

Mental wellbeing Activities

20 August, 2026

1). Yoga:

One of our favourite wellness activities for students is yoga. Yoga has been shown to be beneficial for mental health, as it can help reduce stress and anxiety. It's also a great way to get students moving their bodies and getting some exercise.

There are several resources for those looking for easy yoga poses for high school students, including this sequence designed just for teens and check out Yoga with Adrienne for a 20 minute yoga practice designed just for teenagers.

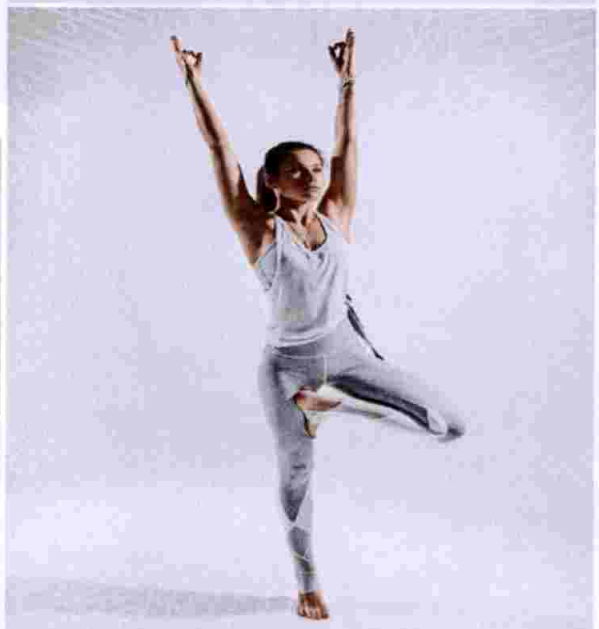


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7 BASIC YOGA POSES FOR BEGINNERS



DAILY  BURN

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Principal

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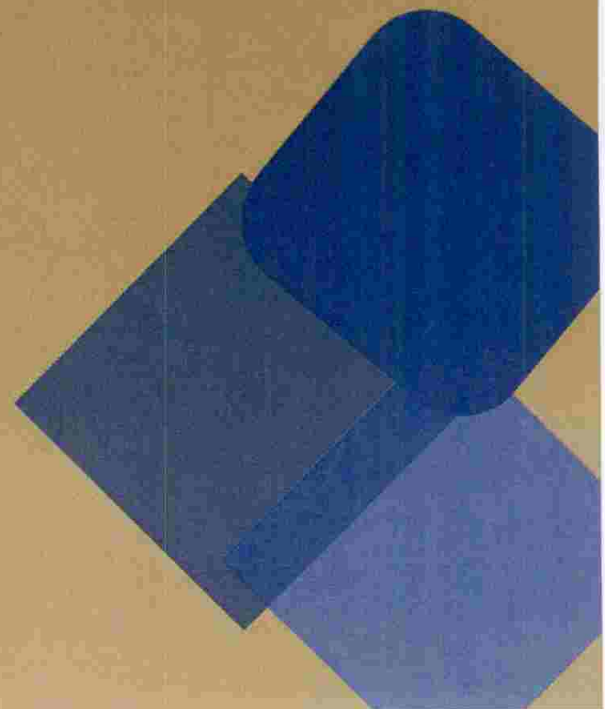


IARE

INSTITUTE OF
AERONAUTICAL ENGINEERING



STUDENT CLUBS



ABOUT US





The Student Council of the Institute of Aeronautical Engineering (IARE) serves as the central pillar of student representation and collaboration. Acting as a bridge between students, faculty, and administration, the council plays a vital role in fostering a positive and inclusive learning environment across campus.

Throughout the year, the Student Council has actively supported a wide range of club initiatives and campus activities. From organizing events and providing logistical support to offering mentorship and resources, their involvement has been instrumental in the success of student-led programs both on and off campus. Comprising representatives from various academic departments, the council ensures that student voices are heard and ideas are transformed into impactful actions. Their dedication to enhancing the student experience is reflected in their tireless efforts to create opportunities for growth, skill-building, and community engagement. More than a representative body, the Student Council is the stage where teamwork turns aspirations into achievements. Their commitment continues to shape a vibrant and empowered student community at IARE.

