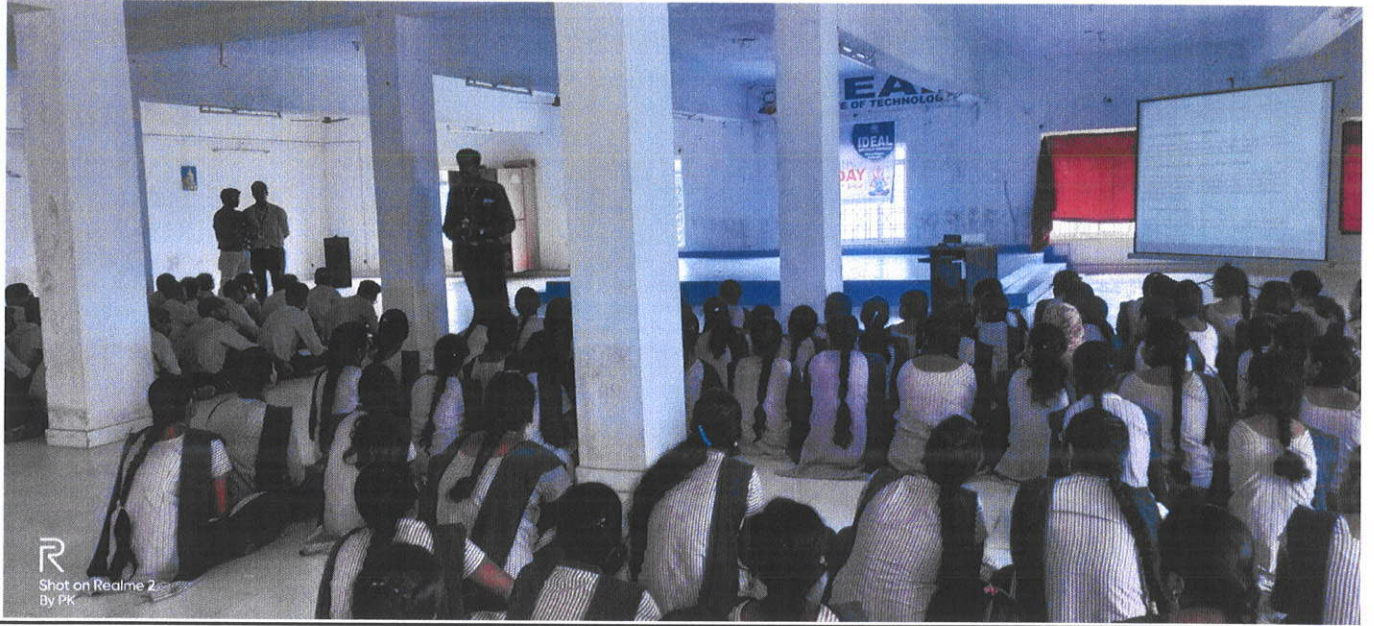
(Approved by AICTE, New Delhi & Affiliated to JNTUK, Kakinada)

Vidyut Nagar, KAKINADA- 533 003. (A.P.)

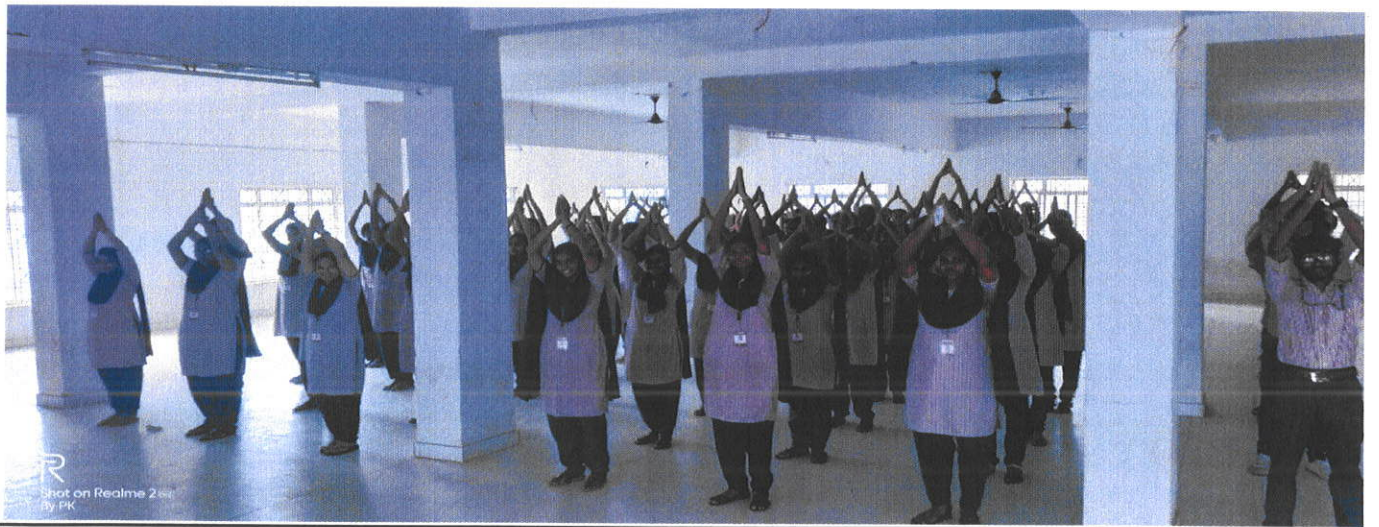
Phone: +91884 2363345

Web : www.idealtech.edu.in

E-mail: principal@idealtech.edu.in



International Yoga Day was Inaugurated by Dr T.Srikanth ,Principal.



Students Performing Asanas.


Principal
IDEAL INSTITUTE OF TECHNOLOGY
Vidyutnagar, KAKINADA