



Koneru Lakshmaiah Education Foundation

(Category -1, Deemed to be University estd. u/s. 3 of the UGC Act, 1956)

Accredited by NAAC as 'A++' ♦ Approved by AICTE ♦ ISO 9001-2015 Certified

Campus: Green Fields, Vaddeswaram - 522 302, Guntur District, Andhra Pradesh, INDIA.

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Date:21-06-2022 Venue: KLEF

NATIONAL CADET CORPS

REPORTON

INTERNATIONAL YOGA DAY - 2022

Yoga is an ancient physical, mental and spiritual practice that originated in India. The word 'yoga' derives from Sanskrit and means to join or to unite, symbolizing the union of body and consciousness. Today it is practiced in various forms around the world and continues to grow in popularity. Recognizing its universal appeal, on 11 December 2014, the United Nations proclaimed 21 June as the International Day of Yoga by resolution 69/131. The International Day of Yoga aims to raise awareness worldwide of the many benefits of practicing yoga.

Yoga offers physical and mental health benefits for people of all ages. And, if you're going through an illness, recovering from surgery or living with a chronic condition, yoga can become an integral part of your treatment and potentially hasten healing.

The cadets of 22(A)BN, Tenali of KLEF actively participated in yoga day session conducted at the university campus. The cadets performed yoga very well that were shown by professionals during the session. The cadets also were given certificates for actively participating in the yoga session.

NCC cadets performing yoga :-



TOTAL CADETS ATTENDED:12

S.NO	REGIMENTAL NUMBER	CADET NAME	COLLEGE ID	BRANCH
1.	AP20SWA400721	K Lasya	2000031433	CSE-H
2.	AP20SWA400706	B Vasanthi	2000030119	CSE-H
3.	AP20SDA400737	M Manjunath Reddy	2000031810	CSE-H
4.	AP20SDA400739	M Phanindra	2000031191	CSE-H
5.	AP20SDA400744	Surneni Eswar	2000031882	CSE-H
6.	AP20SDA400782	K Rahul	190079028	MECH
7.	AP21SDA400625	R Tarun	2000030868	CSE-H
8.	AP20SWA400717	T Venkata Lakshmi	2000590065	BA-IAS
9.	AP20SWA400703	A Divya	2000590001	BA-IAS
10	AP20SDA400749	J V Sai Krishna	190550027	BBA LLB
11	AP21SDA400615	P Manikanta	2100590023	BA-IAS
12	AP21SDA400623	Sk Nazeer Basha	2100590022	BA-IAS