



Date: 01.01.2021

Venue: KLEF (Online Event)

YOGA Programme

Description of the Event:

On January 1ST 2021, KLEF-CEA had conducted “YOGA” webinar. This event is conducted in the presence of Mr. K.V.N MURTHY garu, Yoga faculty in DR. B.Ambedkar University, Srikakulam. We create awareness on some Health Tips and Yoga poses related to some health problems like Diabetes and Obesity.

In this webinar many of the participants got awareness on YOGA. Mr. K.V.N Murthy explain about history of yoga, diet plan for good health, how to breath correctly and yoga poses related to some health problems. Mr. K.V.N Murthy discussed about the food habits that we should take in now a days with the participants. K.V.N Murthy garu conducted a practical session on yoga for one hour which is very useful to the participants .Some of the participants actively participated in practical session along with K.V.N Murthy. In the practical session K.V.N Murthy garu explained about yoga poses practically and also he explained about advantages of the yoga pose and what precaution we should take while we are doing that yoga pose. The topics which are explained by the sir are not only useful for physical fitness but also for mental strength and to create positive vibrations in our surroundings. We hope that these topics are useful to all the participants who attend this webinar.

At the end of the meeting participants actively participated in clarifying their doubts with the help of K.V.N Murthy garu. We have successfully conducted the webinar through WEBEX meetings.

Benefits:

- Participants get awareness on yoga and some health tips.
- Participants know about how to keep themselves physically and mentally fitness

No. of Students participated: 78

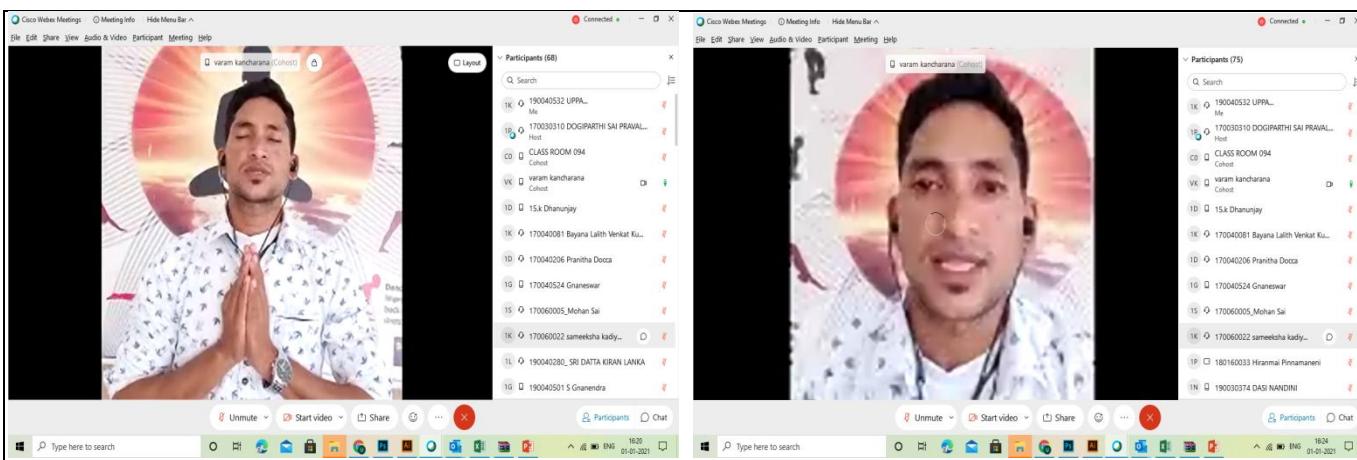
No. of Faculty participated: 14

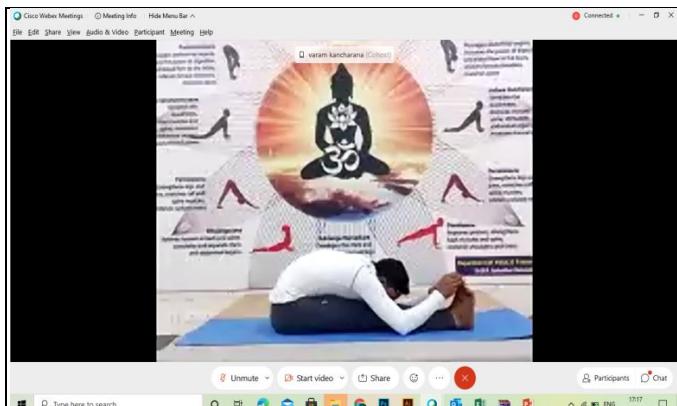
Registration Link: <http://bit.ly/yogacea>

