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Ref: KLEF/SA/CEA/Events 2022–23

Date: 18-10-2022

Orders of the Vice Chancellor dt.18-10-2022 CIRCULAR

Sub: Conduction of Digital World on 19-10-2022 at Pedapalem Village - Reg.

Ref: 1. Letter dt. 17-10-2022 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 Digital World on 20-09-2022 at Vaddeswaram Village.

Event

: Digital World

Dates:

: 19-10-2022

Timings

: 01:30 pm to 04:00 pm

Venue

: Pedapalem 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)

REGISTRAR

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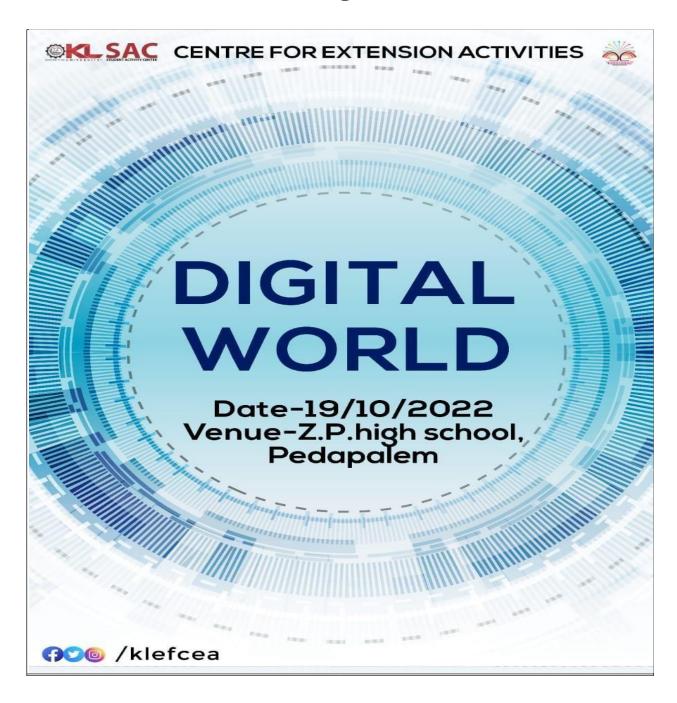
Koneru Lakshmaiah Education Foundation (Deemed to be University) Green Fields, VADDESWARAM-522 302-Guntur District, Andhra Pradesm.



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Report on "Exploring the modern world" through "Digital World" program on 19/10/2022 at Pedapalem Village



Objective

The event is the one which is very useful to create their ideas and to learn new innovative things which they have in a digital form by this event the children leave a fear of using digital gadgets habit with the help of team KLEF_CEA. We made them learn about the digitalization world and how it would be So that, they can solve the problem they are facing in the real world. They came to know the techniques of using laptops. Get rid of digital world fear and told them frequent usage of the future digital world.

Description

The program was organized on 19-10-2022 in Z.P. High School, Peda Palem village, Andhra Pradesh, under the National Service Scheme (NSS) of the university. Necessary arrangements were made by seeking permission from the authorities of Z.P. High School in Peda Palem village. Volunteers, led by the university, arrived at Z.P. High School at 02:00 pm.

Proceedings of the event

The volunteers were divided into groups and placed under the guidance of Program Officer Mr. K. Srikanth, CEA Coordinator Mr. P. Suresh, and Mr. GVKP Chandrasekhar. They were trained in the digital world. The volunteers visited each class in the Z.P.H. School in the village to educate the students about the digital world and the growth of the digital world in society.

The awareness program emphasized the digital world and its effectiveness. After the impact of Covid-19, the world has become digitalized and now everything was based on the internet and online process and its efficiency is revolving around the world by the advancement of technology in society.

Faculty, students, and staff from KL Deemed University actively participated in the program, sharing knowledge and information about digitalization and its impact on people. The organizers expressed their satisfaction in educating people in rural areas about the digital world and the positive impact of participating in such service programs.

Outcome

The "Awareness Program on the digital world" had several positive outcomes. Firstly, the students from the Z.P.H. School understood the digitalization of the world. The program contributed to raising awareness among the students about the importance of the digital world.

