

Alva's Institute of Engineering & Technology

Shobhavana Campus, Mijar, Moodbidri, D.K – 574225

Phone: 08258-262725, Fax: 08258-262726



INITIATIVES UNDER LIFE SKILLS



ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY

(Unit of Alva's Education Foundation (R), Moodbidri)

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Shobhavana Campus, MIJAR-574225, Moodbidri, D.K., Karnataka

PREAMBLE

Life skills, are the means to empower young minds in demanding situations in personal, professional and social life. These are the core skills each individual must acquire and inculcate for the betterment of self and others.

Recognizing the fact that lifeskill play a crucial role in students' life, Alvas Institute of Engineering and Technology (AIET) organises regular training sessions from experts on Yoga, Pranayama and Meditation and also celebrates International Yoga Day every year by exhibiting a mass yoga performance. AIET conducts Training Program on aerobic total body toning workout, *Zumba* through recognized ZIN members. To engage the students regularly in physical fitness activities, the institute provides a well equipped gym facility to workout and also encourage students to participate in morning regular jogging sessions to stay fit with better energy levels. To make students conscious on personal hygiene and healthy lifestyles, various awareness talks will be conducted at AIET.



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LIFE SKILLS

INDEX SHEET

| # | Particulars | Page No. |
|---|---|----------|
| LIFE SKILLS TRAINING PROGRAMS 2023-24 UG | | |
| 3.1 | International Yoga day-Yoga for harmony and peace | 4-12 |
| 3.2 | Yoga for CSE | 13-16 |
| 3.3 | Yoga for ISE | 17-24 |
| 3.4 | Vitality & Stress Management | 25-27 |
| LIFE SKILL TRAINING PROGRAMS 2023-24 PG | | |
| 3.5 | Zumba training | 29-38 |
| 3.6 | Activities for physical fitness-Gym | 39-62 |

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INITIATIVES UNDER LIFE SKILLS (UG)

2023-24



ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY

A Unit of Alva's Education Foundation (R)

COMPUTER SCIENCE AND DESIGN



Yoga for Harmony & Peace

INTERNATIONAL YOGA DAY

JUNE 21st 2023

"Yoga for vasubhaiva kutumbakam"



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Shobhavana Campus, Mijar, Moodbidri- 574 225, Mangalore, D.K., Karnataka State.
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Department of Computer Science and Design

Circular

Date: 17/06/2023

Subject: Yoga Training Workshop for International Yoga Day

The Department is organizing a **two-day yoga training workshop on June 19th and 20th, 2023**, in preparation for International Yoga Day. The sessions, led by **Dr. Swathi K V**, a certified yoga instructor with 10+ years of experience, aim to enhance physical and mental well-being.

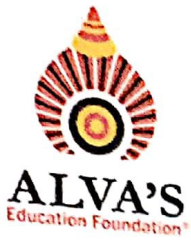
All students are encouraged to participate and benefit from this opportunity.

Prof. Jayant Kumar A Rathod

Associate Professor & Head
H.O.D

Dept. of Computer Science and Design
Alva's Institute of Engg. & Technology
Mijar, Moodubidire - 574 225

PRINCIPAL
Alva's Institute of Engg. & Technology
Mijar, MOODBIDRI - 574 225, D.K.



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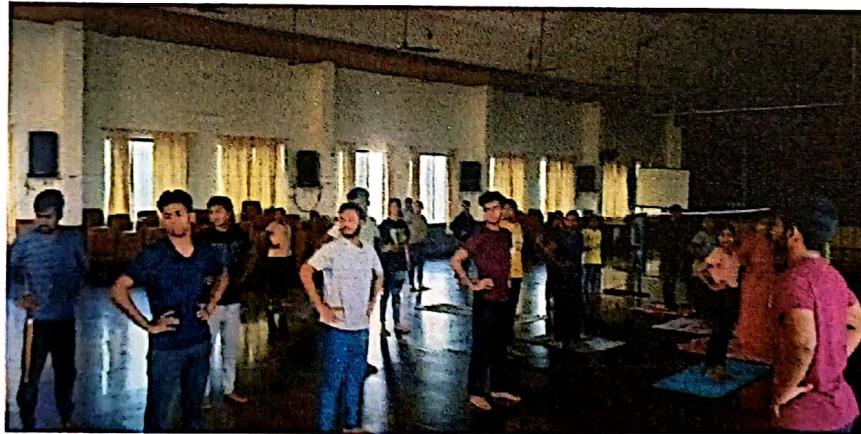
Department of Computer Science and Design

Workshop Report

On

“Yoga”

The Department of Physical Education organized a two-day workshop on “Yoga: A 2-Day Yoga Training Workshop for International Yoga Day” for students on June 19th and 20th, 2023. This workshop aimed to prepare participants for International Yoga Day and impart knowledge about the significance of yoga in maintaining physical and mental health.



- The sessions were led by Dr Swathi , a renowned yoga instructor, and were supported by senior students of the department.
- Participants were introduced to various yoga techniques, including breathing exercises, basic asanas, and meditation practices.
- Special emphasis was placed on stress management techniques and improving concentration and flexibility.
- On the second day, participants were guided through advanced yoga sequences and relaxation techniques.

The main learning objectives of the brush-up course are listed below.

1. Understand the importance of yoga in daily life.
2. Learn foundational and advanced yoga asanas.
3. Develop techniques for stress management and mental well-being.
4. Prepare participants for the Big Yoga Event with confidence and skill.





Outcomes:

The workshop was a great success, with enthusiastic participation from students. They gained valuable insights into yoga practices, and many reported feeling more relaxed and focused. The event also fostered a sense of unity and teamwork among participants.

The Head of the Department thanked Dr. Swathi for her inspiring sessions and commended the supporting team for their dedication. Special thanks were extended to Mr. Ravi Kumar, Sr.Instructor, for organizing the workshop and the students for their active participation.

Mr. Jayantkumar A Rathod

Associate Professor & Head
H.O.D

Dept. of Computer Science and Design
Alva's Institute of Engg. & Technology
Mijar, Moodubidire - 574 225

Principal:
PRINCIPAL

Alva's Institute of Engg. & Technology,
Mijar, MOODSIDRI - 574 225, D.K



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Shobhavana Campus, MIJAR-574225, Moodbidri, D.K., Karnataka

Department of Computer Science and Design

Date:19/06/2023

Two days yoga training workshop

Attendance Sheet

| Sl.No. | USN | Student Name | Signature |
|--------|------------|-----------------|-----------|
| 1 | HAL21CG045 | Rakshitha | |
| 2 | HAL21CG044 | Raksha Siddhesh | |
| 3. | HAL21CG043 | Rachana | |
| 4. | HAL21CG004 | Adarsh Bhavmane | |
| 5 | HAL21CG005 | Alex Tayanjan | |
| 6 | HAL21CG002 | Abhishek C.B | |
| 7. | HAL21CG009 | B. PRAKASH | |
| 8 | HAL21CG014 | Chinmay. T. N | |
| 9 | HAL21CG008 | ASHWIN. K.S | |
| 10 | HAL21CG014 | Nisham Shetty | |
| 11 | HAL21CG034 | Jalshri K A | |
| 12 | HAL21CG028 | Hemant. | |
| 13 | HAL21CG029 | Jahnavi.V | |
| 14 | HAL21CG018 | Sujya Moody | |
| 15 | HAL21CG059 | Sruakshu | |
| 16 | HAL21CG051 | Shibani | |
| 17 | HAL21CG052 | Shivani | |
| 18 | HAL21CG053 | Shravya | |
| 19 | HAL21CG047 | Richi K Hegde | |
| 20 | HAL21CG024 | Glaukavishu | |
| 21 | HAL21CG017 | Roshni.N | |
| 22 | HAL21CG001 | Dilhan | |
| 23 | HAL21CG016 | Deekshith | |
| 23 | HAL21CG031 | Karthik | |
| 24 | HAL21CG006 | Anuha | |

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Department of Computer Science and Design

























| | | | |
|----|-----------------------|-------------------------|----------------|
| 25 | 4AL21CG056 | Sree Ganesh M S | §8. |
| 26 | 4AL21CG400 | Madhusudhan K.S | §8. |
| 27 | 4AL21CG017 | Deepashree | §8. |
| 28 | 4AL21CG054 | Shreeya | §8. |
| 28 | 4AL21CG019 | Dhanu Sri R | §8. |
| 29 | 4AL21CG023 | Estheri K C | §8. |
| 30 | 4AL21CG055 | Sindhu N | §8. |
| 31 | 4AL21CG027 | Harshika | §8. |
| 32 | 4AL21CG025 | Gireesh H | §8. |
| 33 | 4AL21CG026 | H. M. Tulhar | §8. |
| 34 | 4AL21CG040 | Nayana SM | §8. |
| 35 | 4AL21CG031 | Karthik | §8. |
| 36 | 4AL21CG061 | Vimal Kumar U. Revankar | §8. |
| 37 | 4AL21CG042 | Jayesh | §8. |
| 38 | 4AL21CG032 | Karthik P. Nalk | §8. |
| 39 | 4AL21CG042 | Pradhu Raj K | §8. |
| 40 | 4AL21CG049 | Shalvazi m.s | §8. |
| 41 | 4AL21CG036 | Manoj | §8. |
| 42 | 4AL21CG045 | Ralshitha | §8. |
| 43 | 4AL21CG046 | Ranjeeth P. Jain | §8. |
| 44 | 4AL21CG011 | Bharat | §8. |
| | | | |
| | | | |
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| | | | |
| | | | |


Coordinator


HOD
Dept. of Computer Science and Design
Alva's Institute of Engg. & Technology
Mijar, Moodubidre - 574 225

Two days yoga training workshop

Attendance Sheet

| Sl.No. | USN | Student Name | Signature |
|--------|-----------------------------|-------------------|---|
| 1 | 4AL21CG024 | Ghathnavasha |  |
| 2 | 4AL21CG029 | Ghathnavi.V |  |
| 3 | 4AL21CG005 | Alex Teyingam |  |
| 4 | 4AL21CG051 | Shibani |  |
| 5 | 4AL21CG053 | Shravya |  |
| 6 | 4AL21CG017 | Deepashree G Nole |  |
| 7 | 4AL21CG031 | Karthik |  |
| 8 | 4AL21CG019 | Dhanu Sri R |  |
| 9 | 4AL21CG023 | Eshwari KC |  |
| 10 | 4AL21CG045 | Rakshitha |  |
| 11 | 4AL21CG048 | Santhya N Jayaram |  |
| 12 | 4AL21CG047 | Richi R Hegde |  |
| 13 | 4AL21CG052 | Shivani |  |
| 14 | 4AL21CG055 | Sindhu M |  |
| 15 | Hemant Muravalli | | |
| 16 | 4AL21CG020 | Hemant M |  |
| 17 | 4AL21CG000 | Anusha NT |  |
| 18 | 4AL21CG002 | Abhishek (EB) |  |
| 19 | 4AL21CG059 | Shreeeeg |  |
| 20 | 4AL21CG044 | Rakela Siddesh G |  |
| 21 | 4AL22CG001 | Rakela |  |
| 22 | 4AL21CG043 | Rachana |  |
| 23 | 4AL21CG004 | Adarsh Bhavmane |  |
| 24 | 4AL21CG014 | Chinmay. G.N |  |
| 25 | 4AL21CG040 | Nayana SM |  |

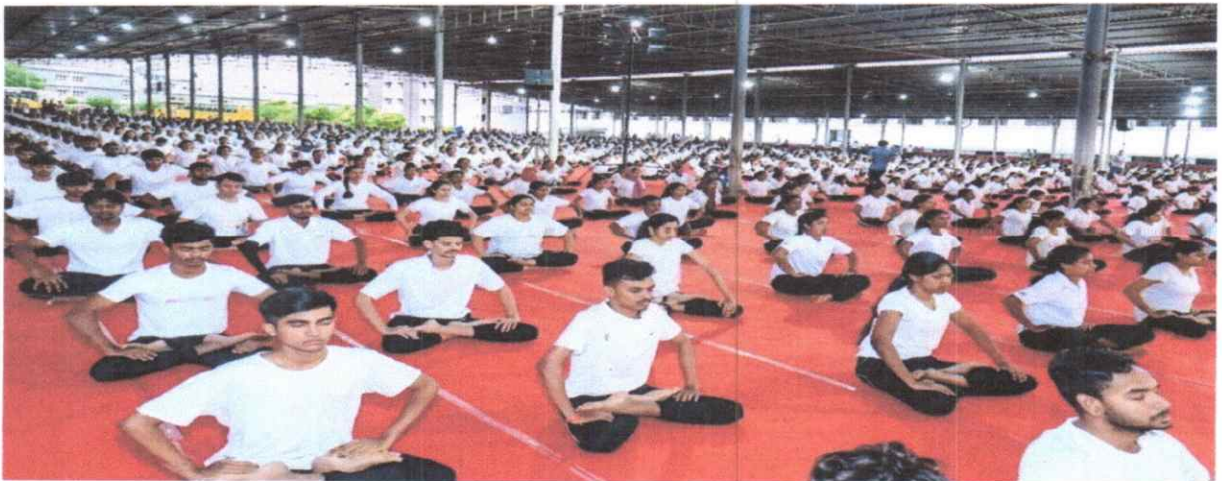
A REPORT ON YOGA FOR CSE STUDENTS

Date : 25.06.2024

Venue: Puthige, Alva's Education Foundation, Moodbidri

Yoga was developed as a spiritual practice thousands of years ago. Every individual is a unique combination of these four factors. All ancient commentaries on Yoga have stressed that it is essential to work under the direction of a guru. Only a guru can advocate the appropriate combination of the four fundamental paths as is necessary for each seeker.

