



## Koneru Lakshmaiah Education Foundation

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

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Date: 21/09/2022

Venue: Vombey Colony, Vijayawada

### YOGA FOR SENIOR CITIZENS

#### Description of the Event:

Many of our senior citizens face many health issues in old-age home they also suffers from both the mental and physical weakness. So, we the team CEA (Center for Extension Activities) conducted an event called Yoga for Senior Citizens

The event is the one which is very useful to reduce stress and improves sleeping habits. By this event our senior citizens learn basics of yoga poses, pranayama and meditation with the help of team CEA. So that, they can rectify their health issues and they can build strength of the bones.

#### Benefits:

- By doing these event it can build Strength of the bones to our senior citizens.
- It reduce stress and improves sleeping habits
- It helps to rectify some health issues.

No. of Volunteers Participated: 85

No. of Faculty Participated: 03

#### Event Photos:





**List of Volunteers:**

S.No	ID. No	Name	Branch
1	2100560029	Gopavarapu Vaibhav	Bba
2	2100560028	V.Jaswant Prasad	Bba
3	2100560521	Dara Giri Sai Manikanta	Bba
4	2021/008297	R Parthavi	Bba
5	2100560021	Nagaram Deepthi	BBA
6	2021/001028	Susmitha. K	BBA
7	2100560522	Thanusri Polavarapu	BBA Analytics
8	2100560025	Nagaprathyusha Punem	BBA analytics
9	2100560028	Krishna Vamsi Parvataneni	BBA
10	2100560027	Palakonda Venkat	BBA
11	2021/012458	Ellen Nishita Remalli	BBA
12	2101080006	Guntupalli Sindhu	ECE
13	2100560025	Vemulapalli Jaswanth Prasad	Bba
14	2100560512	Tatireddymaheshreddy	Bba

15	2000070014	Attuluri Karthikay	Mechanical
16	2000031702	S.Meghala Sri Ganeshan	CSE
17	2100560022	Nagaprathyusha Punem	Bba
18	2000032021	Chandrasasa Sreeramaneni	CSE
19	2000031304	Gurrala Bhaskar	Cse
20	2000031702	Sonti Meghala Sri Ganeshan	CSE
21	2100560007	Krishna Vamsi Parvataneni	BBA
22	2000030618	Manikya Chowdary	CSE
23	2100560042	Nagaram Deepthi	BBA-BA
24	2000030327	G. Gopi Krishna Raghavendra	CSE
25	2100030777	Manishchandrachowdarytummala	Cse
26	2100560520	Dara. Giri Sai Manikanta	BBA BA
27	2100560029	Siddartha Kancha	BBA
28	2100560020	Abhiram Chaluvadi	BBA
29	2000030591	Mallempudi Saidivya	CSE
30	2000030840	Rallabandi Karthik	CSE
31	2000030724	G. Nikhila Sri	CSE
32	2000032124	Bandi Nikitha Sri	CSE
33	2000030907	Sanaka Meghana	Cse
34	2000030590	Jayanthi Malladi	CSE
35	2000080015	Bodasingi Sandeep	AI & DS
36	190031877	Paila Priyanka Reddy	Cse
37	2000031812	Varsha Chebolu	Cse
38	2000030926	Roshini Shaik	Cse
39	2100010011	Manas Tripurana	BT
40	2100010008	Gowri Sri Varsha R	Biotechnology
41	2100560043	Madasu Manasa	Bba
42	2000030791	Pavani Lagadapati	Cse
43	2000560192	Swami Manasa Gangothri	BBA
44	2000030021	Adapala Jaya Sai Supriya	Cse
45	2000031189	Sujitha Lakshmi M	Cse
46	200003120	Bhupathi Sahithi	Cse
47	190030387	Devi Sri Sai Chandu	CSE
48	2000031102	Vyshnavi Koka	Cse
49	2000030777	Patakamudi Swathi	CSE
50	2000030468	Kavyasushma	cse
51	2000080183	Varun Kumar Nakka	AI&DS
52	2000031285	Bhavana Vasireddy	CSE
53	2000031278	Alapati Ramya Sri Valli	CSE
54	2021/001012	Jangala Sneha	BBA BA
55	2000031876	Venkatesh Vegineti	cse
56	2100560063	Patchigolla Vasavi	BBA
57	2100560050	Sayyaid.Sumayya Thabassum	BBA
58	2000031848	Saipranathireddy	CSE
59	2000031925	Sri Ram Chowdary Ganguru	CSE
60	2100560057	Badugu.Anjali Suchitra	Bba
61	190031168	N.P.Reddy Tejaswini	CSE
62	190030129	Bandi Aruna Priya	Cse
63	190030302	Cherukuri Rishitha	CSE
64	190031429	V.Varshitha	CSE
65	2000031444	Sompali Tirumala Neeharika Royal	Cse
66	2100560058	Shaik.Hussain Malik	Bba

67	2100560062	Alla Sai Sri	BBA
68	2100560060	Sai Sindhu Parimala Pappala	Bba
69	2100560068	Jahnavi Valiveti	Bba
70	2000040113	Peeta Vamsi Krishna	Ece
71	2000031436	A.S.V. Surya Naga Main Manjusha	CSE
72	190050047	Pasam. Jnanadeep	ECM
73	2100100041	Achantha Chiranjeevi Sai Aswin	Cse(IOT)
74	2100100032	Gangireddy Eshwar Reddy	CSE(IOT)
75	2100090151	Yelleti Durga Sai Deepak	Cs-It
76	2100560053	Charishma Bandla	BBA
77	2100090083	Harsha Vardhan Buddhi	CSIT
78	2100560054	Gopavarapu Vaibhav	Bba
79	2100560523	V.Jaswant Prasad	Bba
80	2100560521	Dara Giri Sai Manikanta	Bba
81	2021/008297	R Parthavi	Bba
82	2100560054	Nagaram Deepthi	BBA
83	2021/001028	Susmitha. K	BBA
84	2100560522	Thanusri Polavarapu	BBA
85	2100560059	Nagaprathyusha Punem	BBA