

CHAITANYA BHARATHI INSTITUTE OF TECHNOLOGY (A), HYDERABAD-75

No. CBIT/Admn./ /2018

Dt.19.06.2018

CIRCULAR

As you are aware, Yoga is a holistic method of fitness that aims at balancing the body through various poses and meditative techniques. Students also can greatly benefit from the skill of yoga. Yoga makes students limber and flexible, helping them remain fit, increase the blood flow to the brain, helping the brain to function better and concentrate better. Breathing exercises in yoga or pranayama are also very helpful to students. Regulated breathing is great to remove stress and tension from their minds. Controlled breathing also brings in the ability to concentrate and focus, a much needed skill for students.

With reference to the mails received from AISHE & UGC with regard to the celebration of IV "International Day of Yoga", the same will be celebrated at CBIT by organising Yoga programme on 21.06.2018 in TT Room (II floor of Sports Block) of the College from 10.30a.m onwards in order to motivate the young minds towards the holistic health. All the Staff & PG students (ME/M. Tech.) are advised to attend the session. **Smt. D. Sandhya Sree, Chairman-D&P & I/c-President, will address the gathering.**

PRINCIPAL

To

All the Heads of the Departments / Sections for information & with a request to circulate among the staff & students of their department.

All Deans, AO, COE & I/C-AEC, PRO for information & n/a.