



Koneru Lakshmaiah Education Foundation

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

❖ 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: 29-36-38, Museum Road, Governorpet, Vijayawada - 520 002. Ph: +91 - 866 - 3500122, 2576129

Ref: KLEF/SA/NSS Cell/2025-26

Date: 30-09-2026

Orders of the Hon'ble Vice Chancellor dt.30-09-2026

CIRCULAR

Sub: Importance of Physical Health and Games on 30-09-2026 at Zilla Parishat High School, Revendrapadu– Reg.

Ref: Letter received from Mr. P. Srikanth Reddy, Program Coordinator, KLEF NSS Cell and forwarded by Dr. K.R.S. Prasad, In-charge Dean (Student Affairs).

This is to inform you that the National Service Scheme (NSS) of KLEF will be organizing Importance of Physical Health and Games on 30-09-2026 at Zilla Parishat High School, Revendrapadu.

Event	: Importance of Physical Health and Games
Date	: 30-09-2026
Place	: Zilla Parishat High School, Revendrapadu.
Timings	: 1:30 pm to 4:30 pm

Interested students can participate in this event.

For further information regarding this event contact Mr. P. Srikanth Reddy (Mobile No. 8466011222), Program Coordinator, KLEF NSS Cell and Mr. P. Suresh, NSS Coordinator, (Mobile No. 9493171719)

REGISTRAR



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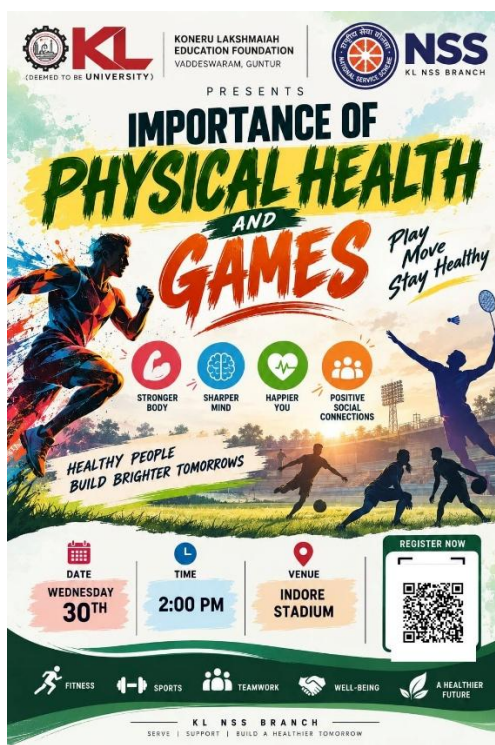
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National Service Scheme (NSS)

Importance of Physical Health and Games



Event : Importance of Physical Health and Games

Date : 30-09-2026

Place : Zilla Parishat High School, Revendrapadu.

Objective:

The objective of the **Importance of Physical Health and Games** program conducted on **30-09-2026** at **Zilla Parishat High School, Revendrapadu** was to create awareness among school students about the importance of maintaining good physical health and participating regularly in games and physical activities. The program aimed to educate students about the benefits of exercise, sports, fitness, and an active lifestyle for their physical and mental well-being. It also encouraged students to develop healthy habits and maintain a balance between academic activities and physical activities.

Description:

As part of the community outreach initiative, the **Importance of Physical Health and Games** program was organized on **30-09-2026** at **Zilla Parishat High School, Revendrapadu** to create awareness among school students about the importance of physical fitness and maintaining an active lifestyle.

The session focused on the benefits of regular exercise, outdoor games, and sports in improving physical fitness, stamina, concentration, coordination, teamwork, and overall well-being. Students were also encouraged to balance their academic activities with regular physical activities and recreational games. The importance of staying active from a young age and developing healthy daily habits was emphasized.

The program was conducted in an interactive manner through simple explanations, discussions, examples, and student participation. Students were encouraged to take an active interest in games and physical activities and to include regular exercise in their daily routines for a healthier lifestyle.

Outcome:

The program successfully enhanced students' awareness of the importance of physical health, regular exercise, and participation in games. Students gained a better understanding of how physical activities contribute to fitness, concentration, mental well-being, teamwork, and healthy growth. The session motivated students to take greater interest in sports, outdoor games, and other physical activities as part of their daily routine. It also encouraged them to develop healthy habits, remain physically active, and maintain a proper balance between academic activities and exercise. The knowledge and awareness gained through the program can help students make healthier lifestyle choices in their everyday lives.

Impact on Society:

The program contributed positively to society by promoting awareness of physical fitness, regular exercise, and healthy lifestyles among school students. Encouraging children to participate in games and physical activities from an early age can help them develop healthy habits and maintain better physical and mental well-being. The program also emphasized the importance of balancing academic activities with physical activities, which can support the overall development of students.