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“Student Council turns ideas into impact—and every setback becomes a step toward something bigger. It’s a space where action speaks louder than intention, and where overcoming challenges reveals true dedication and commitment.”



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Objectives:

- Initiates regular conversations, and events regarding all cultural aspects.
- Nurtures the talent, celebrate the diversity and give expressions to the creativity of young minds.
- Encourages the students to participate in various inter and intra college dance competitions.
- Identifies budding artists and provide a foundation by recognizing and promoting their talent.
- Encourages development of the creative, intuitive, and intellectual capabilities of students in music.
- Offers a chance for students to contribute to the society, learning to have a positive attitude towards the life.
- Provides opportunities for all students in the college to learn more about the values and knowledge based on the social work and its commitment to alleviate oppression in all of its forms.

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STUDENT CLUBS

TECHNICAL CLUBS

GDG: GOOGLE DEVELOPER GROUPS



GDG IARE is the Institute's chapter of the global Google Developer Student Clubs—a vibrant, university-based community sponsored by Google Developers. Designed for students passionate about technology, GDG bridges the gap between theory and real-world application through hands-on projects, collaborative learning, and impactful events.

From hosting tech workshops and hackathons on campus to engaging with audiences beyond IARE, GDG has built a strong presence. With the support of the Student Council, the club ensures smooth execution of every initiative, fostering a culture of innovation and teamwork.

By bringing together students from diverse fields, GDG IARE continues to grow as a hub for learning, building, and sharing. Its strong core team and strategic outreach make it one of the most dynamic tech communities on campus.

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e-DAM:



Founded in 2021, e-DAM (e-Designing and Marketing) soon grew to become one of Hyderabad's most influential and largest technical communities, with its headquarters at IARE. e-DAM is an engineering accelerator that aims to fill the gap between college life and the real world, empowering students with the ability to innovate, discover, and lead.

with a tight-knit core committee and the enthusiastic support of the Student Council, e-DAM has provided a wide range of events—workshops, bootcamps, and tech summits—both within and beyond the IARE campus.

These initiatives have helped countless students discover their passion for technology and entrepreneurship.

In just 100 days, e-DAM has encouraged a large number of students to discover their area of interest in technology and entrepreneurship.

Within a span of just 100 days, e-DAM has been a huge hit, attracting students all over India. Their portfolio includes national-scale events like the Social Media Summit, collaborations with Google and Microsoft clubs, and hands-on sessions on emerging tech trends and skills.

With a focus on innovation, community, and real-world readiness, e-DAM continues to be a driving force in shaping the next generation of engineers and creators at IARE and beyond.

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E-CELL



The Entrepreneurship Cell (E-CELL) at the Institute of Aeronautical Engineering (IAE) began its journey on November 7, 2021, with a clear mission: to inspire entrepreneurial values among students and provide a platform to nurture innovative ideas.

Since its inception, E-CELL has accomplished significant milestones, supporting budding startups and actively participating in innovation campaigns and entrepreneurial events. Through workshops, mentorship, and collaborative initiatives, the club empowers students to transform creative concepts into impactful ventures.

For those with a passion for problem-solving and a drive to build, E-CELL is a dynamic hub of invention and innovation. Under the Student Council's guidance, the club seeks to further cultivate an atmosphere of innovation, equipping students for the entrepreneurial world with the proper mindset and toolbox.

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ASTRA



Astra, the official club of the Aeronautical Department at IARE, is dedicated to igniting curiosity and innovation in the field of aerospace engineering. With a focus on hands-on learning and technical exploration, Astra provides students with opportunities to dive deep into the mechanics, design, and future of flight.