The participation of faculty, students, and staff from KL Deemed University in such service programs not only benefited the students but also provided a sense of selfsatisfaction to the participants. It also helped them gain valuable experience in interacting with people, which could be beneficial for their future job interviews.

The felicitation of key individuals involved, such as Vice Chancellor Dr. G. Pardha Saradhi Varma, Pro-Chancellor Dr. TS. Jagannadha Rao, and others, highlighted the importance and recognition of the program within the university community.

Overall, the program successfully achieved its objective of creating awareness about the digitalization of the world among the students of Z.P.H. School. And to get rid of the digital world fear and told they frequent usage of the future digital world.

Details of the Event

Name of the Event : Digital World

Date of the Event : 19-10-22

Time : 1:50 pm to 4:00pm

Venue : Z P H S Peda Palem Village

No. of Participants : Students: 20, Faculty & Staff: 02

No. of Beneficiaries : 221

Event Photos:











The KLEF_CEA team conducted an event on the digital world to the students and explained about the digital world how it is playing a pivotal role in the present generations.

Participated Volunteers List:

| S.NO | ROLL NO | NAME | BRANCH | YEAR |
|------|------------|-------------|--------|------|
| 1 | 220003006 | V Varshini | CSE | 1st |
| 2 | 2200030015 | P Sowmya | CSE | 1st |
| 3 | 2200030505 | T Manohar | CSE | 1st |
| 4 | 2200030022 | U Pujitha | CSE | 1st |
| 5 | 2200015353 | T Ashritha | CSE | 1st |
| 6 | 2200030033 | M Jyotsna | CSE | 1st |
| 7 | 2200030152 | V Manikanta | CSE | 1st |

| 8 | 2200030042 | K Umeshchandra | CSE | 1st |
|----|------------|------------------|-----|-----|
| 9 | 2200030054 | Y Shunmuk Sai | CSE | 1st |
| 10 | 2200030073 | Ch Vamsi Krishna | CSE | 1st |
| 11 | 2200030079 | Sk kallil | CSE | 1st |
| 12 | 2200030087 | Ch Rajesh Kumar | CSE | 1st |
| 13 | 2200030092 | J Akash | CSE | 1st |
| 14 | 2200030100 | A Anand Harsha | CSE | 1st |
| 15 | 2200033289 | P Upendra | CSE | 1st |
| 16 | 2200033255 | K Sri Harshitha | CSE | 1st |
| 17 | 2200033248 | Sk Sameer | CSE | 1st |
| 18 | 2200033243 | P Naga likin | CSE | 1st |
| 19 | 2200033228 | M Naga Teja | CSE | 1st |
| 20 | 2200032320 | M Revanth | CSE | 1st |



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Ref: KLEF/SA/CEA/Events 2022-23

Date: 25-10-2022

Orders of the Vice Chancellor dt.25-10-2022 CIRCULAR

Sub: Conduction of Svastya on 27-10-2022 at Vaddeswaram Village - Reg.

Ref: 1. Letter dt. 25-10-2022 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 Svastya on 27-10-2022 at Vaddeswaram Village.

Event

: Svastya

Dates:

: 27-10-2022

Timings

: 01:30 pm to 04:30 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)

REGISTRAR

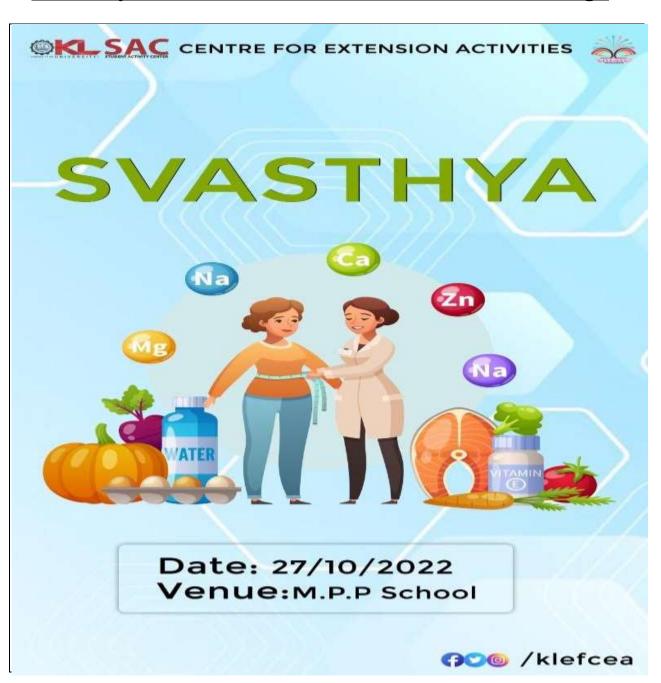
REGISTRAR
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(Deemed to be University)
Green Fields, VADDESWARAM-52, 302
Guntur District, Andhra Pradesh.