Yoga is a practice that connects the body, breath, and mind. It uses physical postures, breathing exercises, and meditation to improve overall health.



International Yogathon 2024

By controlling the body, sensations and energy, we learn to master our state of mind and how we perceive the world. This ultimately leads to mental clarity and also leads to inner peace. Yoga help working men and woman by giving them emotional strength so that they can easily manage all pressures and can give their best intellectual abilities.



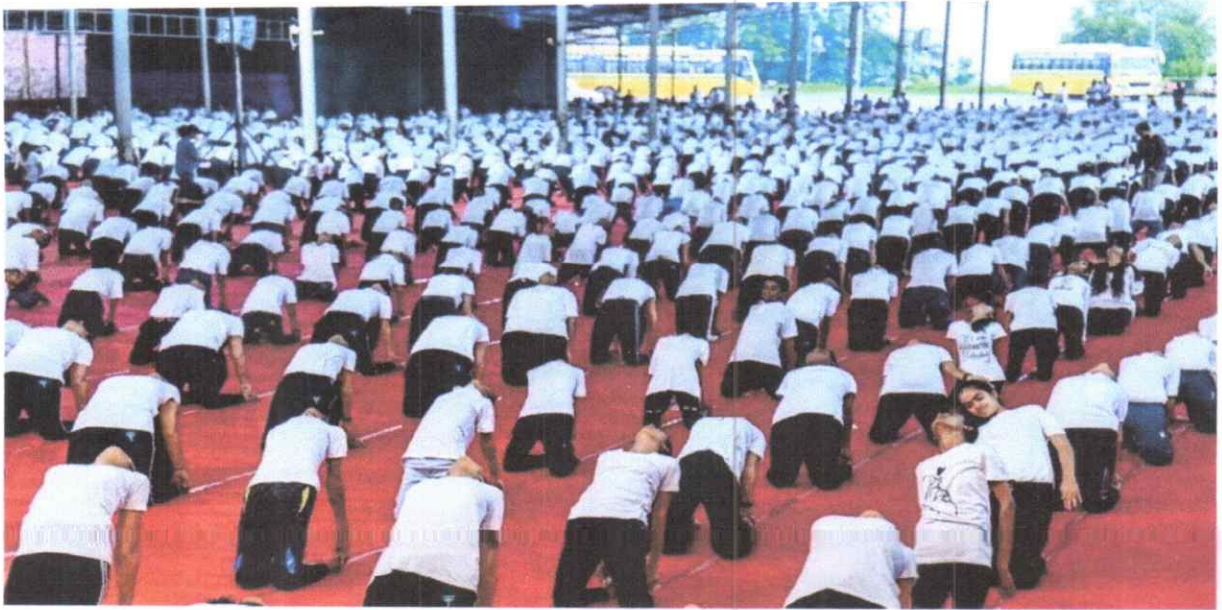
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DEPARTMENT OF COMPUTER SCIENCE AND ENGINEERING

Particularly for students Yoga is a great remedy to remove their tensions which definitely affects their health because they to

nurture the home, fulfill a demanding career, take care of the family, studies and concentration, handle household work, they has to play multi roles with their skills.



International Yogathon 2024

In view of this, AIET has facilitated the international Yogathon on 21.06.2024. Wherein 50 students of department of Computer Science and Engineering trained and participated in the yoga with zeal and enthusiasm.


21/6/24
HOD

Head of the Department
Dept. of Computer Science & Engineering
Alva's Institute of Engineering and Technology
Mijar, Moodubidire - 574 225, D.K. Karnataka, India


PRINCIPAL
PRINCIPAL

Alva's Institute of Engg. & Technology,
Mijar, MOODUBIRI - 574 225, D.K



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DEPARTMENT OF COMPUTER SCIENCE AND ENGINEERING

Academic Year 2023 - 2024

Session: Yoga

Resource Person: Dr. Swathi K V, Dept. of Clinical Yoga, Alva's College of Naturopathy and Yogic Science

| slno | USN | Student Name | Date | | |
|------|------------|------------------------------|------------|------------|------------|
| | | | 19/6/24 | 20/6/24 | 21/6/24 |
| 1. | 4AL22CS004 | ADHYA H SHETTY | Adhy | Adhy | Adhy |
| 2. | 4AL22CS005 | ADVITH V SUVARNA | Adv | Adv | Adv |
| 3. | 4AL22CS009 | ALAN C RAJU | Alan | Alan | Alan |
| 4. | 4AL22CS014 | ANUSHA K N | Anu | Anu | Anu |
| 5. | 4AL22CS016 | APOORVA | Apoorva | Apoorva | Apoorva |
| 6. | 4AL22CS028 | CHARISHMA G | Char | Char | Char |
| 7. | 4AL22CS031 | CHEZHAN L R | Chethan | Chethan | Chethan |
| 8. | 4AL22CS039 | DISHA M | Disha | Disha | Disha |
| 9. | 4AL22CS040 | DIVYA | Divya | Divya | Divya |
| 10. | 4AL22CS041 | DIYA RAI | Diya | Diya | Diya |
| 11. | 4AL22CS042 | ELLURI CHAITANYA SRINIVAS | Elluri | Elluri | Elluri |
| 12. | 4AL22CS045 | GAJENDRA A | Gajendra | Gajendra | Gajendra |
| 13. | 4AL22CS046 | GAYATRI M BALIGAR | Gayatri | Gayatri | Gayatri |
| 14. | 4AL22CS049 | GOWDA MIILEE MADANKUMAR | Gowda | Gowda | Gowda |
| 15. | 4AL22CS051 | H I AKSHAY | Akshay | Akshay | Akshay |
| 16. | 4AL22CS069 | KANISHKA SHETTY | Kanishka | Kanishka | Kanishka |
| 17. | 4AL22CS072 | KARTHIKEYA J S | Karthikeya | Karthikeya | Karthikeya |
| 18. | 4AL22CS078 | KIRAN KUMAR | Kiran | Kiran | Kiran |
| 19. | 4AL22CS079 | KUSUMA C D | Kusuma | Kusuma | Kusuma |
| 20. | 4AL22CS080 | LAKSHMI SHIVABASAPPA BANAKAR | Lakshmi | Lakshmi | Lakshmi |
| 21. | 4AL22CS082 | MAHIMA NAYAK | Mahima | Mahima | Mahima |
| 22. | 4AL22CS083 | MALLIKA K | Mallika | Mallika | Mallika |
| 23. | 4AL22CS084 | MANOHARI B R | Manohari | Manohari | Manohari |
| 24. | 4AL22CS095 | NISHITHA SUVARNA | Nishitha | Nishitha | Nishitha |
| 25. | 4AL22CS096 | NISHMITHA S SHETTY | Nishmitha | Nishmitha | Nishmitha |
| 26. | 4AL22CS097 | PADMARAJ PRAPHULL KURUNDWADE | Padmaraj | Padmaraj | Padmaraj |
| 27. | 4AL22CS098 | PALLAVI | Pallavi | Pallavi | Pallavi |



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DEPARTMENT OF COMPUTER SCIENCE AND ENGINEERING

Academic Year 2023 - 2024

| | | | | | |
|---------------|------------|----------------------------|-------------------|-------------------|-------------------|
| 28. | 4AL22CS100 | PAVITRA ISHWARAPPA TALAWAR | <i>Pav</i> | <i>Pav</i> | <i>Pav</i> |
| 29. | 4AL22CS104 | PRANATHI BHAT | <i>Pranathi</i> | <i>Pranathi</i> | <i>Pranathi</i> |
| 30. | 4AL22CS106 | PRATHAMESH SHETTY | <i>Prath</i> | <i>Prath</i> | <i>Prath</i> |
| 31. | 4AL22CS107 | PRATHI U SHETTY | <i>Prathi</i> | <i>Prathi</i> | <i>Prathi</i> |
| 32. | 4AL22CS108 | PREETHAM DEVADIGA | <i>Preetham</i> | <i>Preetham</i> | <i>Preetham</i> |
| 33. | 4AL22CS115 | RAKSHITH V RAO | <i>Rao</i> | <i>Rao</i> | <i>Rao</i> |
| 34. | 4AL22CS116 | RAKSHITHA | <i>Rak</i> | <i>Rak</i> | <i>Rak</i> |
| 35. | 4AL22CS117 | RASHMITHA M S | <i>Ris</i> | <i>Ris</i> | <i>Ris</i> |
| 36. | 4AL22CS118 | RAVITEJ C NEELI | <i>Ravitej</i> | <i>Ravitej</i> | <i>Ravitej</i> |
| 37. | 4AL22CS119 | RITHIKA P SHETTY | <i>Rithika</i> | <i>Rithika</i> | <i>Rithika</i> |
| 38. | 4AL22CS126 | SAKSHI SHETTY | <i>Sakshi</i> | <i>Sakshi</i> | <i>Sakshi</i> |
| 39. | 4AL22CS127 | SAMBRAM | <i>S</i> | <i>S</i> | <i>S</i> |
| 40. | 4AL22CS128 | SAMEEKSHA SHETTY | <i>Sameeksha</i> | <i>Sameeksha</i> | <i>Sameeksha</i> |
| 41. | 4AL22CS129 | SANJANA MADI | <i>Sanjana</i> | <i>Sanjana</i> | <i>Sanjana</i> |
| 42. | 4AL22CS140 | SHERIN | <i>Sherin</i> | <i>Sherin</i> | <i>Sherin</i> |
| 43. | 4AL22CS141 | SHETTY KRISHMA KRISHNA | <i>Shetty</i> | <i>Shetty</i> | <i>Shetty</i> |
| 44. | 4AL22CS142 | SHETTY PRAKHYAT PRAKASH | <i>Prakhyat</i> | <i>Prakhyat</i> | <i>Prakhyat</i> |
| 45. | 4AL22CS143 | SHETTY SAMAY DEEPAK | <i>Samay</i> | <i>Samay</i> | <i>Samay</i> |
| 46. | 4AL22CS144 | SHETTY VINITH VIJAY | <i>Shetty</i> | <i>Shetty</i> | <i>Shetty</i> |
| 47. | 4AL22CS160 | SOWMYA SHETTY | <i>Sowmya</i> | <i>Sowmya</i> | <i>Sowmya</i> |
| 48. | 4AL22CS161 | SPOORTHI | <i>Spoorthi</i> | <i>Spoorthi</i> | <i>Spoorthi</i> |
| 49. | 4AL22CS176 | SWAROOP SHRINIVAS SALIAN | <i>Swaroop</i> | <i>Swaroop</i> | <i>Swaroop</i> |
| 50. | 4AL22CS177 | SWEEKRITHI SHETTY | <i>SwEEKRITHI</i> | <i>SwEEKRITHI</i> | <i>SwEEKRITHI</i> |
| Staff Initial | | | <i>Shetty</i> | <i>Shetty</i> | <i>Shetty</i> |

Dept. Training Coordinator

HOD

Head of the Department
Dept. of Computer Science & Engineering
Alva's Institute of Engineering & Technology
Mijar, Moodubidri - 574225, Karnataka, India

Principal

PRINCIPAL

Alva's Institute of Engg. & Technology,
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DEPARTMENT OF INFORMATION SCIENCE AND ENGINEERING