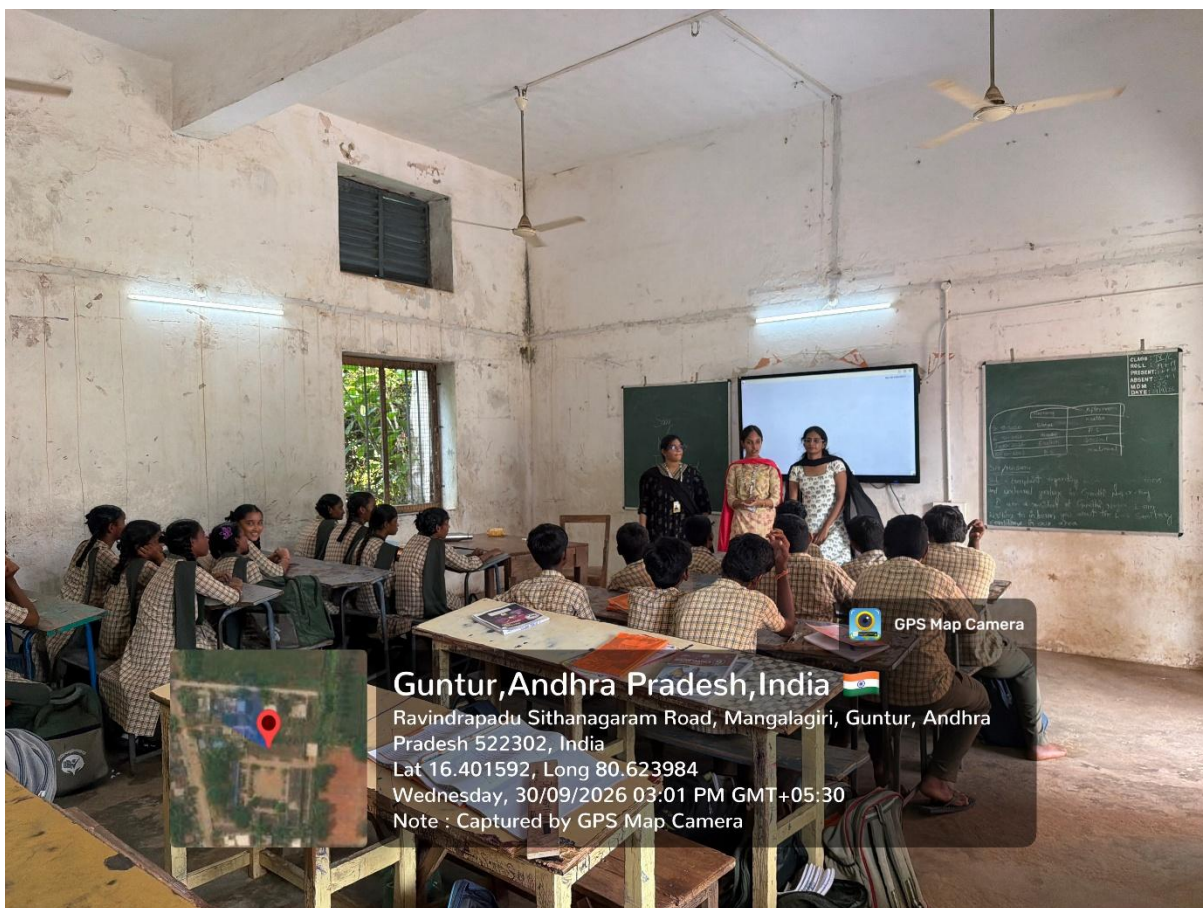
The awareness gained through the program can be shared by students with their families and peers, helping to encourage more active lifestyles within the community. Such initiatives can promote greater participation in sports and physical activities, improve awareness about fitness, and contribute to the development of a healthier, more active, and physically aware society.

Details of the Event:

Name of the Event : Importance of Physical Health and Games
Place of the Event : Zilla Parishat High School, Revendrapadu
Date of the event : 30-09-2026
No. of Hours : 01:30 pm to 4:30 pm
No. of Participants : Students: 34, Faculty: 02
Faculty Name : Dr. R. Sudhakar Raju (Id no- 2898),
P. Suresh (Id no- 4099)

Event Photos:







Participated Volunteers list:

S.No	Name	ID No.	D/H	M/F
1	Sathwik	2600010062	H	M
2	Sri Lohith	2600010078	H	M
3	Karthik	2600010005	D	M
4	Santhosh	2600010053	H	M
5	Hemanth	2600010074	H	M
6	Lowkith	2600010050	H	M
7	Jishnu Ram	2600010071	D	M
8	Laalitha	2600010060	D	F
9	Jyothsika	2600010137	D	F
10	Soumya	2600010061	D	F
11	Harika	2600010014	H	F
12	K. Harinath	2300010008	D	M
13	L. Siddhartha	2300010044	D	M
14	K. Srilekha	2300010058	D	F
15	Haneela	2300010060	D	F
16	Jahna	2300010072	D	F
17	Jagadeesh	2300010070	D	M
18	Vishwa	2600040420	H	M
19	K. Manish	2300010057	D	M
20	Harini	2300010103	D	F
21	Sai	2600070054	H	F
22	Thusharika	2600010034	D	F
23	M. Thanushika	2600010140	H	M
24	Abhishek	2600032422	H	M
25	Sai	2600032423	H	M
26	Avinash	2600040435	H	M
27	U. Chanikya	2300010042	D	M
28	Sharath V	2300010047	D	M
29	T. Nani	2300010065	D	M
30	K. Neha	2300010038	D	F
31	Suchitra K	2300010012	H	F
32	Nandhini	2300010010	D	F
33	Surya	2300010013	D	M
34	Abdul	2300010040	D	M