



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: 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/CEA/Events 2019-20

Date: 15-02-2020

Orders of the Vice Chancellor dt.15-02-2020

CIRCULAR

Sub: Conduction of Svastya (Health & Fitness) on 17-02-2020 at Vaddeswaram Village – Reg.

Ref: 1. Letter dt. 14-02-2020 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 Svastya (Health & Fitness) on 17-02-2020 at Vaddeswaram Village.

Event : Svastya (Health & Fitness)
Dates : 17-02-2020
Timings : 09:30 am to 04:00 pm
Venue : Vaddeswaram Village.

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)



[Handwritten Signature]
REGISTRAR

REGISTRAR
Koneru Lakshmaiah Education Foundation
(Deemed to be University)
Green Fields, VADDESWAREM-522 302.
Guntur District, Andhra Pradesh.



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A report on "Svastya (Health & Fitness)" on 17.02.2020 at Vaddeswaram

Description of the Event:

Team KLEF-CEA, have planned an event named "SVASTYA" to bring into limelight, the lesser known facts about HEALTH&FITNESS. It is rightly said that "HEALTH AND WEALTH". We are going to conduct an event named "SVASTYA" for the students of PRIMARY SCHOOL VADDESHWARAM on 17.02.2020, i.e., on MONDAY.

Through this event we are going to tell the students the importance of health and the tips to be healthy. This makes the students to be aware of the things around and be cautious of diseases.

We explained the students through PPTs in three rounds:

1. **HEALTH:** Vegetables and Fruits uses in our life and which gives us more benefits to our body.
2. **SNAKE AND LADDER:** it is the game which the students can understand easily about the uses of vegetables and fruits.
3. **FITNESS:** Giving some tips on meditation, running, skipping which makes us. The students of 4th and 5th standards were taught about the health and fitness. It is rightly said that "HEALTH AND WEALTH". We are going to conduct an event named "SVASTYA" for the students of 5th class on 17.02.2020, i.e., on Monday. Regular exercise improves health and fitness. Health is defined as a state of complete mental, physical and social well-being; not merely the absence of illness or infirmity. Fitness is the ability to meet the demands of the environment

Benefits:

- Reduce your risk of a heart attack.
- Manage your weight better.
- Have a lower blood cholesterol level.

- Lower the risk of type 2 diabetes and some cancers.
- Have lower blood pressure.
- Have stronger bones, muscles and joints and lower risk of developing osteoporosis.

Details of the Event

Name of the Event : Svastya (Health & Fitness)
Date of the Event : 17/02/2020
Time : 09:30 am to 4:00pm
Venue : Primary School, Vaddeswaram Village
No. of Participants : Students: 82, Faculty & Staff: 05
No. of Beneficiaries : 250

Event Photos:



To create Awareness to primary students about importance of health and the tips to be healthy

Participated Volunteers List:

ID. No	Name of the Student	Branch	Year	Signature
1700340398	K. Mahesh	ECE	3 rd	Mahesh
180050002	K. Poshan Kumar	ECSE	2 nd	Posha
180060031	P.S. Prudhwi	BEE	2 nd	Prudhwi
170060012	G. Sandeep	BEE	3 rd	Sandeep
160030267	Ch. Pooja	CSE	4 th	Pooja
180030185	Ch. Silva Reja	CSE	3 rd	Silva Reja
180010077	P. Venkatesh Reddy	BT	2 nd	Venkatesh
180050058	G. Ravindra	EES	2 nd	Ravindra
170040769	S. DEEPIKA	ECE	3 rd	DEEPIKA
180010007	J. Sri Teja	BT	2 nd	Sri Teja
190081110	V. Pravalika	CSE	3 rd	Pravalika
170050007	A. Bhavya	ECSE	3 rd	Bhavya
170050139	E. Tarun	ECSE	3 rd	Tarun
180010002	D. Sai Madhav	B.T	2 nd	Sai Madhav
170050045	Z. Sarjann	ECSE	3 rd	Sarjann
170060081	B. Lalith	ECE	3 rd	Lalith
170050117	P. Sindhu	ECSE	3 rd	Sindhu
180010011	K. Sweeth	B.T	2 nd	Sweeth
190030300	D. Manasa	CSE	3 rd	Manasa
180030095	T. Anil Kumar	CSE	2 nd	Anil Kumar
180010013	N. SIBINI	BT	2 nd	Sibini
180069013	G. Sai Lakshmi	ECE	2 nd	Sai Lakshmi
180050089	A. Ranyasree	ECSE	2 nd	Ranyasree
180010024	G. Saleem	BT	2 nd	Saleem
190030587	K. Priyanka	CSE	3 rd	Priyanka
180060026	S.K. Tafar	ECE	2 nd	Tafar
170050106	A. Vithika	ECSE	2 nd	Vithika
160070070	D. Prabhangan	Mech	4 th	Prabhangan
190610061	V. Raksh	BT	2 nd	Raksh


Dr. P. Gottu Krishna
 Programme Coordinator
 Centre for Extension Activities (CEA)
 Koneru Lakshmaiah Education Foundation
 (K L Deemed to be University)
 Vaddeswaram-522 502.