A REPORT ON YOGA CLASSES FOR ISE STUDENTS

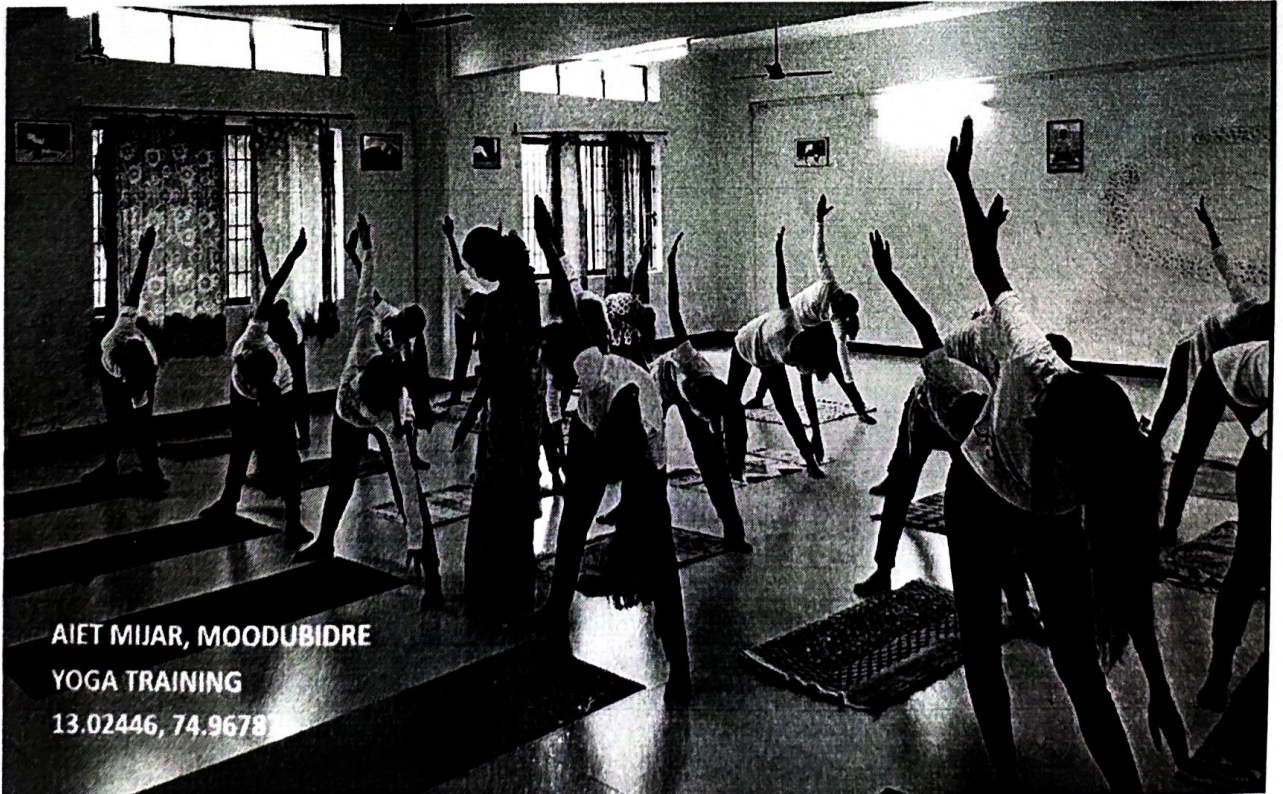
Date: 15.06.2023 – 16.06.2023 & 19.06.2023 – 20.06.2023

Venue: AIET, Mijar Moodbidri.

Resource Person: Dr. Swathi K V, Dept. of Clinical Yoga, Alva's College of Naturopathy and Yogic Science

An ancient discipline, Yoga is a concept that comes from a Sanskrit word meaning 'union'. It combines bodily processes with breathing techniques, meditation, and mental exercises in order to bring a sense of calm and composure in life.

Yoga is an ancient practice that combines physical postures, breathing techniques, meditation, and mindfulness to promote overall health and well-being. Originating in India, it aims to harmonize the body, mind, and spirit. Regular yoga practice improves flexibility, strength, and balance while reducing stress and enhancing mental clarity. It is suitable for all ages and fitness levels, offering a holistic approach to physical and mental wellness.



A few minutes of Yoga during the day can be a great way to get rid of stress that accumulates daily-in both the body and mind. Yoga postures, Pranayama and meditation are effective techniques to release stress. Meditation is Relaxation



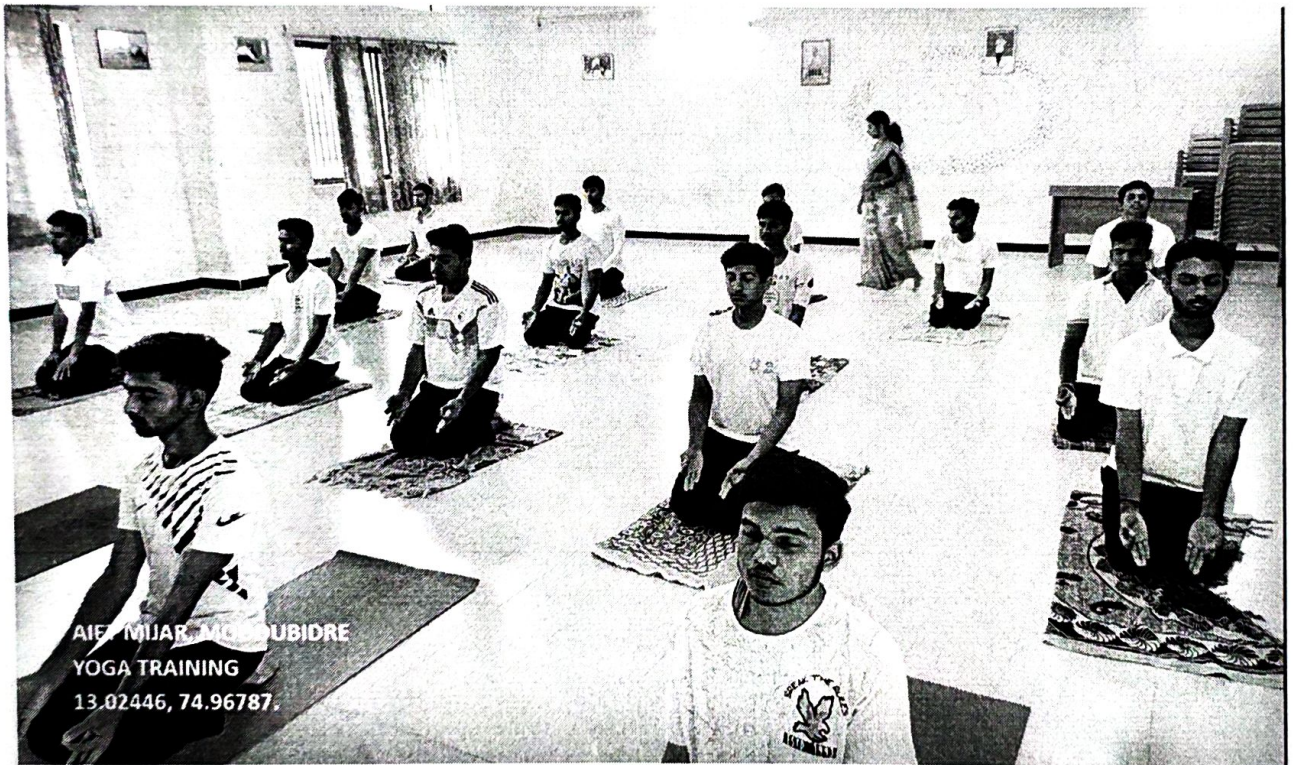
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DEPARTMENT OF INFORMATION SCIENCE AND ENGINEERING

which gives calm mind, good concentration and Rejuvenation of the body and mind etc.

International Yoga Day is celebrated annually on **June 21st** to raise awareness about the benefits of yoga and promote its practice worldwide. By considering this event four days yoga practice classes organized in AIET, Mechanical Block.



The session begins with light warm-up exercises and breathing techniques like pranayama to prepare the body and mind. It includes basic poses such as Tadasana (Mountain Pose), Vrikshasana (Tree Pose), Bhujangasana (Cobra Pose), and Trikonasana (Triangle Pose) to enhance flexibility, strength, and balance. Participants are guided through relaxation techniques like Shavasana (Corpse Pose) and mindfulness meditation to foster inner peace. These sessions are accessible to all levels, encouraging everyone to experience the unity of body, mind, and spirit that yoga offers.

Sarath
H.O.D.
Dept. Of Information Science & Engineering
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Academic Year 2023 - 2024 (Even Semester)

Session: Yoga

Resource Person: Dr. Swathi K V, Dept. of Clinical Yoga, Alva's College of Naturopathy and Yogic Science.

| Date | | | 15/6/23 | 16/6/23 | 19/6/23 | 20/6/23 |
|------|------------|--------------------------------|-------------|-------------|-------------|-------------|
| # | USN | Student Name | | | | |
| 1 | 4AL22IS002 | AFTAB KHAN | Aftab | Aftab | Aftab | Aftab |
| 2 | 4AL22IS005 | ASHA H D | Ashu HD | Ashu HD | Ashu HD | Ashu HD |
| 3 | 4AL22IS006 | BHOOMIKA M SHETTY | Bhoomi | Bhoomi | AB | Bhoomi |
| 4 | 4AL22IS008 | CHEZHAN H D | Chethan | Chethan | Chethan | Chethan |
| 5 | 4AL22IS009 | CHIRAAG H | Chirag | Chirag | Chirag | Chirag |
| 6 | 4AL22IS010 | DHANUSH B V | Dhanush | Dhanush | Dhanush | Dhanush |
| 7 | 4AL22IS014 | HEMISH A | Hemish | Hemish | Hemish | Hemish |
| 8 | 4AL22IS016 | KRISHNA KUMAR N | Krishna | Krishna | Krishna | Krishna |
| 9 | 4AL22IS017 | LAVANYA N MOGER | AB | Lavanya | Lavanya | Lavanya |
| 10 | 4AL22IS018 | LOHIT MAHADEV PATGAR | Lohit | Lohit | Lohit | Lohit |
| 11 | 4AL22IS020 | MANOJRAO | Manoj | Manoj | Manoj | Manoj |
| 12 | 4AL22IS022 | MEGHANA MOHAN NAIK | Meghana | Meghana | AB | Meghana |
| 13 | 4AL22IS023 | MOHAMMED FARHAN | Mohammed | Mohammed | Mohammed | Mohammed |
| 14 | 4AL22IS024 | NANDINI K A | Nandini | Nandini | Nandini | Nandini |
| 15 | 4AL22IS025 | NANDINI RAJU BORAGAVE | Nandini | Nandini | Nandini | Nandini |
| 16 | 4AL22IS026 | NAVYA Y R | Navya | Navya | Navya | Navya |
| 17 | 4AL22IS028 | NISARGA SHRIDHAR NAIK | Nisarga | Nisarga | Nisarga | Nisarga |
| 18 | 4AL22IS031 | OMKAR RAJIV NAIK | Omkar | Omkar | Omkar | Omkar |
| 19 | 4AL22IS032 | PAVAN KUMAR MARIHONNAPPAVAR | Pavan | Pavan | Pavan | Pavan |
| 20 | 4AL22IS034 | POOJA SHRIKANT SONNAD | Pooja | Pooja | Pooja | Pooja |
| 21 | 4AL22IS035 | PRABHUGOUDA H FAKKIRAGOUDRA | Prabhugouda | Prabhugouda | Prabhugouda | Prabhugouda |
| 22 | 4AL22IS036 | PRAJWALA BAHUBALI CHANDAKE | Prajwala | AB | Prajwala | Prajwala |
| 23 | 4AL22IS040 | PREETHAM SHETTY | Preetham | Preetham | Preetham | Preetham |
| 24 | 4AL22IS041 | PRIYANKA S TOTAGER | Priyanka | Priyanka | Priyanka | Priyanka |



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Academic Year 2023 - 2024 (Even Semester)

| | | | | | | |
|----------------------|------------|-------------------------------|-----------------|-----------------|-----------------|-----------------|
| 25 | 4AL22IS042 | PUNNYA SHREE K N | <i>Punnya</i> | <i>Punnya</i> | <i>Punnya</i> | <i>Punnya</i> |
| 26 | 4AL22IS043 | RANJITHA M | <i>Ranjitha</i> | <i>Ranjitha</i> | <i>Ranjitha</i> | <i>Ranjitha</i> |
| 27 | 4AL22IS044 | RAVI KUMAR | <i>Ravikum</i> | AB | <i>Ravikum</i> | <i>Ravikum</i> |
| 28 | 4AL22IS045 | RITHIKA G SHETTY | <i>Rithika</i> | <i>Rithika</i> | <i>Rithika</i> | <i>Rithika</i> |
| 29 | 4AL22IS046 | SAMAREEN CHANDAPATEL WADAGERI | <i>Samareen</i> | <i>Samareen</i> | <i>Samareen</i> | <i>Samareen</i> |
| 30 | 4AL22IS049 | SHREEYA G R | <i>Shreeya</i> | <i>Shreeya</i> | <i>Shreeya</i> | <i>Shreeya</i> |
| 31 | 4AL22IS050 | SHREYA SOMANATH HUNASIMARAD | <i>Shreya</i> | <i>Shreya</i> | <i>Shreya</i> | <i>Shreya</i> |
| 32 | 4AL22IS051 | SHUBHAM S VERNEKAR | <i>Shubham</i> | <i>Shubham</i> | <i>Shubham</i> | <i>Shubham</i> |
| 33 | 4AL22IS054 | SOUJANYA TALAWAR | <i>Soujanya</i> | <i>Soujanya</i> | <i>Soujanya</i> | AB |
| 34 | 4AL22IS055 | SOWMYA R | <i>Sowmya</i> | <i>Sowmya</i> | <i>Sowmya</i> | <i>Sowmya</i> |
| 35 | 4AL22IS057 | SUDEEP KUMAR | AB | <i>Sudeep</i> | <i>Sudeep</i> | <i>Sudeep</i> |
| 36 | 4AL22IS059 | SUKANYA | <i>Sukanya</i> | <i>Sukanya</i> | <i>Sukanya</i> | <i>Sukanya</i> |
| 37 | 4AL22IS060 | SURABHI | <i>Surabhi</i> | <i>Surabhi</i> | <i>Surabhi</i> | <i>Surabhi</i> |
| 38 | 4AL22IS061 | UTKARSHA SUNIL SADALAGE | <i>Utkarsha</i> | <i>Utkarsha</i> | <i>Utkarsha</i> | <i>Utkarsha</i> |
| 39 | 4AL22IS062 | VISMAY | <i>Vismay</i> | <i>Vismay</i> | <i>Vismay</i> | <i>Vismay</i> |
| 40 | 4AL22IS063 | YASHODHA RAJU DEVADIGA | <i>Yashodha</i> | <i>Yashodha</i> | AB | <i>Yashodha</i> |
| Staff Initial | | | <i>SP</i> | <i>SP</i> | <i>SP</i> | <i>SP</i> |

