



CHAITANYA BHARATHI
INSTITUTE OF TECHNOLOGY (A)

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



COMMITTED TO
RESEARCH,
INNOVATION AND
EDUCATION

44
years

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CIRCULAR

Yoga is an age-old art, which has helped millions of people all over the World to attain a better state of physical and mental health. Usually Yoga is thought to be something related to the exercises of the body but yoga is not just exercise, it is a way of living. Yoga also makes one's mind stronger and healthier and leads him towards a better way of living. Yoga is rightly called "a Science to live in harmony with self and the world"- it is not only for keeping our body fit but also helps us to keep our mind and soul active. The practice blends the body, mind and soul together and enables us to be happy, peaceful, and content by transforming our attitudes, behaviour and outlook towards life. Yoga is very important to individuals and also can have a positive impact on the world.

As you are aware, the International Day of Yoga (IDY) is celebrated every year on 21st June. This year, it is aimed to bring more people into the fold of the activities - IDY-2023 by spreading the benefits of Yoga. The thrust of IDY observation this year is "Harmonious Mass Yoga Demonstrations". The Global Theme for this year's Yoga Day celebrations is "One Yoga for One World", and the Domestic Theme is "Har Ghar Aangan Yoga", which means Yoga in the courtyard of every house.

In view of the above, Department of Physical Education is organising the below mentioned programs in the Assembly Hall, as detailed below.

1. A Hatha Yoga Session on "Health is Everything" by Mrs. Neeki Singh, Director and Co-Founder, ANS Charitable Trust on 16th June, from 3:00 PM onwards.
2. A Session by Dr. C.V.Rao, Director, Kapila Maharshi Research for Resource on 17th June, from 3:00 PM onwards.
3. A Session by Mr. Kshiteish Bharadwaj, Alumnus of EEE-2022 Batch on 21st June, from 10:00 AM onwards.

All the interested Staff and Students are directed to participate in the said Sessions. Attendance will be given to the student participants. For any further details in this regard, contact Dr. R. Rajeswari, Asst. PD, Mobile : 9866706855 & Dr. S. Raju, Asst. PD, Mobile : 8919150076.

PRINCIPAL

To

All the Advisors, Directors, Joint, Associate & Asst. Directors, Heads of the Departments, In-charges of Sections, CoE, Librarian, Head-HR, and PRO, for information and advised to arrange for circulation of the information among all the staff and students under their control for necessary action at their end.

The Asst. Physical Director, for information and necessary action.