ID.No	Name of the Student	Branch	Year	Signature
180070053	I Rahul	Mech	2 nd	Rahul
160070032	B. Vittal Lokesh	Mech	4 th	Lokesh
170040024	A Bhargav Sai	ECE	3 rd	Bhargav
170020003	B. Sai Ram	Civil	2 nd	B. Sri Ram
170010041	A. Sindhu	BT	3 rd	Sindhu
170030053	A. Lakshmi	CSC	3 rd	Lakshmi
180060017	S. Subba Rao	EEE	2 nd	Subba
180060029	T. Varun Kumar	EEG	2 nd	Varun
170020070	S. Akhil Sai	CSE	3 rd	Akhil
160070001	P. Subhalax	Mec	2 nd	Subhalax
170050030	S.P. Hemant	ECM	2 nd	Hemant
160060004	Santosh Reddy	EEE	4 th	Santosh
170030111	B. Prem Kumar	CSE	3 rd	Prem
170030018	A. Bhuvaneshwar	CSE	2 nd	A. Bhuvan
180050025	K. Abhinav	ECM	2 nd	Abhinav
160070022	B. Krishna Sai	Mech	4 th	Krishna
180050027	B. R. Subroja	EEE	2 nd	Subroja
170040161	Ch. Amrutha Varshini	ECE	2 nd	Amrutha
180070065	K. Vignesh Venkat	Mech	2 nd	Vignesh
180080086	V. Sai Sanjay	ECM	2 nd	Sanjay
170010008	K. Hemant	BT	3 rd	Hemant
170040051	A. Devi	ECE	3 rd	A. Devi
180060019	D. Sai Venkat	EEE	2 nd	Venkat
160070013	A. Mohan	Mech	4 th	Mohan

ID. No	Name of the Student	Branch	Year	Signature
180010028	M. Sushmitha	BT	2nd	M. Sushmitha
160030820	M. Sree Lasya	CSE	4th	M. Sree Lasya
160030600	K. Sushma	CSE	4th	K. Sushma
160070352	Subhara	Mech	4th	Subhara
160040148	Ch. Meghna	ECE	4th	Meghna
160070211	M. Saraju	Mech	4th	Saraju
160040669	P. Srujanika	ECE	4th	P. Srujanika
160040081	B. Satish	ECE	4th	B. Satish
160040975	Y. Thanmai	ECE	4th	Thanmai
160030906	T. Hanish	CSE	4th	Hanish
160040830	S. Meghana	ECE	4th	Meghana
180020035	P. Raju	CSE	2nd	Raju
160040891	T. Venkataswaroreddy	ECE	4th	T. Venkataswaroreddy
160030209	S. Priya	CSE	4th	Priya
180010048	M. Babitha	BT	2nd	Babitha
160040989	Y. Titandra	ECE	4th	Titandra
180060069	K. Hima Varshini	BT	2nd	K. Hima Varshini
180010076	T. Padma	BT	2nd	Padma
17005018	V. Saijaya	ECSE	2nd	Saijaya
170031370	V. Rohith	CSE	3rd	Rohith
180031489	K. Prathvika	CSE	3rd	Prathvika
160030828	M. Harshita	CSE	4th	Harshita
180050029	M. Moulika	ECM	2nd	Moulika
160030930	N. Saisree	CSE	4th	N. Saisree
180050024	V. Madhuri	ECSE	2nd	Madhuri
160040890	Y. Srujanika	CSE	4th	Y. Srujanika
1600040897	Harshitha. P	CSE	4th	Harshitha
1600040888	Moulika. M	CSE	4th	Moulika
1600080876	Deepthi. T	CSE	4th	Deepthi

Dean (Student Affairs),
 Koneru Lakshmaiah Education Foundation,
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 Green Fields, VADESWARAM-522502,
 Guntur Dist: Andhra Pradesh.