



Koneru Lakshmaiah Education Foundation

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

Accredited by NAAC as 'A++' ♦ Approved by AICTE ♦ ISO 21001:2018 Certified

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

Phone No. +91 8645 - 350 200; www.klef.ac.in; www.klef.edu.in; www.kluniversity.in

Admin Off: 20-36-38, Museum Road, Governorpat, Vijayawada - 520 002. Ph: 101 - 868 - 3500122, 2576120

Ref: KLEF/SA/CEA/Events 2022-23

Date: 20-09-2022

Orders of the Vice Chancellor dt.20-09-2022

CIRCULAR

Sub: Conduction of Yoga for Senior Citizens on 20-09-2022 at Vambe Colony, Vijayawada –Reg.

Ref: 1. Letter dt. 19-09-2022 from Dr. P. Gopi Krishna, Prof.Incharge, Centre for Extension Activities (CEA) and forwarded by Dean (Student Affairs)

This is to Inform that the Centre for Extension Activities (CEA) of KLEF will be organizing the Yoga for Senior Citizens on 20-09-2022 at Vaddeswaram Village.

Event : Yoga for Senior Citizens
Dates: : 21-09-2022
Timings : 01:00 pm to 04:00 pm
Venue : Vambe Colony, Vijayawada

Interested Students can participate in the event.

Buses start from the Stadium.

For further information regarding this event contact Dr. P. Gopi Krishna (Mobile No. 9963696066), Prof.Incharge, (CEA) and Dr.S. Venkateswarlu, CEA- Coordinator, (Mobile No. 9052359906)




REGISTRAR

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Green Fields, VADDESARAM-522 302
Guntur District, Andhra Pradesh.



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“A Report on Enhancing Wellness “Yoga for Senior Citizens” at Amma Prema Adarana Seva Samstha, Vombe Colony, Vijayawada (21/09/2022)”



CENTRE FOR EXTENSION ACTIVITIES



YOGA

For Senior Citizens



VOMBE COLONY, VIJAYAWADA

   /klefcea

Objective

The word 'Yoga' is derived from the Sanskrit root 'Yuj', meaning 'to join' or 'to yoke' or 'to unite'. As per Yogic scriptures the practice of Yoga leads to the union of individual consciousness with that of the Universal Consciousness, indicating a perfect harmony between the mind and body, Man & Nature. So we team KLEF CEA is planning to conduct an event named "YOGA FOR SENIOR CITIZENS" on 21st September 2022 at old age home in Vombe Colony, Vijayawada.

Description

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.

Outcome

By doing this 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. 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.

Details of the Event

Name of the Event	:	"Yoga for Senior Citizens"
Date of the Event	:	21/09/2022
Time	:	1:00 pm to 4:00pm
Venue	:	Amma Prema Adarana Seva Samstha at Vombe Colony, Vijayawada
No. of Participants	:	Students: 90, Faculty & Staff: 02
No. of Beneficiaries	:	175

Event Photos:




By this event our senior citizens learn basics of yoga poses, pranayama and meditation and yoga. It reduces stress and improves sleeping habits. It helps to rectify some health issues

Participated Volunteers List:

ID.No	Name of the Student	Branch	Year	Signature
2000000057	J. Sri Vidhya	ECE	3 rd	Vidh
2100060001	B. Vara Prasad	EEE	2 nd	Vara
190030188	B. Vamsi Krishna	CSE	4 th	Vamsi
200010311	G. Raveesh	CSE	3 rd	Raveesh
2100060005	M. Yaseen	ECE	2 nd	Yaseen
2000000094	Mohammad Ali	ECE	3 rd	Ali
2000060007	B. Lakshya	BT	3 rd	Lakshya
2100060008	O. Gantham	EEE	2 nd	Gantham
190031188	N. Hemalatha	CSE	4 th	Hemalatha
2000010068	B. Kumar Rao	BT	3 rd	Kumar Rao
2100060013	S. Ashvith	ECE	2 nd	Ashvith
2000000000	Sk. Hussain	ECE	3 rd	Hussain
2100060018	J. Ashwin	EEE	2 nd	Ashwin
190031237	P. Gopi Krishna	CSE	4 th	Gopi Krishna
2000030031	B. Lohitha	CSE	3 rd	Lohitha
200010037	Y. Geetha Chandra	BT	3 rd	Geetha
2100060046	P. Harini	EEE	2 nd	Harini
200000011b	P. Saketh.	ECE	3 rd	Saketh
200010016	N. Om Prakash	BT	3 rd	Om Prakash
190031646	T. Cherish	CSE	4 th	Cherish
2000030392	J. Nagashanka	CSE	3 rd	Nagashanka
200010013	J. Diviya	BT	3 rd	Diviya
2000000002	T. Abhiram	ECE	3 rd	Abhiram
2100060031	M. Santhosh	EEE	2 nd	Santhosh
190030292	Ch. Abhinav	CSE	4 th	Abhinav
2000010007	G. Ganahree	BT	3 rd	Ganahree
2000000003	Kalyan.			
2000000023	K. Dharmadha	EEE	3 rd	Dharmadha
200010056	Ch. Adhye	BT	3 rd	Adhye
2100040051	N. Rama Teja	CSE	2 nd	Rama Teja
1900301513	S.K. Basha	CSE	4 th	Basha
2000000000	K. Varun	ECE	3 rd	Varun
2100040056	M. Hari	ECE	2 nd	Hari

Dean (Student Affairs)
Koneru Lakshmaiah Education Foundation
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GreenFields, VADDESWARAM-522502,
Guntur Dist, Andhra Pradesh.

