



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 fit

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=meddc37b33b5f21a585ac0b4b16df612>

Event Photos:





