



Aditya College of Engineering & Technology

Aditya Nagar, ADB Road, Surampalem - 533437

Date: 25/11/2017

Surampalem.

To
The principal,
Aditya college of Engineering and Technology,
Surampalem.

Sub: - Requesting permission for conducting the program "AROGYA WITH YOGA" in our campus.

Respected Sir,

We are the members of health club in order to improve health of students and faculty, we plan to conduct programme AROGYA WITH YOGA programme on 27nd November 2017. Now I am requesting permission to conduct this program by the expert in seminar hall and also required to allocate required budget.

Budget proposal for conducting program

S.No	Particular of Event	Amount in Rs.
1	Travel (by car)	1200/-
2	miscellaneous	1000/-
Total Amount		2200/-


I request you to sanction an amount of Rs.2200/- (twenty-two hundred rupees only) for smooth conducting of the event.

Thanking you sir,


Convener

(Health Club)


PRINCIPAL
Aditya College of
Engineering & Technology
SURAMPALAM- 533 437


principal
PRINCIPAL
Aditya College of
Engineering & Technology
SURAMPALAM- 533 437



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Date: 26/11/2017

CIRCULAR

It is informed to all the students that there will be "AROGYA WITH YOGA" programme on 27th November 2017 from 11:00 am to 12:30 pm in our campus.

In this connection, all the interested students and staff are invited to participate in the programme.

copy to
IQAC
Dept HOD's
Office
Health club committee


Principal

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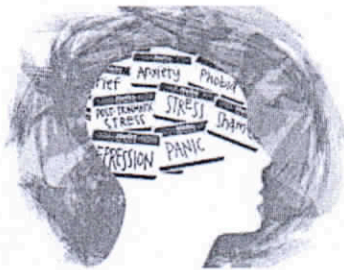
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Aditya Nagar, ADB Road, Surampalem 533437

A program on

"AROGYA WITH YOGA"

On 27-11-2017



By

M.V.S.J. NAGENDRA BABU

sahaja yoga meditation



Organised by



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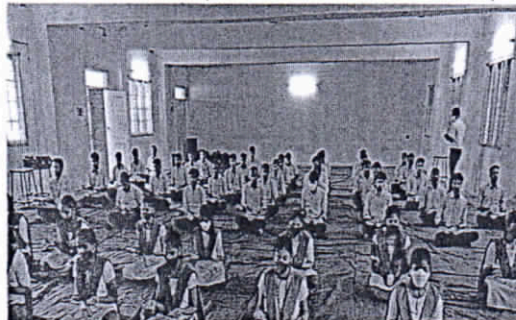


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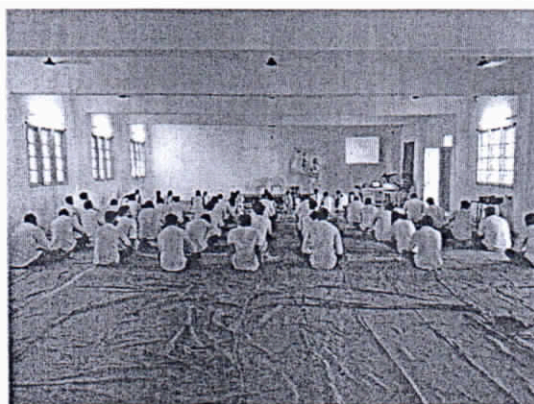
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Event name: AROGYA WITH YOGA

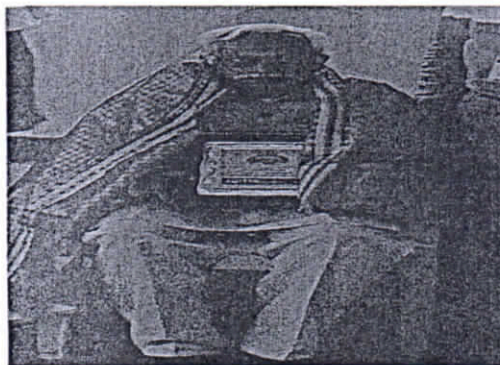
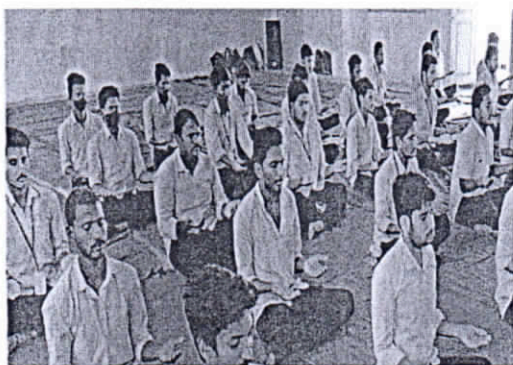
Date: 27/11/2017



Gathering the students and Inviting guest



Speech by guest about importance of yoga



Activity by students and Felicitation to guest

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Event name: AROGYA WITH YOGA

Date: 27/11/2017

A REPORT ON "Arogya with yoga"

Speaker of the event: Sri M.V.S.J Nagendra garu ,

Venue: Seminar Hall - Visveswaraya Bhavan.

Date: 27/11/2017

No of Students attended: 138

Health club committee conducted an event on Arogya with yoga to enhance the basic concepts on yoga to improve health. The resource person explained how to awake various energy systems in human body and also practiced some yoga steps to stress release.

The main objectives of this session:

- * To create awareness on yoga.
- * To improve health with yoga.
- * To inculcate stress release techniques for students .

In this program 138 students have participated and the speaker demonstrated, practiced the process of using yoga to improve health and given some techniques to stress relief. The students interacted with the speaker very actively and utilised the session. They learnt the concept of yoga. Finally, they concluded health is wealth and yoga is the one of the way to improve health.



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Date: 7/9/2017
Surampalem.

To
The principal,
Aditya college of Engineering and Technology,
Surampalem.

Sub: - Requesting permission for conducting a program "Health with organic food." in our campus.

Respected Sir,

We are the members of health club in order to improve health of students and faculty, we plan to conduct a program Health with organic food on 8/9/2017 Now I am requesting permission to conduct this program by the expert in seminar hall and also required to allocate required budget.


Budget proposal for conducting program

S.No	Particular of Event	Amount in Rs.
1	Travel charges	500/-
2	Others	600/-
3	Organic fruits	2000/-
Total Amount		3100/-

I request you to sanction an amount of Rs 3100 /- (Three thousand one hundred rupees only) for smooth conducting of the event.

Thanking you sir,


Convener
(Health Club)


principal
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Aditya Nagar, ADB Road, Surampalem - 533437

Date: 7/9/2017

CIRCULAR

It is informed to all the students that there will be a programme “**Health with organic food**” on 8/9/2017 from 10:00 AM to 12:00 PM in our campus to improve health and creating healthy environment.

In this connection, all the interested students and staff are invited to participate in the programme.

copy to
IQAC
Dept HOD's
Office
Health club committee

Principal

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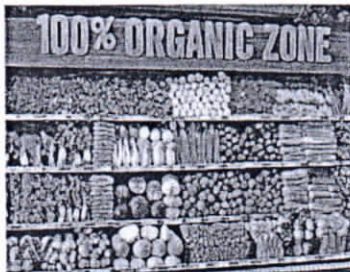
A program on

"Health with organic food"

On 8-9-2017

By

N.V GOWTHAM DEEKSHITHULU



Organised by




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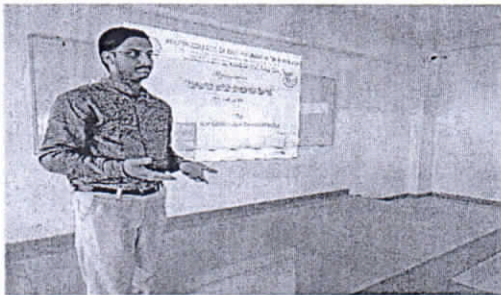


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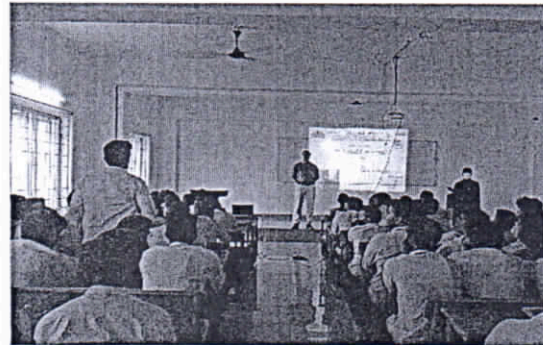
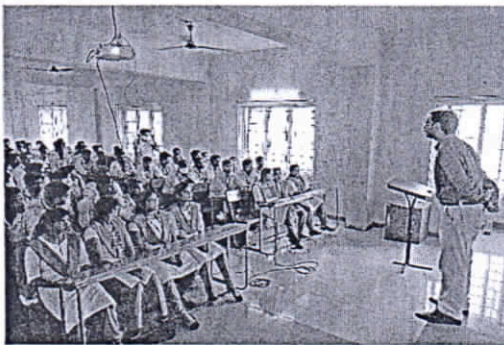
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Event name: Health with organic food

Date: 8/9/2017



Inviting Guest and Hand over the session



Guest interaction with students



Felicitation and memento presentation

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Event name: Health with organic food

Date: 8/9/2017

A REPORT ON "Health with organic food"

Speaker of the event: Sri N.V. GOWTHAM DEEKSHITHULU garu,

Venue: Seminar Hall - Visveswaraya Bhavan.

Date: 8/9/2017

No of Students attended: 110

Health club committee conducted Health with organic food programme in our campus. The resource person explained about organic foods and it influences on our health.

The main objectives of this session:

- ✓ To create awareness on organic foods to the students.
- ✓ To encourage organic foods in the campus.
- ✓ To create awareness about how organic foods improves our health.

In this program 110 students have participated and the speaker explained, Organic food is grown without the use of synthetic chemicals, such as human-made pesticides and fertilizers, and does not contain genetically modified organisms. Organic foods include fresh produce, meats, and dairy products as well as processed foods such as drinks, and frozen meals.

Finally, speaker suggested the students to inculcate organic food in daily intake for to maintain good health.


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