



CHAITANYA BHARATHI
INSTITUTE OF TECHNOLOGY (A)

Kokapet (Village), Gandipet, Hyderabad, Telangana-500075. www.cbit.ac.in



ISO Certified
9001:2015

COMMITTED TO
RESEARCH,
INNOVATION AND
EDUCATION

42
years

No. CBIT/ 079/ Admn./2021

Dt.19.06.2021

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. The rewards of Yoga for disease prevention and health promotion are well known. They have acquired special significance against the backdrop of Covid-19. The International Day of Yoga 2021 presents an occasion to underline the health benefits of Yoga, and motivate the Students to take up the pursuit of Yoga.

The Department of Physical Education & Chaitanya Kreedha are celebrating the VII "International Day of Yoga", at CBIT virtually on 21.06.2021 from 11:30 AM onwards. Officials from the Datta Kriya Yoga International Centre, APTS, Hyderabad, under the auspices of Sri Ganapathi Sachidanand Ashram will address the Staff and Students on this occasion, in order to motivate the young minds towards the holistic health. All the Staff and students are advised to attend the session by using the link given below.

<https://cbithyd.webex.com/cbithyd/j.php?MTID=mf88827b460c61993d286d16ea9ef4c7d>

G.P.S.J. —
PRINCIPAL

To

All the Directors, Joint Directors, Heads of the Departments, Heads of Sections, Functionary Heads, for information and advised to arrange for circulation of the information among all the concerned staff under their control for necessary action at their end.

The Physical Director, for information and necessary action.

C.C. to the Web & Branding Committee, for information and uploading the same on to the Institute's Website immediately.