Supported by the Student Council, Astra continues to foster a collaborative environment where aspiring engineers can experiment, build, and share ideas. The club's commitment to technical excellence and innovation makes it a vital force in shaping the next generation of aerospace professionals at IARE.

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ACM X IARE



The ACM Student Chapter at IARE is a university-based extension of the world's largest educational and scientific computing society—**Association for Computing Machinery (ACM)**. It is a hub for tech enthusiasts to explore, innovate, and grow together through workshops, hackathons, expert talks, and global ACM connections.

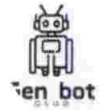
Committed to fostering a dynamic and inclusive computing community, the chapter promotes technical knowledge, professional growth, and innovation. With activities ranging from technical workshops and coding competitions to research paper presentations and industry guest talks.

ACM IARE helps students bridge the gap between academic learning and real-world application. The Student Council has played a key role in supporting the chapter's initiatives and ensuring smooth execution of its events.

For students passionate about computing and eager to grow in the tech space, the ACM Student Chapter is a place to learn, build, and thrive.

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GENBOT



GenBot, the official robotics club of IARE, is a hub for innovation, engineering, and hands-on exploration in the world of intelligent machines. Designed for curious minds and aspiring creators, GenBot empowers students to dive into the realms of robotics, automation, and embedded systems.

With strong support from the Student Council, GenBot continues to push boundaries—encouraging students to build, test, and refine their ideas in a collaborative environment. Whether you're a beginner or a seasoned tinkerer, GenBot offers the tools and community to turn concepts into working prototypes.

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NSS



In honor of Mahatma Gandhi's principles, the National Service Scheme (NSS) was founded in 1969, initially involving 40,000 college students in volunteer activities. The NSS aims to help students develop a deeper understanding of their own identity and the community around them, equipping them with the tools to identify and address local challenges. By integrating volunteer work with academics, the program fosters responsibility and civic engagement.

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STREET CAUSE



This dynamic, student-run nonprofit organization, operating across six locations, strives to make a tangible difference in the lives of the underprivileged. Guided by their mission statement, "A life without a cause is a life without an effect," these passionate students work tirelessly on impactful projects to create a more just and meaningful world.

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STUDENT CLUBS CULTRAL CLUBS

VERSAILLES



Versailles is the official club at IARE dedicated to promoting **women empowerment, mental wellness**, and inclusive dialogue across campus. With a focus on personal growth and emotional resilience, the club provides a supportive platform for students to engage in meaningful conversations and community- building initiatives.

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ELECTORAL LITERACY CLUB



The Election Literacy Club (ELC) at IARE operates under the guidance of the **Electoral Commission of India**, with a mission to foster informed, responsible, and active citizenship among students.

ELC conducts awareness drives, interactive sessions, and creative campaigns that demystify the electoral process and highlight the importance of voting. From mock elections to voter registration workshops, the club empowers students with the knowledge and tools to participate meaningfully in India's democratic journey.

By promoting **election literacy**, ELC ensures that future voters understand their rights, responsibilities, and the impact of their choices. It's not just about casting a vote—it's about shaping the future with awareness and integrity.

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SPORTS CLUB



The IARE Sports Club, a dynamic and spirited community at the Institute of Aeronautical Engineering (IARE), is dedicated to sporting excellence and teamwork across campus. Guided by the motto, "Winners Never Quit and Quitters Never Win," the club is dedicated to discovering and nurturing young talent while fostering a culture of perseverance and sportsmanship.

Both football and cricket teams have delivered remarkable performances, captivating audiences with thrilling game and winning the prestigious awards in college tournaments. Each match reflects the club's commitment to discipline, strategy, and continuous growth.

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THE COMPENDIUM



The Compendium IARE, the official newspaper curated by the News and Publication Society of the Institute of Aeronautical Engineering (IARE). We are a vibrant student-led community passionate about storytelling, journalism, and creative expression. Our mission is to inform, inspire, and connect the IARE community through timely news, insightful articles, and captivating stories that reflect the dynamic spirit of our campus. We share events and stories to help connect everyone on campus. From covering campus events, academic highlights, and student achievements to exploring tech trends, social issues, and creative content.