[Signature]
**Dept. Training
 Coordinator**

[Signature]
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 Dept. Of Information Science & Engineering
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[Signature]
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Academic Year 2023 - 2024 (Even Semester)

Session: Yoga

Resource Person: Dr. Swathi K V, Dept. of Clinical Yoga, Alva's College of Naturopathy and Yogic Science.

| Date | | | 15/6/23 | 16/6/23 | 19/6/23 | 20/6/23 |
|------|------------|------------------------|---------|---------|---------|---------|
| # | USN | Student Name | | | | |
| 1 | 4AL22IC002 | AISHWARYA | AB | AB | AB | AB |
| 2 | 4AL22IC003 | AKASH GOUD | AB | AB | AB | AB |
| 3 | 4AL22IC004 | AMULYA NM | AB | AB | AB | AB |
| 4 | 4AL22IC006 | ARCHANA N | AB | AB | AB | AB |
| 5 | 4AL22IC007 | ASHIK S | AB | AB | AB | AB |
| 6 | 4AL22IC010 | DARSHAN K REVANKAR | AB | AB | AB | AB |
| 7 | 4AL22IC013 | JAHNAVI G A | AB | AB | AB | AB |
| 8 | 4AL22IC014 | JISHNU RAJ V K | AB | AB | AB | AB |
| 9 | 4AL22IC015 | MAHALAKSHMI | AB | AB | AB | AB |
| 10 | 4AL22IC016 | MANOJ | AB | AB | AB | AB |
| 11 | 4AL22IC019 | NAMRATHA | AB | AB | AB | AB |
| 12 | 4AL22IC020 | NAVEEN KUMAR | AB | AB | AB | AB |
| 13 | 4AL22IC023 | NIRANJAN J HIREMATH | AB | AB | AB | AB |
| 14 | 4AL22IC024 | P KEERTHI REDDY | AB | AB | AB | AB |
| 15 | 4AL22IC025 | PAVAN KUMAR C K | AB | AB | AB | AB |
| 16 | 4AL22IC027 | PRAJWAL S BABANAGOL | AB | AB | AB | AB |
| 17 | 4AL22IC029 | PUSHPA R | AB | AB | AB | AB |
| 18 | 4AL22IC030 | RAHUL AG | AB | AB | AB | AB |
| 19 | 4AL22IC032 | RAKSHITHA M M | AB | AB | AB | AB |
| 20 | 4AL22IC035 | SAGAR BASAPPA GODACHI | AB | AB | AB | AB |
| 21 | 4AL22IC036 | SANDEEP V | AB | AB | AB | AB |
| 22 | 4AL22IC044 | SHRINIDHI M HEGDE | AB | AB | AB | AB |
| 23 | 4AL22IC045 | SIDDHARTH VISHANT NAIK | AB | AB | AB | AB |
| 24 | 4AL22IC049 | SRUSTI A S | AB | AB | AB | AB |
| 25 | 4AL22IC050 | SUDHANSU MALLIK | AB | AB | AB | AB |

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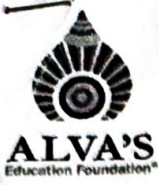
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Academic Year 2023 - 2024 (Even Semester)

| | | | | | | |
|---------------|------------|---------------------|-------------------|-------------------|-------------------|-------------------|
| 26 | 4AL22IC052 | SUNEEL P KANASAGERI | X | X | AB | X |
| 27 | 4AL22IC055 | T H LIKHITHA | AB | Likhitha | Likhitha | Likhitha |
| 28 | 4AL22IC060 | VARSHA V | Varsha | Varsha | Varsha | Varsha |
| 29 | 4AL22IC061 | VIVEK K DAS | Vivek | Vivek | Vivek | Vivek |
| 30 | 4AL22IC063 | YASHWANTH H | Yashwanth | Yashwanth | Yashwanth | AB |
| Staff Initial | | | SP | SP | SP | SP |


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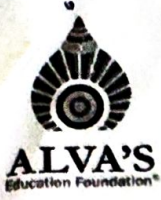
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Academic Year 2023 - 2024 (Even Semester)

Session: Yoga

Resource Person: Dr. Swathi K V, Dept. of Clinical Yoga, Alva's College of Naturopathy and Yogic Science.

| Date | | | 15/6/23 | 16/6/23 | 19/6/23 | 20/6/23 |
|------|------------|------------------------|-----------|-----------|-----------|-----------|
| # | USN | Student Name | | | | |
| 1 | 4AL21IS001 | ADITHYA TEJASWI D | A | A | A | A |
| 2 | 4AL21IS003 | AISHWARYA SALIMATH | A | A | A | A |
| 3 | 4AL21IS005 | AMAR B M | Amar b m | Amar b m | Amar b m | Amar b m |
| 4 | 4AL21IS009 | ANKITHA B | ankitha b | ankitha b | ankitha b | ankitha b |
| 5 | 4AL21IS010 | BHAGYASHREE R PUJARI | Bh | Bh | Bh | Bh |
| 6 | 4AL21IS011 | BHARATH J | Bhar | Bhar | Bhar | Bhar |
| 7 | 4AL21IS012 | BHUMIKA SUNIL KULKARNI | Bh | Bh | Bh | Bh |
| 8 | 4AL21IS013 | CHAITRA S KODDADDI | C | AB | C | C |
| 9 | 4AL21IS014 | CHANDAN M N | ch | ch | ch | ch |
| 10 | 4AL21IS015 | CHINDAN B V | ch | ch | ch | ch |
| 11 | 4AL21IS018 | HARSHITHA B | Har | Har | Har | Har |
| 12 | 4AL21IS020 | KARTHIK MADAKARI T P | Karthik | Karthik | Karthik | Karthik |
| 13 | 4AL21IS023 | KRUPASHREE R | Krup | Krup | Krup | Krup |
| 14 | 4AL21IS024 | LAYA R | Laya | Laya | Laya | Laya |
| 15 | 4AL21IS025 | MANIKANTA | Man | Man | Man | Man |
| 16 | 4AL21IS026 | MANISH K | Man | Man | Man | Man |
| 17 | 4AL21IS027 | MANJUNATH R | Manjunath | Manjunath | Manjunath | Manjunath |
| 18 | 4AL21IS029 | MANOJ M U | Manoj | Manoj | Manoj | Manoj |
| 19 | 4AL21IS033 | NANDAN S | Nandan | Nandan | Nandan | Nandan |
| 20 | 4AL21IS034 | NISHANT KUMAR | Nishant | Nishant | Nishant | Nishant |
| 21 | 4AL21IS037 | PRAJWAL GOWDA H G | Prajwal | Prajwal | Prajwal | Prajwal |
| 22 | 4AL21IS039 | PREETHAM BYADAGI | Preetham | AB | Preetham | Preetham |
| 23 | 4AL21IS040 | R SREEJITH | R | R | R | AB |
| 24 | 4AL21IS042 | SANJAY G K | Sanjay | Sanjay | Sanjay | Sanjay |
| 25 | 4AL21IS043 | SANNIDHI K S | Sannidhi | Sannidhi | Sannidhi | Sannidhi |



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| | | | | | | |
|----------------------|------------|---------------------------------|--|--|--|----|
| 26 | 4AL21IS045 | SARTHAK K JAIN | | | | AB |
| 27 | 4AL21IS046 | SATEESH DYAVAPPA SATYANNAVAR | | | | |
| 28 | 4AL21IS047 | SATHWIK K D | | | | |
| 29 | 4AL21IS048 | SHARAVI R RAI | | | | |
| 30 | 4AL21IS049 | SHASHIDHAR MAHADEV PATGAR | | | | |
| 31 | 4AL21IS051 | SHRAVITHA | | | | |
| 32 | 4AL21IS055 | SRIDEEKSHA G | | | | |
| 33 | 4AL21IS056 | SRIKANTH RAJU SRINIVAS | | | | |
| 34 | 4AL21IS057 | SRUJAN K M | | | | |
| 35 | 4AL21IS058 | SRUSTI P S | | | | |
| 36 | 4AL21IS059 | SUVAN P KEDILAYA | | | | |
| 37 | 4AL21IS061 | SYED SALEHA | | | | |
| 38 | 4AL21IS062 | VASAVI RAI C | | | | |
| 39 | 4AL21IS064 | CHANDANA N M | | | | |
| 40 | 4AL22IS401 | CHARAN S V | | | | |
| 41 | 4AL22IS402 | CHETAN BYAHATTI | | | | |
| Staff Initial | | | | | | |

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REPORT ON VITALITY & STRESS MANAGEMENT

Evionics Forum of the Department of Electronics and Communication Engineering organized a motivational talk on “**Vitality & Stress Management**” by Dr. Vrinda Bedekar, Professor & Dean, ACNYS on the 22nd December, 2023 at the Engineering Seminar Hall for the students of the final and pre-final year. The main intension of organizing this talk was to help the students to manage the stress they go through in their day to day life and how effectively they can manage it using Yoga.

Dr. Vrinda started the talk by defining stress; Stress is the “non-specific response of the body to any kind of demand made upon it”. The students should be able to identity if they are actually facing any stress in order to overcome it or handle it. She also made the students understand the different situations that produce stress which was termed as “Stressors”. She explained about the external and internal stressors and the reasons for it. Then she discussed about the different types of Stress which are Eustress and Distress.

Once she made the students understand what exactly was stress, she moved on to Yoga and how it would be helpful in managing stress. Initially she discussed about what exactly was yoga and about the different types of yoga. She also told the students how stress could be managed effectively through yoga. Later the do's and don'ts of yoga was dealt with.



Dr. Dr.Dattathreya
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A REPORT ON YOGA WEEK ORGANISED FOR ECE STUDENTS

Yoga has its origins in ancient India, the practice dates back over 5000 years, with early references found in sacred texts like the Vedas and Upanishads.

To raise awareness about the benefits of yoga for health and well-being and to promote and harmony through this practice, a weeklong event was organized in the third week of September from 16/9/2024 to 20/09/2024 by the department of the Electronics and communication engineering.



Physical activity plays an important role in maintaining both our physical and mental health. Its an opportunity for people to deepen their practice, learn new techniques and connect with others who share an interest in yoga.

The aim of Yoga week was to encourage students to add yoga and exercise to their daily routine. On each day of the week was having an one hour yoga sessions. Each session included demonstration and practice of a set of easy to perform yogasanas guided by experienced yoga instructor Dr.Keerthiraj C Patil ,Professor, Alva's Homeopathic Medical College , Moodabidri, promoting Physical and mental well-being among the attendees following the yoga session, participants took a pledge to incorporate yoga into their daily routines for a healthier lifestyle



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and good health. The event was successful blend of health , commitment and creativity reflecting the institutes dedication to holistic education.

Dr. Dattathreya
H. O. D.

Dept. Of Electronics & Communication
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INITIATIVES UNDER LIFE SKILLS (PG)

2023-24



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Ph: 08258-262725; Mob:722262724,7026262725,mail:principalaiet08@gmail.com

PG DEPARTMENT OF BUSINESS ADMINISTRATION

Date: 20/11/2023

IQAC Chairman
Alva's Institute of Engineering & Technology,
Mijar - 574225

Respected Sir,

Sub: Permission to conduct Zumba training for II year MBA students

I hereby request you to grant us permission to conduct Zumba training from 24th November 2023 to 11th December 2023. The details of the session are as below:

| Date | Time | Trainer | Venue |
|--------------------------------|----------------|--|------------|
| 24.11.2023 To 11.12.2023 | 6:00AM -7:00AM | Mithesh Kulal, Trainer, MV Space to dance, Mangalore | Auditorium |

Thanking you,

Yours sincerely,

HOD
PG Dept. of Business Administration
Alva's Institute of Engg. & Technology
Mijar - 574225

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Ph: 08258-262725; Mob:722262724,7026262725,mail:principalaiet08@gmail.com

AIET/MBA/ID/172

Date: 20/11/2023

CIRCULAR

PG Department of Business Administration is organizing Zumba classes for II year MBA students from 24th November 2023 to 11th December 2023. It is hereby instructed to all the students to attend the session without fail. The details of the session are as below:

| Date | Time | Trainer | Venue |
|--------------------------------|----------------|--|------------|
| 24.11.2023 To 11.12.2023 | 6:00AM -7:00AM | Mithesh Kulal, Trainer, MV Space to dance, Mangalore | Auditorium |

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PG Dept. of Business Administration
Alva's Institute of Engg. & Technology
Mijar - 574225

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Ph: 08258-262725; Mob:722262724,7026262725

PG DEPARTMENT OF BUSINESS ADMINISTRATION

REPORT ON ZUMBA SESSION FOR THE ACADEMIC YEAR 2022-23

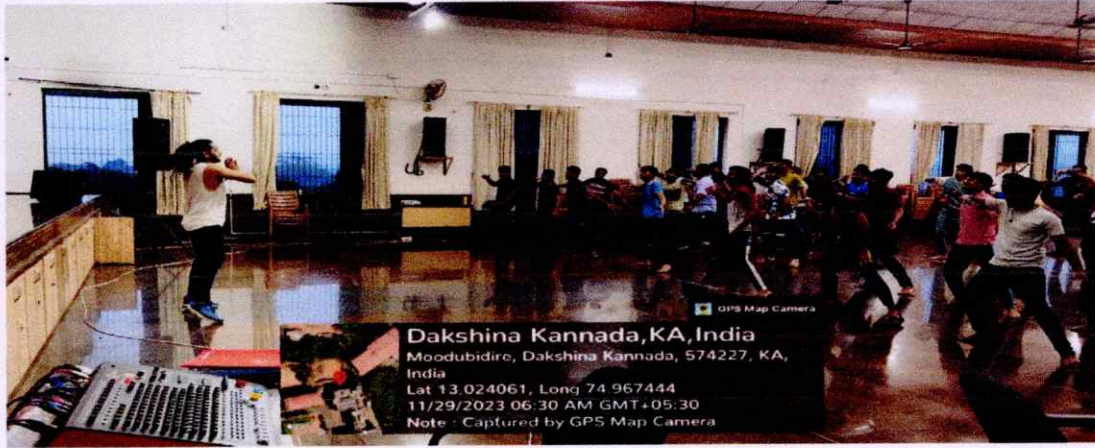
Date:24-11-2023 to 11-12-2023

Time: 06:00am-07:00am

Venue: Auditorium

Objective:

The purpose of Zumba is incorporate different cultures into the classroom and allow students a more divert experience of different genres of music and dance. Zumba is a great way students can get the experience from different cultures, be engaged and active at the same time. It teaches them that fitness and being active can be fun and educational.



Zumba training session for boys

PG Department of business administration had conducted zumba for the II year MBA students from 24-11-2023 to 11-12-2023 between 06:00am to 07:00am in the morning.



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Zumba is dance fitness program that helps students stay fit while having lots of fun and have proven to be great stress-busters, sometimes therapeutic, even. It is a great form of fitness program that blends them both with physical activity.

The students were taught simple background steps before the dance to feel a little more dance to feel a little more comfortable throughout the workout.



Zumba training session for girls

After the students begin to feel more comfortable with the dance steps, let them know the pose and direction and press play for the song to begin. While dancing, remind the students about the moves that are coming up by saying their names as in cumbia step, cumbia stomp, cumbia slide, march in place, repeat, switch, etc. And to close the activity by telling the students to check their pulse and discuss any changes that they felt throughout the activity.

Outcome of the session:

- Students were able to learn a combination of dance steps.
- Students were able to notice a difference in their body before and after moderate to vigorous Zumba session.

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PG DEPARTMENT OF BUSINESS ADMINISTRATION

- Students were able to experience different cultures and their music through dancing.
- Students learned and understood that being active can be fun.

Total of 120 students benefitted from the session

A handwritten signature in blue ink, appearing to read 'S. Suresh'.

HOD

PG Dept. of Business Administration
Alva's Institute of Engg. & Technology
Mijar - 574225

A handwritten signature in green ink, appearing to read 'S. Suresh'.

PRINCIPAL

Alva's Institute of Engg. & Technology,
Mijar. MOOBBIDRI - 574 225, D.K

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Ph: 08258-262725; Mob:722262724,7026262725,mail:principalaiet08@gmail.com



ZUMBA Attendance (GIRLS)

II Year MBA 2022-2024 Batch

| SL NO | NAME OF THE STUDENT | 26/11 | 28/11 | 30/11 | 02/12 | 04/12 | 06/12 | 08/12 | 10/12 | | | | | | | | | | |
|-------|----------------------------|-------|-------|-------|-------|-------|-------|-------|-------|--|--|--|--|--|--|--|--|--|--|
| 1 | Apoorva | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | |
| 2 | Ashwitha Shetty | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | |
| 3 | Bhoomika | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | |
| 4 | Chaitra | 1 | A | 2 | 3 | 4 | 5 | 6 | 7 | | | | | | | | | | |
| 5 | Deekshitha rani k | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | |
| 6 | Divyashree | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | |
| 7 | Kavya | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | |
| 8 | Poojary Vinisha Vishwanath | 1 | 2 | 3 | 4 | 5 | A | 6 | 7 | | | | | | | | | | |
| 9 | Prajna | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | |
| 10 | Rachana Shenoy | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | |
| 11 | Rakshitha | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | |
| 12 | Thrupthi | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | |
| 13 | Greeshma | A | 1 | 2 | 3 | 4 | 5 | 6 | 7 | | | | | | | | | | |
| 14 | Harshitha | 1 | 2 | 3 | A | 4 | 5 | 6 | 7 | | | | | | | | | | |
| 15 | Hrushitha | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | |
| 16 | Jenisha Lasrado | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | |
| 17 | Megha | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | |
| 18 | Prajeetha Shetty | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | |
| 19 | Prathiksha | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | |
| 20 | Pruthvika B G | 1 | A | 2 | 3 | 4 | 5 | 6 | 7 | | | | | | | | | | |
| 21 | Shreya | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | |
| 22 | Shreya Kava | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | |

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Ph: 08258-262725; Mob:722262724,7026262725,mail:principalaiet08@gmail.com



ZUMBA Attendance (GIRLS)

II Year MBA 2022-2024 Batch

| SL NO | NAME OF THE STUDENT | 26/11 | 28/11 | 30/11 | 02/12 | 04/12 | 06/12 | 08/12 | 10/12 | | | | | | | | | | | |
|-------|----------------------------|-------|-------|-------|-------|-------|-------|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| 1 | Apoorva | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | | |
| 2 | Ashwitha Shetty | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | | |
| 3 | Bhoomika | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | | |
| 4 | Chaitra | 1 | A | 2 | 3 | 4 | 5 | 6 | 7 | | | | | | | | | | | |
| 5 | Deekshitha rani k | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | | |
| 6 | Divyashree | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | | |
| 7 | Kavya | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | | |
| 8 | Poojary Vinisha Vishwanath | 1 | 2 | 3 | 4 | 5 | A | 6 | 7 | | | | | | | | | | | |
| 9 | Prajna | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | | |
| 10 | Rachana Shenoy | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | | |
| 11 | Rakshitha | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | | |
| 12 | Thrupthi | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | | |
| 13 | Greeshma | A | 1 | 2 | 3 | 4 | 5 | 6 | 7 | | | | | | | | | | | |
| 14 | Harshitha | 1 | 2 | 3 | A | 4 | 5 | 6 | 7 | | | | | | | | | | | |
| 15 | Hrushitha | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | | |
| 16 | Jenisha Lasrado | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | | |
| 17 | Megha | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | | |
| 18 | Prajeetha Shetty | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | | |
| 19 | Prathiksha | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | | |
| 20 | Pruthvika B G | 1 | A | 2 | 3 | 4 | 5 | 6 | 7 | | | | | | | | | | | |
| 21 | Shreya | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | | |
| 22 | Shreya Kava | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | | |

Signature

| | | | | | | | | | | | | | | | | | | | |
|----|-------------------|---|---|---|---|---|---|---|---|--|--|--|--|--|--|--|--|--|--|
| 56 | Pooja C | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | |
| 57 | Ramyashree | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | |
| 58 | Shreshta Jain | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | |
| 59 | Shreya Jain | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | |
| 60 | Srushti | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | |
| 61 | Swathi | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | |
| 62 | Prerna Hegde | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | |
| 63 | Rashmitha | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | |
| 64 | Shraddha S Shetty | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | |
| 65 | Suzana sheikh | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | |
| 66 | Sharanya Shetty | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | |

Shreya

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Ph: 08258-262725; Mob:722262724,7026262725,mail:principalaiet08@gmail.com

ZUMBA Attendance (BOYS)

II Year MBA 2022-2024 Batch

| SL NO | NAME OF THE STUDENT | 25/11 | 27/11 | 29/11 | 01/12 | 02/12 | 05/12 | 07/12 | 09/12 | | | | | | | | | | | |
|-------|----------------------------|-------|-------|-------|-------|-------|-------|-------|-------|--|--|--|--|--|--|--|--|--|--|--|
| 1 | ABHIRAJ K V | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | | |
| 2 | Dhanush | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | | |
| 3 | Muniraju S | 1 | 2 | 3 | 4 | 5 | 6 | A | 7 | | | | | | | | | | | |
| 4 | Pramod | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | | |
| 5 | RAJENDRA PRASAD K B | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | | |
| 6 | Rakshith | 1 | 2 | 3 | A | 4 | 5 | 6 | 7 | | | | | | | | | | | |
| 7 | Rakshith Shetty | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | | |
| 8 | SRIKANTH N | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | | |
| 9 | ABIN K P | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | | |
| 10 | Chirag | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | | |
| 11 | Krithik km | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | | |
| 12 | Navaneeth gore | 1 | 2 | 3 | 4 | A | 5 | 6 | 7 | | | | | | | | | | | |
| 13 | Nithin J Poojary | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | | |
| 14 | Pranava Swaroopa | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | | |
| 15 | PRASHANTHA G | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | | |
| 16 | Rakshith jain | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | | |
| 17 | Rithesh B | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | | |
| 18 | Sandeep Raviprasad Acharya | A | 1 | 2 | 3 | 4 | 5 | 6 | 7 | | | | | | | | | | | |
| 19 | Sapan | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | | |
| 20 | Shravan Acharya | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | | |
| 21 | Shushank jain | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | | |

[Handwritten Signature]

| | | | | | | | | | | | | | | | | | | | |
|----|----------------------------|---|---|---|---|---|---|---|---|--|--|--|--|--|--|--|--|--|--|
| 22 | TEKOJI JAYAPPA SILLIKYATAR | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | |
| 23 | Vineeth v devadiga | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | |
| 24 | Yogish | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | |
| 25 | Chethan | 1 | 2 | A | 3 | 4 | 5 | 6 | 7 | | | | | | | | | | |
| 26 | Kishan Kumar | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | |
| 27 | RAMESH | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | |
| 28 | Adarsh | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | |
| 29 | Dhanush. K | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | |
| 30 | K.Abhay.Pai | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | |
| 31 | Keerthan | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | |
| 32 | Naveen | 1 | 2 | 3 | 4 | 5 | A | 6 | 7 | | | | | | | | | | |
| 33 | Prahlad V Acharya | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | |
| 34 | Prajwal | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | |
| 35 | PRUTHVIRAJ | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | |
| 36 | Shashikumar Ramanna Bangi | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | |
| 37 | Shodhan jain | A | 1 | 2 | 3 | 4 | 5 | 6 | 7 | | | | | | | | | | |
| 38 | Shreyas H Devadiga | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | |
| 39 | Suman B | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | |
| 40 | Suvith shetty | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | |
| 41 | Vikas D K | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | |
| 42 | Yashwith B Shetty | 1 | 2 | 3 | A | 4 | 5 | 6 | 7 | | | | | | | | | | |
| 43 | Dhruvakumar AV | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | |
| 44 | Sathyajit H Rao | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | |
| 45 | Hithesh | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | |

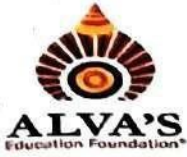
Shreyas

HOD
PG Dept. of Business Administration
Alva's Institute of Engg. & Technology
Mijar - 574225

Report on Activities for Physical Fitness – Gym

Physical fitness includes muscular strength, muscular endurance, flexibility, body composition and cardio respiratory endurance. As a part of Health and Wellness program, students of AIET were included in various physical activities for their physical fitness and motivation. The physical exercises were conducted at AIET gym for the duration of every day morning from 6:30 AM to 7:30 AM and evening 5:00 PM to 7:30 PM under the guidance of fitness trainer Mr. Sunil Shetty of a AIET.