Webinar Link:

<https://kluniversity.webex.com/kluniversity/j.php?MTID=meddcb37b33b5f21a585a c0b4b16df612>

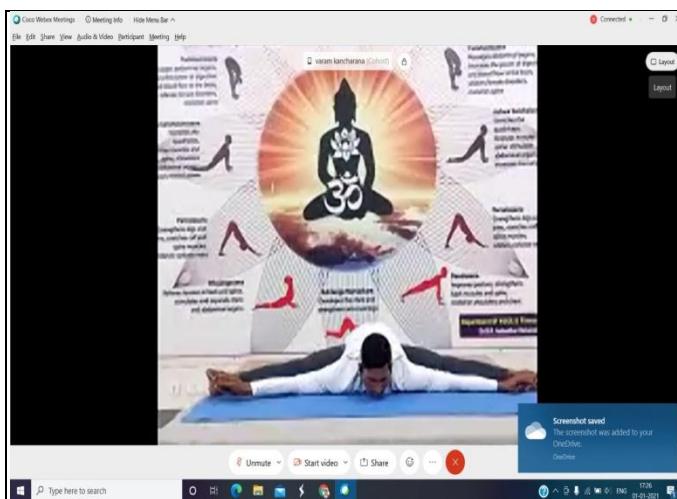
Event Photos:





Speaking: varam kanchana (Colo...)

Participants (52)
Search
17004081 Bayana Lalith Veni... 17004001 15x Dhananjay 17004005 Mohan Sai 170040022 sameeksha kadiyam 17004003 Hirnnai Pinnamaneni 1700400374 DASI NANDINI 170040286 Sri Datta Kran LANKA 170040524 Ganeswar 170060022 sameeksha kadiyam 180160033 Hirnnai Pinnamaneni 190030074 DASI NANDINI 190040286 Sri Datta Kran LANKA 190040524 Ganeswar 4379 Selvi D Surendra A.Talei Ajay CEA_1125 CLASS ROOM 094 CLASS ROOM 138
Participants
Chat
Unmute Start video Share ...



Speaking: 190040532 UPPADA GIRDHAR KARTHIK...

Participants (82)
Search
Dr.Venkateswaran 17004001 Bayana Lalith Veni... 17004001 15x Dhananjay 17004005 Mohan Sai 170040022 sameeksha kadiyam 180160033 Hirnnai Pinnamaneni 190030074 DASI NANDINI 190040286 Sri Datta Kran LANKA 190040524 Ganeswar 4379 Selvi D Surendra A.Talei Ajay CEA_1125 CLASS ROOM 094 CLASS ROOM 138
Participants
Layout
Unmute Start video Share ...

Two side-by-side screenshots of a Cisco Webex Meetings video conference interface. Both screenshots show a list of participants and their video feeds.

Left Screenshot (Meeting ID: 170040206):

- Participants (77):**
 - Speaking: varam kancharana (Cohost)
 - Dr.VenkateswaraS (Host)
 - CLASS ROOM 094 (Cohost)
 - varam kancharana (Cohost)
 - 15x Dhananjay
 - 170040081 Bayana Lalith Venk...
 - 170040206 Pranitha Docca
 - 170040234 Gnanewar
 - 10060005_Mohan Sai
 - 170060022 sameeksha kadyam
 - 180160033 Hirnmai Pinnam...
 - 190030274 DASI NANDINI
 - 4379 Sri D.Surendra
 - 4821 Dr.D.Ramesh
 - 190040532 UPPADA GHODHA...
 - 4915 Varun V
 - 5108 Dr.G.Jaya Lalitha
 - 5376 Pradeep P
 - 5885 Selvaraj V
 - 5201 Dr.KAMARENDRA
 - 5442 Sunanda N
 - 6344 Dr.P.Hari Prasad
- Participants (76):**
 - Speaking: varam kancharana (Cohost)
 - Dr.VenkateswaraS (Host)
 - CLASS ROOM 094 (Cohost)
 - varam kancharana (Cohost)
 - 15x Dhananjay
 - 170040081 Bayana Lalith Venk...
 - 170040206 Pranitha Docca
 - 170040234 Gnanewar
 - 10060005_Mohan Sai
 - 170060022 sameeksha kadyam
 - 180160033 Hirnmai Pinnam...
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Bottom Bar: Unmute, Start video, Share, Participants, Chat, 4:56 PM, 1/17/2023