The Compendium IARE is your go-to source for everything happening at IARE and beyond. We aim to foster a culture of curiosity, critical thinking, and collaboration through the power of words. Whether you're a reader, a writer, or an aspiring journalist, there's a place for you here.

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CITADEL : IARE'S LITERARY HAVEN



Club Citadel, the vibrant literary community of the Institute of Aeronautical Engineering (IARE), has carved a unique space for students to explore, discuss, and celebrate the power of storytelling. More than just a book club, Citadel is a collective of passionate readers who believe literature is meant to be lived, felt, and deeply discussed. Guided by a shared love for literature, students found a safe haven in Citadel—a space where stories spark conversation and conversation builds connection. Through their thoughtful discussions and inclusive atmosphere, Club Citadel continues to foster a vibrant reading culture within IARE. The success of Citadel's initiatives can be attributed to the unwavering support of the Student Council and the college's management. Their guidance and resources have been instrumental in ensuring the club's continued growth and success. Citadel's dedication to promoting literary excellence within IARE has made it an integral part of the campus community.

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N2O COMEDY CLUB



N2O Comedy Club, guided by the student council at the Institute of Aeronautical Engineering (IAE), continues to be a vibrant platform where laughter meets heart. N2O is not only a source of entertainment, N2O but also platform where students find their voice, build confidence, and connect through laughter.

Their recent initiatives—"KCPD," "Vada Debba," "Meme Mela," and "Randi Dayacheyandi..."—have showcased a wide range of comedic styles, from stand-up and sketches to meme culture and improv. All of them encouraged students to try out and explore.

Through these events, N2O has begun conversations, encouraged reflections, and added a unique layer of joy to student life at IARE. The club remains committed to its core belief: that laughter is a language everyone understands—and a community's greatest bond.

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PIXELS



Pixels is more than a club — it's a community of storytellers who see the world through a different lens. Whether you're just discovering the joy of photography or refining your craft, Pixels offers a space to learn, experiment, and grow.

From hands-on workshops and editing sessions to themed contests and campus-wide events, the club brings together enthusiasts who believe that every frame holds a memory. Members explore techniques, share perspectives, and celebrate the art of visual storytelling.

Backed by the Student Council, Pixels continues to inspire creativity and connection. With every click, they turn moments into masterpieces — proving that photography isn't just about taking pictures, but about capturing what matters.

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THE RHAPSODY:IARE'S MELODIC MAVERICK



While IARE is renowned for its academic rigor, it also pulses with creative energy—and at the heart of this rhythm is The Rhapsody, the college's vibrant music club. Known for their electrifying performances and genre-blending artistry, The Rhapsody has carved a niche in Hyderabad's music scene.

The band has won several band battles across the city, impressing audiences with their versatility and stage presence. Their ability to fuse diverse musical styles has earned them a loyal following both on and off campus.

Beyond the spotlight, The Rhapsody enriches IARE's cultural life through regular jam sessions, where students come together to explore, improvise, and express their musical creativity. These gatherings foster community, uncover hidden talent, and keep the campus buzzing with melody.

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PLUGS



Under the enthusiastic oversight of the student council, PLUGS, the renowned dance club, has set a vibrant pace for the past year, delighting audiences with an impressive array of events. The club's talent shone brightly at various key moments, starting with their memorable performance at TEDx-IARE in Hyderabad on 20 April 2025.

like VNRVJIET and IARE Hyderabad. That same month, PLUGS also captivated audiences at the "BITS Pearl" Terpsichore dance competition. Their dynamic presence was again highlighted at the Social Media Summit.

Looking ahead, PLUGS is preparing for more thrilling performances, with events lined up for 2024, including Merakhi, Consortium, NAAC, and Frosthacks. Each of these occasions reflects PLUGS's relentless energy and creativity, continuing to set new standards in the dance scene.