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Ph: 08258-262725; Mob:7026262725,mail:principalaiet08@gmail.com

Getting to the gym on a regular basis can do wonders for your health

- ❖ Exercising daily strengthens the heart and allows it to pump more efficiently with less strain.
- ❖ It also keeps your blood pressure and blood sugar levels in the normal range and keeps your cholesterol level in check.
- ❖ It may help manage the symptoms of depression and anxiety.
- ❖ The students gain awareness about promotion of physical fitness through activities of daily living and physical exercises.

A handwritten signature in green ink, appearing to read 'Principal', is written above the printed name.

PRINCIPAL

Alva's Institute of Engg. & Technology,
Mijar. MOOBBIDRI - 574 225, D.K

| | | | |
|-----------|-------------------|-------------|----------|
| 16/6/23 | Deepak D R | CSE | 2nd yr |
| <u>EV</u> | Jayanth Gowda | CSE | 2nd yr |
| | Prakash | CSD | 2nd yr |
| | Basun Kumar P | ECE | 2nd yr |
| | Bharat | CSD | 2nd yr |
| | Devjit Haidan | Punariyanna | STAFF |
| | Abhishek R | 19 | 19 |
| | Thilak | CS | 1st yr |
| | Monesha | " | Staff |
| | Kambika | " | Staff |
| | Bhanu | CSE | 2nd yr |
| | Shravan | CSE | 2nd yr |
| | Dileep P.R. | ME | 3rd Year |
| | Harshta | BHMS | 4th |
| | Anwaar | BHMS | 1st yr |
| | kundan | BHMS | 1st yr |
| | Seeyan G S | AIML | 2nd year |
| 17/6/23 | Venkatesh. H | CSE | 2nd year |
| morning | Narayan. V. | ME | 2nd year |
| | Nakul. N | CSD | 2nd year |
| | Prasad. R | ECE | 2nd year |
| | Suvan | FSE | 2nd year |
| | Nishaan Shetty | CSD | 2nd year |
| | Shashank | AFM | 2nd year |
| | Jawi. Kovi | ECE | 2nd year |
| | Kumba | CSE | 1st year |
| | Manojrao | FSE | 1st year |
| | Himanshu Kumar. S | AIML | 1st year |
| | Prakash | CSD | 2nd yr |
| | Shashan K. S. S | CSE | 1st year |
| | Uday | AIML | 2nd year |
| | Dhanash. A | ME | 2nd Year |
| | Deepika | ISE | 2nd year |

| | | |
|-----------------------------|-------------|----------|
| Nishan Shetty | CSD | 2nd year |
| Ravi. Kovi | ECE | 2nd year |
| Ankith | ECE | 1st year |
| H.I. Akshay | CSE | 1st year |
| Nenkalesh H.K | CPE | 2nd year |
| Abhishek. A. Uppan | CSE | 1st year |
| Abhaysunderkar | CSE | 2nd year |
| Manoj MU | ISE | 2nd year |
| Chandu | CSE | 2nd year |
| Soham. S. Kudachi | ECE | 1st year |
| Adarsh. S | CSD/c | 1st year |
| Bhavinish | CSD | 2nd year |
| Srujan | ISE | 2nd year |
| Naveesh | CSE | 2nd year |
| Chethan | CSE | 2nd year |
| Sandeep | ECE | 2nd year |
| Yashu Yadav | CSD | 2nd year |
| Himta | CSE | 1st year |
| Jwal RAJ | BWVI | 3rd year |
| Ravi | CSE | 2nd year |
| 19/6/23 EV Deepp P.R. | ME | 3rd year |
| Devi Hareban | Purnanjamma | STAFF |
| Deepak DR | CSE | 2nd year |
| Karthik P | - | (K) |
| moona shan | - | (M) |
| Anson | ISE | 3rd year |
| Abhishek R | Purnanjamma | staff |
| Prasanta | CIVIL | 3rd year |
| Budhraj | CSE | 3rd year |
| Omkar | CSE | 3rd year |
| Shelvis | CSE | 3rd year |
| Karthik | CSE | 3rd year |
| Anad | BWVI | 3rd year |

| | | | |
|-----------|-----------------------------|--------------------|----------------------------|
| | Jayanth Deepak Tomson | CSE CSE PNYS | 2nd yr 2nd yr 3rd yr |
| 22/6/23 | Swanyith AK | CSE | 1st yr |
| (G7M) | Puneetha | AGT | " |
| | Deep P.R. | ME | 3rd year |
| | Narayan. V | ME | 2nd year. |
| | Hemanth Kumar. A | AIML | 1st year |
| | Mangrajw | ISE | 1st year |
| | Ankith | ECE | 1st year |
| | Jeevith | ISE | 2nd year |
| | Uday | AIML | 2nd year |
| | Dharmesh. A | ME | 2nd year |
| | Meelans | ECE | 2nd year |
| | Prajwal R | ECE | 2nd year |
| | Mishaan Shetty | CSD | 2nd year |
| | Shashank. c | AIML | 2nd year. |
| | Suvan | ISE | 2nd year. |
| | Pruthwi BR | CSE | 2nd year |
| | Abhaya Gouda MK | CSE | 2nd year |
| | Manoj MN | ISE | 2nd year |
| | Chandh | CSE | 2nd year |
| | Nakul. N | CSD | 2nd year |
| | Surya. | CSE | 2nd year |
| | Soujan | AIML | 2nd year |
| | Rohit | CSE | 2nd year. |
| | Yashu Yadav | CSD | 2nd year |
| 22/6/23 | Abhishek R | Purnanma | Staff |
| <u>EV</u> | Devjit thakur | Purnanma | STAFF |
| | Paryith | CSE | 2nd year |
| | UPSHANTH | ECE | 3rd year |
| | mhencha. | +++ | m. |

26/6/23

GM

| | | |
|------------------|-----------|----------|
| Mam Sai Deyya | BMS | 2nd Year |
| Mallarayouda | ECE | 2nd year |
| Deepak D | CSE | 2nd yr |
| Ashwin K.S | CSD | 2nd Year |
| Pirakash | CSD | 2nd year |
| Manojrao | DSE | 1st year |
| Hemant Kumar A | AIML | 1st year |
| Manish | ABAH BIMS | 1st year |
| Vishwjit | BMS | 1st year |
| Shashank S.S | CSE | 1st year |
| Ankith | ECE | 1st year |
| Adarsh S | CSD | 1st year |
| Varun H.M | CSE | 1st year |
| Chandu | CG | 2nd year |
| Manoj | ISE | 2nd year |
| Ahlay Gowdame | CSE | 2nd year |
| Raviish | CSD | 2nd year |
| Brujan | ISE | 2nd year |
| Naveesh | CSE | 2nd year |
| Chethan | CSE | 2nd year |
| Sohan S. Kudachi | ECE | 1st year |
| Suvan | ISE | 2nd year |
| Nishaan | CSD | 2nd year |
| Ravi. Koul | ECE | 2nd year |
| Pranjal L.R | ECE | 2nd year |
| Shah anke | AIML | 2nd year |
| Suryan G J | AIML | 2nd year |
| Yash Yadav | CSD | 2nd year |
| Rohit | CSE | 2nd year |
| Sandeep | ECE | 2nd year |

| | | | |
|--|------------------------------|------------|----------------------|
| | Abhay Gantamuri Varun H.M | CSE CSE | 2nd year 1st year |
| | Suman . S. Mudali | ECE | 1st year |
| | Yashu Yadav A | CSD | 2nd year |
| | Rohit | CSE | 2nd yr |
| | Sandeep | ECE | 2nd year |
| | Abhishek. A | CSE | 1st year |

1/7/23
EV

| | | | |
|--|--|--|--|
| | Pavan mchondra . Ankur Ajay Shashank Prasanna Prasanta Prakash Chitransh | BHMS -- CSE BHM BHM CIVIL CSD BHM | 3rd year (m) BHM 3rd yr 3rd yr 3rd year 2nd yr 3rd year |
|--|--|--|--|

3/7/23
GM

3/2/23

| | | | |
|--|---|--|--|
| | Yogeshwara Pruthvi BR Nishan Prasanna Suvan Rohit Sandeep Sai Chanya Manish Shashank.S vishwajit Pravish | CSE CSE CSD ECE CSE CSE ECE BHM BHM CSE BHM CSD | 1st year 2nd year 2nd year 2nd year 2nd year 2nd year 2nd year 1st year 1st year 1st year 1st year 2nd year |
|--|---|--|--|

| | | | |
|-----------|---------------|--------|----------|
| | Ankith | ECE | 1st Year |
| | Adarsh | CSDSE | 1st year |
| 6/7/23 | Jude RAJ | BWYS | 4th year |
| <u>EV</u> | Arayan | BWYS | 4th year |
| 6/7/23 | Jhalub | CS | 1st yr |
| 6/7/23 | Suryan Cg | MJML | 2nd |
| | Mohesh | CSE | 2nd year |
| | Amalsha .m | EC | 3rd year |
| | Valen | EC | 3rd year |
| | Jayant | CSE | 3rd yr |
| | Deepak | CSE | 3rd yr |
| | Shashank | BHMS | 3rd yr |
| | Ranjith | CSE | 3rd yr |
| | Gnija | IT | 3rd yr |
| | Utksha | CSE | 3rd yr |
| | Jamson | 3rd yr | 3rd year |
| | Tegavi | BWY | 3rd year |
| 7/7/23 | Venkatesh.H.H | CSE | 3rd year |
| <u>GM</u> | Nishaam | CSD | 3rd year |
| | Yogeshwara | CSE | 3rd year |
| | Rajal LR | ECO | 3rd year |
| | Sivan | ISE | 2nd year |
| | Penthvi BR | CSE | 2nd year |
| | Shubham | BHMS | 2nd year |
| | Marish | BHMS | 1st year |
| | Dileep P.R. | ME | 1st year |
| | Vishwajit | BHMS | 3rd year |
| | Ankith | ECE | 1st year |
| | Shashank.S | CSE | 1st year |
| | Bhaavsh | CSD | 1st year |
| | methan | CSE | 2nd year |
| | greenh | VCE | 2nd year |

| | | | |
|----------------|------------------|------|-----------|
| | Vasant. C. J | ECE | 1st year |
| | Soham. S. Mudali | ECE | 1st year |
| | Narain | CSE | 1st year. |
| | Shashank | AIM | 2nd year. |
| | Suryan. E | AIM | 2nd year |
| <u>14/7/23</u> | mchendra . | | |
| <u>EV</u> | moulish | | |
| | karatika | | |
| | Pavan | BHMS | |
| | Shashank | BHMS | |
| | Jwal | BMS | |
| | prakash | CSD | |
| | Anandh | FCE | |
| | Deepak D | CSE | |
| | Jayash. G | CSE | |
| | Kalish | CSE | |
| | Yash | CSE | |
| | Srijan. B | CSE | |
| | Hemk | CSE | |
| | Prasanta | CN | |

| | | | |
|----------------|----------------|------|----------|
| <u>15/7/23</u> | Raviteja. | BHMS | 2nd year |
| <u>G.M.</u> | Nishaam | CSD | 2nd year |
| | Pravjal | ECE | 2nd year |
| | Suvan | ISE | 2nd year |
| | Ravi | ECE | 2nd year |
| | Narayan. V. | ME | 2nd year |
| | Manoj | ISE | 2nd year |
| | Ankith | ECE | 1st Year |
| | Rohan | ECE | 1st Year |
| | Shashank. S. S | CSE | 2nd year |
| | Rohit | CSE | 2nd year |
| | Krupakara. H | ME | 1st year |

| | | |
|----------------|------|----------|
| Vasant C. J | ECE | 1st year |
| Mazum | CSE | 1st year |
| Eglevin | AIML | 2nd year |
| Karthik G. G | CSE | 2nd year |
| Manojrao | ISE | 1st year |
| Hemant Kumar X | AIML | 1st year |
| Bhawanish | CSD | 2nd year |
| chithan | CSE | 2nd year |
| Naveesh | CSE | 2nd year |
| Favikovi | ECE | 2nd year |
| Prajwal | GCE | 2nd year |
| Sevan | ISE | 2nd year |
| Shashan | BHMS | 3rd yr |
| Prakash | CSD | 2nd yr |
| Yashu Yadav | CSD | 2nd year |
| Raviteja | BHMS | 2nd year |