ID.No	Name of the Student	Branch	Year	Signature
190010030	K. Jyogesh	BT	4 th	Jyogesh
2100040052	B. Tanishka	ECE	2 nd	Tanishka
190030090	K. Anvitha sree	CSE	4 th	sree
2100070007	Ch. dhana	Mech	2 nd	Dhana
190030281	S.ch. slameyja	CSE	4 th	slameyja
2100060029	D. Lobeeth	ECE	2 nd	Lobeeth
2100060039	K. Vikas	ECE	2 nd	Vikas
2102003062	Shyam Varma	ECE	2 nd	Shyam
2100060021	A. Riyaz	ECE	2 nd	Riyaz
190010016	G. Tharvi Sri	BT	4 th	Tharvi
2100070002	P. Srinival	Mech	2 nd	Srinival
2100070002	K. Naveed	Mech	2 nd	Naveed
1900301172	Narven	CSE	4 th	Narven
2100020018	Sai Koushik	Mech	3 rd	Sai Koushik
190030674	K. harichand	CSE	4 th	harichand
2102070029		Mech	3 rd	harichand
1900345	P. Sidasatha	CSE	4 th	Sidasatha
2100060028	M. Peter	ECE	2 nd	Peter
2100070015	P. Venkateshwar	ECE	2 nd	Venkateshwar
2100070006	G. Viswanandha	Mech	2 nd	Viswanandha
190010028	K. Sunil	BT	4 th	Sunil
2100070032	M. Pragathi	ECE		Pragathi
2000040024	CH. Gayathri	ECE	3 rd	Gayathri
2100060070	S. Rakesh Raja	Mech	2 nd	Rakesh Raja
2100070026	Nithya Ravika	Mech	2 nd	Nithya Ravika
2100070026	K. Aman	Mech	2 nd	Aman
2100060011	K. Surya	ECE	2 nd	Surya
2100070035	M. Manya	ECE	2 nd	Manya
190010047	P. Dhanusha	BT	4 th	Dhanusha
2000040030	D. Shikha	ECE	3 rd	Shikha


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ID.No	Name of the Student	Branch	Year	Signature
2000040071	K. Bhavani	ECE	3 rd	Bhan
190010004	A. Vishnu Kiran	BT	4 th	vishnu
2000040002	A. Ajay	ECE	2 nd	Aj
2000040081	K. Chandrika	ECE	4 th	Chandrika
2100060002	T. Manjha	EEE	2 nd	Manjha
2000040140	S. Sri Krishna	ECE	4 th	Krishna
2000040066	A. Hareela	ECE	3 rd	Hareela
210040038	B. Prakash	ECE	2 nd	Prakash
2100040005	B. Harshitha	ECE	2 nd	Harshitha
210040032	S. Abdulla	ECE	2 nd	Abdulla
190010053	S. Vasavi	BT	4 th	Vasavi
2000040085	S. Lathif	ECE	4 th	Lathif
2100040034	B. Srilaya	ECE	2 nd	Srilaya
2000060006	M. Navane	EEE	2 nd	Navane
2000040008	M. Anashritha	CSE	3 rd	Anashritha
2100040024	P. Lakshmi	ECE	2 nd	Lakshmi
190010037	M. Sahithi	BT	4 th	Sahithi
2100040020	K. Prudhoy	ECE	2 nd	Prudhoy
2100060009	M. Shyam	EEE	2 nd	Shyam
2000040034	F. Lakshmi	ECE	4 th	Lakshmi
2000040051	T. Kiran	ECE	3 rd	Kiran
2100040048	V. Kiran	ECE	2 nd	Kiran
2100060019	D. Naga	EEE	2 nd	Naga
190030052	Karthik	CSE	4 th	Karthik
2100060029	K. Gowtham	EEE	2 nd	Gowtham
2000060015	V. Bhargav	ECE	3 rd	Bhargav
2100060033	Y. Nagababu	EEE	2 nd	Nagababu
2000040026	K. Nikhil	ECE	2 nd	Nikhil
190030059	V. Lakshmi Praveen	CSE	4 th	Praveen
2000040093	M. Akashini	ECE	4 th	Akashini
2100040024	M. Hanigowinda	ECE	2 nd	Hanigowinda
2100060015	K. Harsha	EEE	2 nd	Harsha
2000040019	P. Laya	ECE	3 rd	Laya

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