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THE FINE ARTS : A CANVAS OF CREATIVITY



The Fine Arts Club of IARE has been a vibrant hub for students to explore and express their artistic talents. Through a variety of events and activities, the club has provided a platform for students to showcase their creativity and connect with like-minded individuals. From pot painting and Rangoli competitions to art expos and Mehendi contests, the Fine Arts Club has organised a diverse range of events throughout the year. These activities have not only allowed students to hone their artistic skills but have also fostered a sense of community and camaraderie among the members. The club's success can be attributed to the invaluable support and supervision of the Student Council and the college's management. Their guidance and resources have been instrumental in ensuring the smooth execution of the club's events and initiatives. The Fine Arts Club's commitment to nurturing artistic talent within IARE has made it a thriving and inspiring space for students to explore their creativity.

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FIT FUSION



The Fitness Club at IARE champions a lifestyle of health, movement, and mindful living. Founded with the mission to make wellness accessible and enjoyable, the club welcomes students of all fitness levels into a supportive and lively environment.

From group workouts and yoga sessions to nutrition education and fitness challenges, the club offers a diverse range of activities that allow students to take charge of their physical well-being. Each activity is designed not just to build strength and stamina, but also to build teamwork and motivation.

Whether you're looking to push your limits, find balance, or simply stay active in a fun and inclusive setting, the Fitness Club is your launchpad for a healthier lifestyle. With the backing of the Student Council, the club continues to inspire students to embrace wellness and work together toward their personal fitness goals

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ASMI, the Environmental Club of the Institute of Aeronautical Engineering (IARE), stands for Awareness, Sustainability, Motivation, and Impact—values that shape every initiative they undertake. As a dynamic student-led community, ASMI brings together individuals passionate about protecting the environment and promoting eco-conscious living both on and off campus.

Through collaborative projects and awareness campaigns, ASMI has empowered students to become responsible stewards of the planet. Their efforts continue to inspire a culture of sustainability within IARE, offering students a chance to connect with like-minded peers and make a lasting impact. Members organize workshops and seminars featuring guest speakers from environmental organizations to educate students about climate change, biodiversity conservation, and sustainable living. The club also advocates for sustainable practices within the college and collaborates with local environmental groups.

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CHITRAKALA CLUB: THE FILMMAKING CLUB OF IARE



Chitrakala, the dynamic filmmaking club at IARE, has carved a distinct identity through its creative concepts. With the support of the Student Council at all times, the club has created cinematic experiences that connect deeply with the IARE community.

From concept to curtain call, Chitrakala's events show the power of collaboration, with the Student Council playing a pivotal role in enabling smooth operations and creative freedom. As the year unfolds, Chitrakala continues to be a driving force in nurturing cinematic talent and delivering innovative storytelling to the IARE campus.

REELHAUS CLUB:



Reelhaus IARE is the dynamic brand-building and social media initiative at the Institute of Aeronautical Engineering (IARE), designed to empower students with the skills to craft compelling digital identities. This initiative focuses on leveraging the power of Instagram Reels to enhance personal branding, foster creativity, and promote the IARE community. By participating in Reelhaus, students gain hands-on experience in content creation, storytelling, and digital marketing for the evolving demands of the digital landscape.

At its core, Reelhaus IARE is committed to fostering a collaborative environment in which students can share ideas, take cues from trends, and develop as a community. Through the promotion of real stories, success, and college life in the form of quality social media content, the club also fosters the online presence of IARE and equips students to excel online.

BAKASURA:



Bakasura Club is the perfect destination for anyone who loves good food and great company. It's an experience, the club celebrates the joy of flavors, stories, and shared moments.

Each gathering is filled with laughter, chatter, and of course, something delicious. Whether you're discovering new tastes, learning quirky food facts, or simply bonding over a plate of biryani, the club offers a space where food lovers connect and create lasting memories.

It's not about being a master chef—it's about enjoying the journey. At Bakasura, food brings strangers together and turns them into friends, making every event a celebration of taste, creativity, and togetherness.

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