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A Report on to create awareness of Nutrition "Svasthya" on 27/10/2022 At Vaddeswaram Village



Objective

This event greatly aided to increase the awareness among the students. Students have learnt various fitness exercises, food habits to be inculcated in their regular diet. This event helped students to clear their doubts regarding food and diseases through the interactive session held.

Description

Health is the primary aspect that thrives on the well-being of mankind. Maintaining health and Body Mass Index by following various norms, fitness activities, food habits and lifestyle changes plays a vital role and thereby promotes prosperity and health. Our team KLEF-CEA had conducted an event named SVASTYA.As a part of this event; we visited Z.P High school in Vaddeswaram and taught the students over there the necessity of hygiene, health, food habits to be included in daily diet, fitness awareness.

We had played an animated video for the kids for a simpler and joyful mode to create awareness regarding health and fitness. Few of our volunteers had performed certain primary fitness exercises in front of the students and explained its benefits and also made the students do some of the exercises.

Outcome

As a part of the event, some competitions were held among the students of the school and prizes were awarded for the winners. (Running race for boys of classes 4 and 5, skipping competition for girls of classes 4 and 5) Rewards were awarded also for the students who actively participated in the interactive session of health and fitness awareness.

Details of the Event

Name of the Event : Svastya

Date of the Event : 27/10/2022

Time : 01:50 pm to 4:00pm

Venue : M.P.P. School, Vaddeswaram Village **No. of Participants** : Students: 90, Faculty & Staff: 02

No. of Beneficiaries : 350

Event Photos:













The KLEF_CEA team conducted an event Svastya to the students and its importance on the health like well-being, fitness, diet, etc.

Participated Volunteers List:

| S.NO | ROLL NO | NAME | BRANCH | YEAR |
|------|------------|------------------------|--------|------|
| 1 | 190030623 | J Yashwini | CSE | 4th |
| 2 | 2100030268 | K Nityanandha Reddy | CSE | 2nd |
| 3 | 190030361 | D Nilima | CSE | 4th |
| 4 | 190031747 | P Vijay | CSE | 4th |
| 5 | 190031112 | M Sahithi | CSE | 4nd |
| 6 | 190030414 | D Rishitha | CSE | 4th |
| 7 | 2100030248 | Ch Likitha | CSE | 4th |
| 8 | 190030453 | G Shankar | CSE | 4th |
| 9 | 190031241 | P Akhila | CSE | 4th |
| 10 | 2100030352 | M Hima Vijaya | CSE | 2nd |
| 11 | 190030208 | Bhargva Teja | CSE | 4th |
| 12 | 2100030251 | K Harshitha | CSE | 2nd |
| 13 | 2100030240 | K Shyam Kumar | CSE | 2nd |
| 14 | 2200030020 | K Praneeth Kumar | CSE | 1st |
| 15 | 2200033119 | G Praveen | CSE | 1st |
| 16 | 2200030050 | A Sai Sanjay | CSE | 1st |

| 17 | 220003124 | A Hanita | CSE | 1st |
|----|------------|---------------------|-----|-----|
| 18 | 2200030110 | I Aashritha | CSE | 1st |
| 19 | 2000040211 | M Lohith Reddy | CSE | 3rd |
| 20 | 2200033116 | K Charitha | CSE | 1st |
| 21 | 2200033118 | M Rohith | CSE | 1st |
| 22 | 2200030052 | Sk Sahith | CSE | 1st |
| 23 | 2200030096 | N Shanmukh Priya | CSE | 1st |
| 24 | 2200030084 | N Mohana Sai | CSE | 1st |



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Ref: KLEF/SA/CEA/Events 2022–23

Date: 26-10-2022

Orders of the Vice Chancellor dt.26-10-2022 CIRCULAR

Sub: Conduction of Bala Vikasam & Smart Crown on 28-10-2022 at Padavadlapudi Village – Reg.