28/7/23

EV

| | | |
|---------------|-------|----------|
| Swapnil Patil | BHMS | 2nd year |
| Karthik P | - 1 - | (10) |
| mahe ndarra | - 1 - | (M) |
| Jasal Raj | BHMS | 2nd year |
| VISHANTH | ECE | 3rd year |
| Thilak | () | 1st yr |
| Nareem | ECE | 2nd year |
| Anneek | ECE | 4th yr |
| Prakeek | CSD | u |
| Pavan | BHMS | 3rd year |
| Onkar | CSE | 11 |
| Ruthvi | " | " |
| Jemson | BHMS | 3rd year |
| Shashank | BHMS | 3rd yr |
| Prajwal D | AIML | 3 yr |
| Anandh | CSE | 3rd year |

| | | |
|-------------------|------|----------|
| Uday | AIML | 2nd year |
| Srinjan | ISA | 2nd yr |
| bhavish | CSD | 2nd yr |
| Chethan | CSE | 2nd yr |
| Sharthank | AFM | 2nd yr |
| Ashwin Rache | AFM | 2nd yr |
| Ankith | ECE | 1st year |
| soham. s. mudachi | ECE | 1st year |
| Mallikarjun | ECB | 1st year |
| Vasant. C. J | ECE | 1st year |
| Biddlu. N. D | ECE | 1st year |

11/8/23

EV

| | | |
|------------------|-----|----------|
| Monaisha | - | (M) |
| Karthik. P | - | (K) |
| mahehdura | - | (M) |
| Pavan | BHM | 3rd yr |
| Trayya | BHM | 3rd year |
| Vishal | BHM | 3rd yr |
| gaur | BHM | 4th yr |
| Amel | u | u |
| Shashank | BHM | 3rd yr |
| Deepak. D. R | CSE | 2nd yr |
| Jayanth. G | CSE | 2nd yr |
| Hasshi | BHM | 4th yr |
| Chitram | BHM | 3rd yr |
| Sagnil | BHM | 2nd year |
| M. B. Thimmaraju | PSC | 2nd year |
| Hemant. K. V | CSD | 1st year |
| Naveen. S. S | ECE | 1st year |
| Rudresh | ECE | 1st year |

| | | |
|------------------|------|----------|
| Gurukulchithra | CSE | 3rd year |
| Bhuvan | CSE | 3rd year |
| Budhraj | CSE | 3rd yr |
| Onica | CSE | 3rd yr |
| Bhanu | CSE | 3rd year |
| Sharat | CSE | 3rd year |
| Harehe | BHMS | 4th |
| Harsha | CSE | 1st year |
| Vasant. L. T | ECE | 1st year |
| Suman S. Kudachi | ECE | 1st year |
| Chitraush Gaden | BHMS | 3rd year |
| Thilak | CDS | 1st yr |

4/8/23

GM

| | | |
|--------------|------|-----------|
| Ravindra | BHMS | 2nd year. |
| Hemant Kumar | AIML | 1st year |
| Anand | ESE | 1st year |
| Kavita | - | (2) |
| Pavan | BHMS | (2) |
| Praveen | AIML | 3rd yr |
| Ashok | 4 | 3rd yr |
| Deepak D R | ESE | 3rd year |
| Shashank | BHMS | 3rd yr |
| Bhuvan . H | CSE | 3rd yr |
| Praveen | CSE | 3rd year |
| Mamaj | CSE | 3rd year |
| Kautilya | CSE | 3rd yr |
| Shekhar | ESE | 3rd year |
| Sharat | CSE | 3rd year |
| Rohit | CV | 3rd |
| Omkar | CSE | 3rd |
| Pranav | " | " |
| Thilak | CDS | 1st yr |

| | | | |
|---------------|-------------------|------|----------------------|
| <u>EV</u> | Varun | ECE | 2 nd Year |
| | Amruth | ECE | 2 nd |
| <u>7/8/23</u> | Prakrath | CSD | 2 nd |
| | Vishwanth | ECE | 3 rd |
| | Kartika P | - | Ⓟ |
| | meharandir - | - | Ⓢ |
| | Shashank | BIMS | 3 rd |
| | Deepak DR | CSE | 2 nd |
| | Jwal | BIMS | 2 nd |
| | Jayamith | CSE | 2 nd |
| | Harshal | BIMS | 2 nd |
| | Hetal | AIML | 2 nd |
| | Chaitanya | CSE | 1 st year |
| | Tranya | BIMS | 3 rd year |
| | soham. s. kudachi | ECE | 1 st year |
| | Vasant. C. J | ECE | 1 st year |

| | | | |
|-----------------|-----------------|------|----------------------|
| <u>08/08/23</u> | | | |
| morning | Vishwanath | ECE | 2 nd year |
| | Hemant Kumar X | AIML | 1 st year |
| | Manoj Rao | ISE | 1 st year |
| | Nishu | AIML | 3 rd year |
| | Nishu | AI | 2 nd year |
| | Chetan M. | ECE | 2 nd year |
| | Charan. V | CSE | 1 st yr |
| | Uday | AIML | 2 nd year |
| | Ankith | ECE | 1 st Year |
| | Pruthi BR | CSE | 2 nd year |
| | Shashank | AIML | 2 nd year |
| | G. Levin | AIML | 2 nd year |
| | Naveen | CSE | 2 nd year |
| | soham s kudachi | ECE | 1 st year |
| | Nishant | CSD | 2 nd year |

11/8/23

EV

| | | |
|-------------------|------|----------------|
| B. Prakash | CSE | 2nd |
| K. K. Jayashankar | BCE | 1st |
| Shanmugh | CSE | 1st |
| Amalashyam | EC | 2nd |
| Vareen | U | 2nd |
| Ranjith | CSE | 3rd |
| Bhramar | CE | 3rd year |
| Rohit | CEV | 1st year |
| Pavani | BHMS | 3rd yr. |
| Harsha | CSE | 1st yr |
| Vasant. C. J | ECE | 1st year |
| Thilak | C | 1st yr |
| Chitransh | BHMS | 3rd year. |
| Koushik R | C | (a) |
| Maheshwari | C | (n) |
| Sheela | CSE | 2nd year |
| Ashok | AIML | 3rd yr |
| Rohit | CSE | 3rd yr |
| Irugga | BHMS | 3rd year. |
| Shantanu | BHMS | 3rd yr |
| Omka | CSE | 2nd year |
| Rohit | CSE | 3rd yr |
| Harshe | BHMS | 1st yr |
| Jayanta | CSE | 2nd yr |
| Deepak | CSE | 3rd yr |

12/08/23

| | | |
|------------------|------|-----------|
| Sunil | BHMS | 2nd year |
| Raviteja | BHMS | 2nd year. |
| Manoj | ITB | 1st year |
| Hemanth Kumar. S | AIML | 1st year |
| Hemba | CSE | 1st year |
| Varun | ECB | 2nd year |

| | | | |
|---------|-------------------|------|-----------------------|
| | Srujan km | ISE | 2 nd yr |
| | Deepak D | CSE | 2 nd yr |
| | Nareesh | CSE | 2 nd year |
| | Jannan | BNS | 3 rd yr |
| | Chitambh Yadav | BHMS | 3 rd yrs. |
| | Chhok | BHMS | 3 rd year |
| | Tarjona | CSE | 2 nd yr |
| | Naveen.s.s | ECE | 1 st year |
| | Irayya | BHMS | 3 rd year |
| 14/5/23 | | | |
| Gm | Yagesh | BHMS | 2 nd year |
| | Dhitai | BHMS | 2 nd year |
| | Manoj ro | BSE | 1 st year |
| | Hemant. X | AIML | 1 st year |
| | Kantala | ME | 1 st year |
| | Prakash | CSD | 2 nd yr |
| | Ankith | ECE | 1 st year |
| | Maitrayonder | EC | 2 nd year |
| | Rohit | CSE | 2 nd year |
| | Yashu | CSD | 2 nd year |
| | Preran | CSE | 2 nd year |
| | Pruthvi | CSE | 2 nd year |
| | Kaushik | CSE | 3 rd year |
| | Abhisay | ECE | 3 rd year |
| | Varun | ECE | 2 nd year |
| | Saibanya | BHMS | 2 nd yr |
| | Shashank.s.s | CSE | 1 st year |
| | Dhanan M | CSE | 3 rd year |
| | Shalesh Rao | AIML | 3 rd year |
| | Swaastik | CSE | 3 rd year |
| | Pravin.s.s Shetty | CSE | 3 rd year |
| | Amy Khaned | AIML | 3 rd year. |

22/8/20

Mammy -

| | | |
|-------------------|------|----------|
| Y. Kurba | CSE | 1st year |
| Sunil | BHMS | 2nd year |
| Raviteja | BHMS | 2nd year |
| Mallikarjuna | BCE | 1st year |
| Baladev N. | ECE | 1st year |
| Yogeesh. G.P | BMYS | 3rd year |
| Dhiraj | BMYS | 3rd year |
| Ankita | ECE | 1st year |
| Abhishek Gowda | CSE | 1st year |
| rohan. s. vidushi | ECE | 1st year |
| SulSanya | BMYS | 2nd year |
| Kemant Kumar. A | AIML | 1st year |
| Manojrao | ISE | 1st year |
| Vishwajit | BHMS | 1st year |
| Ashwin. K.S | CSD | 2nd year |
| Shiva Kumar. K.V | ECE | 2nd year |
| Prerona. S | CSE | 2nd year |
| Ruthvi | CSE | 2nd year |
| Manoj | ISE | 2nd year |
| Neelam | BCE | 2nd year |
| Ty. | REB | 2nd year |
| VESHANTH | ECE | 3rd year |
| Chandh | CSE | 2nd year |
| Abhas | CSE | 2nd year |
| Budhraj | CSE | 3rd year |
| Siddhant | CSE | 3rd year |
| Shashank | AIML | 2nd year |
| Usha | AIML | 2nd year |
| Shashank | CSE | 1st year |
| Veeresh | CSE | 3rd year |
| Bhuvan | CSE | 3rd year |
| Ranjith | CSE | 4th year |
| Kaushik | CSE | 4th year |

Shailesh Rao

AIML

4th year

Thejas

AIML

4th year

Harshik

ECE

4th year

Akshay

ECE

4th year

Viney

CSE

4th year

Jayesh

CSE

4th yr

Anandkumar

EC

2nd year

Prakash

CSD

2nd year

Karthik

CSE

2nd year

Shobhen

CSE

3rd year

Pavan

CSE

4th year

Manu H M

CE

4th year

Swastik

ESE

4th year

Jayashree RD

CSE

4th year

Prateek

CSE

4th Year

Shreshth

CS

4th yr

Shash

CSE

4th year

Subay

AIML

4th yr

Pragya

"

"

Prasanna

"

"

Varun Kumar

ECE

2nd Year

Yashwanth GT

ECE

2nd Year.

Pavan Kumar

BTMM

3rd Year

Jasod

BTMS

4th year

Prakash

CSD

2nd yr

Anvesh

EC

2nd yr

Anamika S. Anand

ECE

1st year

Thilak

()

1st yr

Vasant C. J

ECE

1st year

Harsha

CSE

5th year

Shreshth

BTMM

3rd yr

Deepak DR

CSE

2nd year

Chitransh

BTMM

3rd year

| | | |
|----------|-----|----------|
| Naveesh | CSE | 2nd year |
| Nishan | CSD | 2nd year |
| Pravin | ECE | 2nd year |
| Saran | JSE | 2nd year |
| Shavish | ECD | 2nd year |
| Chethan | CSE | 2nd year |
| Srujan | ISE | 2nd yr |
| Kapil K. | - | @ |
| Naveen | ECE | 1st year |

22/5/23

Gm

| | | |
|------------------|------|----------|
| Yogeshwara | CSE | 1st year |
| Vishwanath | ECE | 2nd year |
| Chandan | CSE | 1st yr |
| Yashwanth R | AIML | 2nd year |
| Mallikarjun sude | ECE | 1st year |
| Dilidu. A.D | ECE | 2nd year |
| Hemanth Kumar. A | AIML | 1st year |
| Phisei | BMBS | 2nd year |
| S. S. Sanyal | BMS | 2nd year |
| USHANTH | ECE | 2nd year |
| P. Resan. S | CSE | 2nd year |
| Pruthi | CSE | 2nd year |
| Siddarth | CSE | 3rd yr |
| Omkar | CSE | 3rd yr |
| Pruthi | CSE | 3rd yr |
| Narun | CSE | 1st year |
| Shashank. SS | CSE | 1st year |
| Rohit | LSE | 2nd year |
| Mitharagouder. | ECE | 2nd year |
| Veesh | CSE | 3rd yr |
| Bhuvan | CSE | 3rd yr |
| Vinay | CSE | 3rd yr |
| Ranjith | CSE | 4th year |

| | | |
|--------------|------|----------------------|
| Akshay | ECE | 4 th year |
| Manish W | CSE | 4 th year |
| Pavan | CSE | 4 th year |
| Kaushik | CSE | 4 th year |
| Harak | CSE | 4 th year |
| Shailesh Rao | AIML | 4 th year |
| Thejas | AIML | 4 th year |
| Nikhil | ME | 4 th year |
| Suresh | CSE | 4 th year |
| Prathak | CE | 4 th year |
| Sehag | AI | 3 rd year |
| Shankar | MEM | 2 nd year |
| Avin | AIML | 2 nd year |
| Deeksh | CSE | 3 rd year |
| Shobhin | CSE | 3 rd year |
| Shruti | CSE | 3 rd year |
| Sujay | ISE | 4 th year |
| Jayesh | CSE | 4 th yr |
| Jayanya R D | CSE | 6 th year |
| Pravjal P | AIML | 4 th year |
| Prasanna | AIML | 4 th year |
| Vaaran Kumar | ECE | 2 nd year |
| Anandha m | ECE | 2 nd |
| Prakash | CSD | 2 nd yr |
| Jewel | DNVS | 4 th |
| Thilak | () | 1 st yr |
| Ushaan | CSD | 2 nd year |
| Sovan | ISE | 2 nd yr |
| Namish | CSE | 2 nd year |
| Pravjal | ECE | 2 nd year |
| Harsha | CSE | 1 st year |
| Vasant. C J | ECE | 1 st year |
| SRiyang | AIML | 2 nd year |

PRINCIPAL

et's Institute of Engg. & Technology
 Hoobidri - 574 225, D.K

2/8/23

EV

| | | |
|------------|-------|----------------------|
| Srujan K M | ESF | 2 nd yr |
| Deepak DP | CSE | 2 nd yr |
| Shashank | BHM | 2 nd yr |
| TS Hanish | CSD | 2 nd year |
| Chithan | CSE | 2 nd year |
| Bharath | CSP | 2 nd year |
| Sharat | CSE | 2 nd year |
| Johnson | BIUYS | 3 rd yr |
| Pavani | BHM | 3 rd yr. |

24/8/23

GTM

| | | |
|---------------|----------------------|-------|
| Sunil | 2 nd year | BHMS |
| Raviteja | 2 nd year | BHMS |
| Yogesh. G.P | 2 nd year | BIUYS |
| Dhrisaj | 2 nd year | BIUYS |
| Yogeshwara | 1 st year | CSE |
| Chandan | 2 nd yr | CSD |
| Darshan | 2 nd | ECE |
| Ankita | 1 st year | ECE |
| Hemant. S | 1 st year | ATML |
| Mallikarjuna | 1 st year | ECE |
| Shashank.S.S | 1 st year | CSE |
| Charan v | 1 st yr | CSE |
| Saigunya | 2 nd year | BIUYS |
| Chander | 2 nd year | CSE |
| Ashay | 2 nd year | CSE |
| Manoj | 2 nd year | ISF |
| Mallikarjuna | 2 nd year | ECE |
| Rohit | 2 nd yr | CSE |
| Varun | 1 st year | CSE |
| Prasen. E | 2 nd year | CSE |
| Pruthi | 2 nd year | CSE |
| Siddarth. Y.K | 2 nd yr | CSE |
| pruthi | 2 nd yr | CSE |

PRINCIPAL

21/9/23

Gm

Yogeshwara

CBE

1st year

Hemant Kumar

AIML

1st year

Biddu. N. D

ELE

1st year

Sunil. Sappalle

BHMS

2nd year

Yogesh. G.P

BUYS

2nd year

Dhishaj

BUYS

2nd year

Abhiny

CSB

2nd year

Charan

CSB

2nd year

Shobhan

AIML

2nd year

Bharish

CIB

2nd year

Sapruya

BULES

2nd year

21/9/23

EV

Amal

Buys

3rd yr.

Trayya

BHMS

3rd yr

Arakash

CSB

2nd yr

Chitrash

BHMS

3rd yr

Harsha

BHMS

4th

Mohan Raju.V

BE [ISE]

4th

Paran

BHMS

3rd year

Sohan. S. Nudali

ECE

1st year

22/9/23

Gm

Yogeshwara

CBE

1st year

Raviteja

BHMS

2nd year

Hemant Kumar

AIML

1st year

Sunil. Sappalle

BHMS

2nd year

Nishal Kalikar

CSB

1st year

Shashank. T. Rai

CSDS

1st year

Biddu. N. D

ELE

3rd year

Deepak D P

CSE

2nd yr

Trayya

BHMS

3rd year

Harsha

BHMS

3rd year

Shashank

BHMS

3rd

EV

27/7/24

classmate

Date _____

Page _____

| | | | | | |
|------|--------------|---------|----------|------|------|
| 5:00 | Nehayan | A-block | 3rd year | ME | 7:11 |
| 5:00 | Prakash | A block | 3rd year | CSD | 6:50 |
| 5:00 | SUVAN | A block | 3rd year | ECE | 7:30 |
| 5:00 | Naidil Kumar | D block | 3rd year | CSD | 6:50 |
| 5:00 | Naidil Kumar | A block | 3rd year | CSD | 7:28 |
| 5:00 | Sachin | A Block | 3rd year | AG | 6:50 |
| 5:00 | Chethan | A Block | 3rd year | AG | 6:50 |
| 5:00 | Yashwanth | A Block | 3rd year | AMEL | 6:50 |
| 5:00 | Mahesh PIC | A Block | 3rd year | AMEL | 6:50 |
| 5:00 | Surej | A Block | 3rd year | CSD | 6:50 |
| 5:10 | Kiran | A Block | 3rd year | CSD | 7:25 |
| 5:20 | Ankith | A Block | 2nd year | ECE | 7:15 |
| 5:20 | Glewin | A Block | 3rd year | AMEL | 7:30 |
| 5:45 | Narun | A Block | 3rd year | ECE | 7:30 |
| 6:10 | Prasanna | A Block | 3rd year | ECE | 7:30 |
| 6:10 | Blavith | A Block | 3rd year | CSD | 7:30 |

29/7/24 [Morning]

| | | | | | |
|------|------------------|---------|----------|-----|------|
| 6:05 | Ajith | A block | 3rd year | ME | 7:09 |
| 6:07 | Shashwat R Gowda | A block | 3rd year | ME | 7:09 |
| 6:15 | Dhishuk | A block | 2nd year | CS | 7:00 |
| 6:10 | Rohan | A block | 2nd year | SEC | 7:10 |
| 6:15 | Anush V | A block | 1st yr | MBA | 7:30 |

29/7/24 (EV)

| | | | | | |
|------|-----------|---------|----------|-----|------|
| 5:10 | Jagadeesh | B block | 2nd year | CG | 7:10 |
| 5:10 | Somesh | B block | 2nd year | EC | 7:00 |
| 5:20 | Naidil | D block | 1st year | CSE | 6:50 |
| 5:30 | Chethan | A | 3rd year | AG | 6:45 |
| 5:30 | Sachin | A | 3rd year | AG | 6:48 |
| 5:30 | Kiran | A block | 3rd year | CE | 6:50 |
| 5:35 | Yaseer | A block | 3rd year | CS | 6:40 |
| 5:15 | Raksh | A-block | 3rd year | CS | 6:40 |
| 5:15 | Ilyas | A-block | 3rd year | CS | 6:00 |

EV
NSI/FIS

classmate

Date _____
Page _____

| | | | | | |
|----------------------------|-----------|---------|------------|------|------|
| 5:30 | Vasun | A block | A 3rd year | ECE | 6:30 |
| 5:30 | Vasanth | D | A 2nd year | ECE | 7:00 |
| 5:30 | Narayan V | A | A 3rd year | ME | 7:00 |
| 5:30 | Surya | A block | A 3rd year | CSD | 6:50 |
| 5:30 | Arunya | C block | A 3rd year | BHMS | 6:50 |
| <u>30/07/2024 / Monday</u> | | | | | |
| 6:00 AM | Ajith R | A block | A 3rd year | ME | 7:20 |
| 6:00 | Naveesh | A block | A 3rd year | CSE | 7:20 |
| 6:05 | Shanmug R | A block | A 3rd year | ME | 7:30 |
| 6:05 | Pohar | A | A 2nd year | ECE | 7:00 |
| 6:00 | Nishant | A block | A 3rd year | CB | 7:20 |
| 6:00 | Prajwal | A | A 3rd year | ECE | 7:20 |
| 6:00 | Shubh | A | A 3rd year | CSD | 7:30 |
| 6:00 | Surya S | A block | A 2nd year | ECE | 7:17 |
| 6:00 | Karan S | A | A 2nd year | BC | 7:18 |
| 6:00 | Suvan | A block | A 2nd year | ECE | 7:20 |
| 6:10 | Ankith | D block | A 2nd year | ECE | 7:20 |
| 6:10 | Abhinav | A block | A 3rd year | AIML | 7:30 |
| 6:15 | Aadarsh | B block | A 1st year | MBA | 7:30 |

30/7/24 - EV

| | | | | | |
|------|-------------|---------|----------|------|------|
| 5:05 | Narayan V | A | 3rd year | ME | 6:31 |
| 5:05 | Nakul N | A | 3rd year | CSD | 7:15 |
| 5:15 | Preethi | A block | 3rd year | WF | 7:00 |
| 5:15 | Chellian | A block | 3rd year | AG | 6:35 |
| 5:20 | Saaleem | A block | 3rd year | AG | 6:35 |
| 5:20 | Maidil | D | 1st year | CSE | 6:37 |
| 5:20 | SOMESH | B | 2nd year | IoT | 7:00 |
| 5:20 | Kiran | A block | 3rd year | CSD | 7:25 |
| 5:25 | Jagadeesh | B | 3rd year | CSD | 7:20 |
| 5:25 | Prakash | A | 3rd year | CSD | 6:31 |
| 5:20 | Yashvardhan | A | 3rd year | CSD | 7:15 |
| 5:30 | IRAN | C | 1st year | BHMS | 7:00 |

MD
12/8/21

| | | | | | |
|------|------------|----|----------|-----|------|
| 6:30 | Vasant C.V | AA | 2nd year | ECE | 7:30 |
| 5:30 | Jijay | A | 3rd yr | CSE | 6:55 |
| 5:30 | Yasur | A | 3rd yr | CSE | 6:55 |
| 5:30 | Rakesh | AA | 3rd yr | CSE | 6:55 |
| 5:30 | Vinun | AA | 3rd yr | CSE | 7:00 |
| 5:35 | Parvan | AA | 4th yr | BHM | 7:05 |
| 5:35 | Naraj | AA | 3rd year | CSE | 6:55 |
| 5:35 | | A | | | |

31/07/2024

Morning

| | | | | | |
|---------|------------|----|----------|------|------|
| 6:00 AM | Suryaj S.A | AA | 2nd year | ECE | 7:02 |
| 6:00 | Rohak | AA | 2nd year | ECE | 7:05 |
| 6:00 | Ajith | AA | 3rd year | ECE | 7:17 |
| 6:00 | Bhuvan | AA | 3rd year | ISE | 7:18 |
| 6:00 | Bhuvan | AA | 3rd year | CSD | 7:25 |
| 6:00 | Shalwat K | A | 3rd year | ME | 7:25 |
| 6:00 | Naveesh | AA | 3rd year | CSE | 7:02 |
| 6:00 | Aravin | A | 3rd year | AMEL | 7:25 |
| 6:00 | Srijand | AA | 2nd year | ECE | 7:02 |
| 6:00 | Ramesh | AA | 2nd year | ECE | 7:02 |
| 6:10 | Sa Sanyal | AA | 3rd year | BHM | 7:30 |
| 6:20 | Adarsh | AA | 2nd year | MBA | 7:30 |

31/07/2024 - EV

| | | | | | |
|------|------------|----|----------|-----|------|
| 5:05 | Nakul N | A | 3rd yr | CSD | 6:20 |
| 5:05 | Nishant | AA | 3rd yr | CSD | 6:30 |
| 5:05 | Brajul | AA | 3rd yr | ECE | 6:30 |
| 5:05 | Maidil | A | 1st year | ECE | 6:45 |
| 5:10 | Kiran | AA | 3rd year | CSD | 7:20 |
| 5:20 | Varun | A | 3rd year | ECE | 7:10 |
| 5:20 | Somesh | B | 2nd year | IoT | 6:50 |
| 5:30 | Preetha | AA | 3rd year | ECE | 6:30 |
| 5:30 | Jagadeesh | B | 2nd year | CSD | 7:20 |
| 5:30 | V. Veni | A | 2nd year | | 7:00 |
| 5:30 | Sargi | AA | 3rd year | CSD | 7:10 |
| 5:30 | Yelhu Yadu | AA | 3rd year | CSD | 7:25 |

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