

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 21001:2018 Certified Campus: Groon Fields, Vaddeswaram - 522 302, Guntur District, Andhra Pradesh, INDIA. Phone No. +91 8645 - 350 200; www.klef.ac.ln; www.klef.edu.ln; www.kluniversity.ln Admin Off: 20-36-38, Museum Road, Governerpat, Vijayawada - 520 002, Ph; 191 - 868 - 3500122, 2576129

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 VIIIage.

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)

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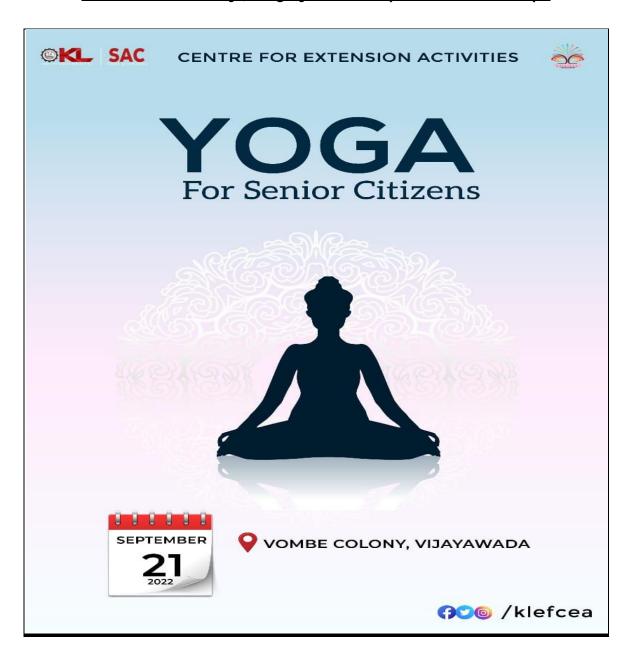


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"A Report on Enhancing Wellness "Yoga for Senior Citizens" at Amma Prema Adarana Seva Samstha, Vombe Colony, Vijayawada (21/09/2022)"



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 heath 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:

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