Ref: 1. Letter dt. 17-09-2022 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 Bala Vikasam & Smart Crown on 20-09-2022 at Padavadlapudi Village.

Event

: Bala Vikasam & Smart Crown

Dates:

: 28-10-2022

Timings

: 01:30 am to 04:00 pm

Venue

: Padavadlapudi 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)

REGISTRAR

Vaddeswaram 522 302

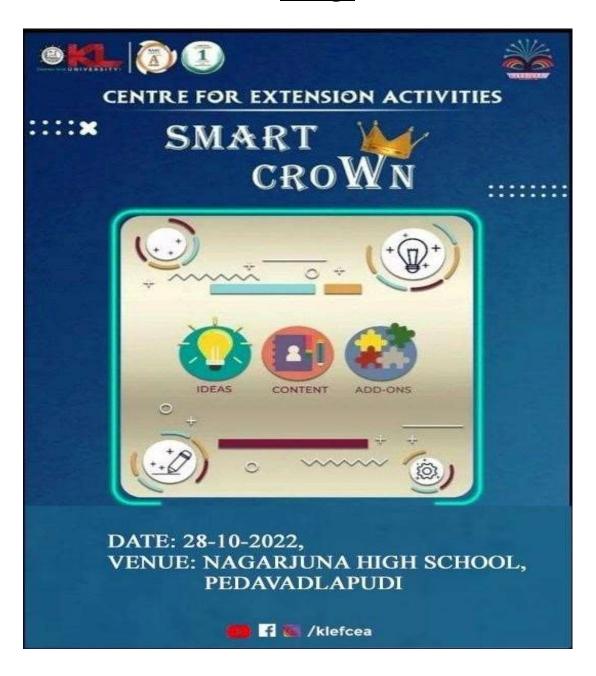
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A Report on Awareness on social Issues "Smart Crown" on 28/10/2022 At Peda Vadlapudi Village



Objective

SMART CROWN! The competition where intelligence reins supreme and the smartest individual is crowned with triumph. The esteemed team at KLEF-CEA has devised an exciting new activity that harnesses your hard work and showcases your unique smartness. The competition comprises three exhilarating rounds, each designed to bring out the best in you.

1. Elaborate:

This round celebrates your ability to analyze and visualize. Participants are presented with a picture and are required to analyze and elaborate on it using their artistic approach. It challenges your creativity and artistic interpretation skills.

2. Soposo stands for Social Problems and Solutions. This round tests your spontaneity and presence of mind. Participants are given a specific social problem and are expected to provide a solution, be it technical or non-technical, within a specified time frame. This round aims to foster critical thinking and problem-solving abilities.

The competition concludes with a fun-filled memory game in the form of word building. Participants engage in a lively challenge where they must form words within a given time limit. This game adds an element of excitement and entertainment to the event.

Improving Memory and Word Association: The Word Building Memory Game challenges participants' memory and word association skills, fostering mental agility and linguistic proficiency.

Promoting Teamwork and Collaboration: Competing in a group setting encourages teamwork and collaboration among participants, fostering a sense of camaraderie and mutual support.

Boosting Confidence: Participating in the SMART CROWN competition provides an opportunity for individuals to showcase their skills and talents, boosting their selfconfidence and self-belief.

Recognizing and Rewarding Smartness: The competition acknowledges and celebrates the intelligence and smartness of participants, providing them with a platform to receive recognition for their abilities.

Inspiring Lifelong Learning: Engaging in challenging activities like the SMART CROWN competition in stills a passion for learning and personal growth, inspiring participants to continue seeking knowledge and expanding their horizons.

Creating Lasting Memories: The competition fosters a fun and memorable experience for all participants, forging bonds and creating lasting memories that they can cherish.

In summary, the SMART CROWN competition by KLEF-CEA is a platform that generates a competitive spirit, nurtures critical thinking, raises awareness of social issues, enhances artistic expression, improves memory and word association, promotes teamwork and collaboration, boosts confidence, recognizes and rewards smartness, inspires lifelong learning, and creates lasting memories. It is an extraordinary opportunity for participants to showcase their intelligence and be crowned with triumph.

Description

The SMART CROWN competition offers numerous benefits, including: Fostering a Competitive Spirit: The competition ignites a healthy and constructive sense of competition among the students, encouraging them to put forth their best efforts.

Nurturing Critical Thinking: By presenting social problems and expecting solutions, the competition provides a platform for participants to exercise their critical thinking skills, enabling them to develop innovative approaches to real-world issues.

Raising Awareness of Social Issues: Through the Soposo round, participants gain insights into the problems that affect a larger section of society. This enhances their

understanding of social issues and helps cultivate empathy and a desire to contribute to their resolution.

Enhancing Artistic Expression: The Elaborate round allows participants to showcase their artistic abilities and explore their imaginative and creative side, promoting self-expression and artistic growth.

Outcome

Improving Memory and Word Association: The Word Building Memory Game challenges participants' memory and word association skills, fostering mental agility and linguistic proficiency. Promoting Teamwork and Collaboration: Competing in a group setting encourages teamwork and collaboration among participants, fostering a sense of camaraderie and mutual support. Boosting Confidence: Participating in the SMART CROWN competition provides an opportunity for individuals to showcase their skills and talents, boosting their self-confidence and self-belief. Recognizing and Rewarding Smartness: The competition acknowledges and celebrates the intelligence and smartness of participants, providing them with a platform to receive recognition for their abilities. Inspiring Lifelong Learning: Engaging in challenging activities like the SMART CROWN competition instils a passion for learning and personal growth, inspiring participants to continue seeking knowledge and expanding their horizons.

Creating Lasting Memories: The competition fosters a fun and memorable experience for all participants, forging bonds and creating lasting memories that they can cherish.

In summary, the SMART CROWN competition by KLEF-CEA is a platform that generates a competitive spirit, nurtures critical thinking, raises awareness of social issues, enhances artistic expression, improves memory and word association, promotes teamwork and collaboration, boosts confidence, recognizes and rewards smartness, inspires lifelong learning, and creates lasting memories. It is an extraordinary opportunity for participants to showcase their intelligence and be crowned with triumph.

Details of the Event

Name of the Event : Smart Crown

Date of the Event : 28/10/2022

Time : 01:50 pm to 4:00pm

Venue : Nagarjuna High School, Peda Vadlapudi Village

No. of Participants : Students: 25, Faculty & Staff: 02

No. of Beneficiaries : 250

Event Photos:







The KLEF_CEA team conducted an event of the smart crown for the students of the Nagarjuna High School of Peda Vadlapudi Village. The students explored skills and creative ideas in the event.

Participated Volunteers List:

| S.NO | ROLL NO | NAME | BRANCH | YEAR |
|------|------------|----------------|--------|------|
| 1 | 2100030299 | L Deepthi | CSE | 2nd |
| 2 | 2200033179 | S Rupa Devi | CSE | 1st |
| 3 | 2100030309 | M Naga | CSE | 2nd |
| | | Venkata | | |
| | | Karthik | | |
| 4 | 2200030076 | G Krishna | CSE | 1st |
| | | Satwik | | |
| 5 | 2200030081 | P Sirisha | CSE | 1st |
| 6 | 2200033169 | V Mokshitha | CSE | 1st |
| 7 | 2100030247 | Harsha | CSE | 2nd |
| | | Vardhan | | |
| 8 | 2100030259 | K Samhitha | CSE | 2nd |
| 9 | 2200030107 | J Gayathri | CSE | 1st |
| 10 | 2200033167 | Shaik Abdula | CSE | 1st |
| 11 | 2100030280 | Chanduvas | CSE | 2nd |
| | | Reddy | | |
| 12 | 2200032180 | V Rishitha | CSE | 1st |
| 13 | 2200030059 | K Karthik | CSE | 1st |
| 14 | 220003160 | K Tejomayi | CSE | 1st |
| 15 | 2100030221 | K Naga Sai | CSE | 2nd |
| | | Mohana | | |
| 16 | 2100030245 | K Sneha Latha | CSE | 2nd |
| 17 | 2200030093 | N Sai Praneeth | CSE | 1st |
| 18 | 2100030228 | K Neha Sree | CSE | 2nd |
| 19 | 2200033161 | G Shylaish | CSE | 1st |
| 20 | 2200030098 | M Manasvinee | CSE | 1st |
| 21 | 2200030190 | S Harsha | CSE | 1st |
| | | Vardhan | | |
| 22 | 2200030114 | G Tejaswi | CSE | 1st |
| 23 | 2100030848 | P R Akhil | CSE | 2nd |
| 24 | 210002041 | K Siva Ganesh | CSE | 2nd |
| 25 | 2200030301 | G Harshini | CSE | 1st |



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Ref: KLEF/SA/CEA/Events 2022-23

Date: 15-10-2022

Orders of Vice-Chancellor dt. 15-10-2022 CIRCULAR

Sub: Conduction of "Vasthra Daan" by CEA - Reg.

Ref: Letter dated 14-10-2022 from Dr.P. Gopi Krishna, Prof. In-charge (CEA), forwarded by Mr. P. Sai Vijay, Director-SAC and Dr.Ch. Hanumantha Rao, Dean (Student Affairs).

This is by direction to inform that Center for Extension Activities (CEA) is collecting garments from the staff and students of KLEF in the name of "Vasthra Daan" from 17-01-2022 to 05-11-2022 and distribute the same to the poor and orphans.

Vaddeswaran

Collection Points:

- "C" Block Lobby
- FED Entrance
- Indoor Stadium
- R & D Block
- Mech Block
- SDC Block
- New Library Building
- EEE Block
- Civil Block

Generous contributions are requested from staff and students.

REGISTRAR

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A report on donation of used clothes to the orphanages "Vasthradhan" on 08/11/2022 & 09/11/2022 at Mangalagiri & Vijayawada areas



Objective

Vasthradhan is a clothing donation that is regarded as one of life's essentials. The Vasthradhan event was successfully completed by the KLEF_CEA (Centre for Extension Activities) team in the areas with the greatest need. More than just owning them, there is joy in giving a pair of garments away and knowing that they will be used. Everyone needs life's warmth throughout the winter, thus KLEF_CEA organized Vasthradhan for those in need and those who are eagerly anticipating life's warmth while also hoping to see their smiles.

Description

KLEF_CEA team hosted an event named Vasthradhan with the intent to serve the public who are needy in a bonefide nature. Today, we throw away a lot of clothes and other textile items because they don't look good anymore but throwing away clothes is wasteful and harms the environment. It's better if we can donate our old clothes.

By donating old clothes instead of throwing them away, they conserve the earth's resources and prevent adding necessary carbon dioxide to the atmosphere. Plus, many charitable organizations recycle a lot of used clothing items too. So they can use it again to create new clothing pieces.

The team CEA (Centre for Extension Activities) conducted the event in the university by collecting old clothes from the students and distributing them in various orphanages, old age homes, and slum areas from 08/11/2022 to 09/11/2022 for the people who are striving to the thriftiness of the clothes.

Benefits:

- By the event their basic need is met.
- It is good for the environment and conserves natural resources.
- It enables the people in need to feel more confident about themselves.

Outcome

The team CEA's initiative not only provided clothing but also sparked conversations about sustainable practices, recycling, and reducing waste. The event's impact extended beyond the immediate distribution of clothes, inspiring a long-term commitment to social

service and community engagement. The team CEA's accomplishment in successfully conducting Vasthradhan exemplifies the positive impact that can be achieved through collaborative efforts. By extending a helping hand through the donation of clothes, the team CEA contributed to creating a more equitable and compassionate society.

Details of the Event

Name of the Event : Vasthradhan

Date of the Event : 08/11/2022 to 09/11/2022

Time : 09:40 am to 5:00pm

Venue : Vijayawada & Mangalagiri AreasNo. of Participants : Students: 27, Faculty & Staff: 02

No. of Beneficiaries : 1000

Event Photos:













We donated our cloths and essential things to beggars and orphans

Participated Volunteers List:

| S.NO | ROLL NO | NAME | BRANCH | YEAR |
|------|-------------|--------------|--------|------|
| 1 | 2200033238 | G.Dhanush | CSE | 1st |
| 2 | 2200033268 | U Manish | CSE | 1st |
| 3 | 2200033242 | Karthikeya | CSE | 1st |
| 4 | 2200033217 | M Savarna | CSE | 1st |
| 5 | 2200033222 | B Jansi | CSE | 1st |
| 6 | 2200033225 | R Nithah | CSE | 1st |
| 7 | 190030068 | A Sathhika | CSE | 4th |
| 8 | 190031510 | B K Husan | CSE | 4th |
| 9 | 190032911 | K Lalith | CSE | 4th |
| 10 | 190031794 | J Rishika | CSE | 4th |
| 11 | 1900031564 | S Sri Harsha | CSE | 4th |
| 12 | 2200033199 | Y Chaitanya | CSE | 1st |
| 13 | 2100030249 | Yashwanth | CSE | 2nd |
| 14 | 190031046 | M Jai Jothy | CSE | 4th |
| 15 | 190030876 | K Kavya Sri | CSE | 4th |
| 16 | 2100030260 | K Prasad | CSE | 2nd |
| 17 | 190030024 | Sk Afran | CSE | 4th |
| 18 | 190030449 | K Varthini | CSE | 4th |
| 19 | 190031234 | P Nikila | CSE | 4th |
| 20 | 190030967 | Ch Kiran | CSE | 4th |
| 21 | 2100030283 | K Sindhu | CSE | 2nd |
| 22 | 2100030001 | Sk Abdula | CSE | 2nd |
| 23 | 2100030300 | Shanmukhi | CSE | 2nd |
| 24 | 21000310029 | K Dinesh | CSE | 2nd |
| 25 | 2100030310 | M Sai Ram | CSE | 2nd |
| 26 | 2100030808 | J Harsha | CSE | 2nd |
| 27 | 2100030239 | K Karthik | CSE | 2nd |



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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 Village.

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)

Educar

REGISTRAR

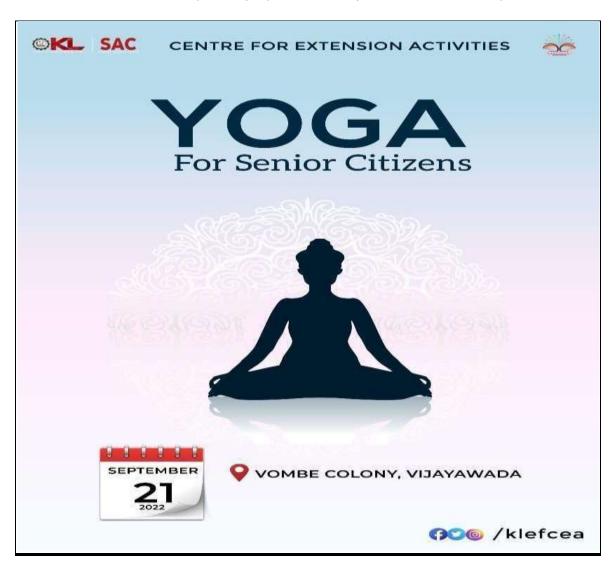
REGISTRAR
Koneru Lakshmaiah Education Foundatio
(Deemed to be University)
Green Fields. VADDESWARAM 822 302
Guntur District, Andhra Pragesii.



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

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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: 15, 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:

| S.NO | ROLL NO | NAME | BRANCH | YEAR |
|------|------------|-----------------|--------|------|
| 1 | 190030188 | B Vamsi Krishna | CSE | 4th |
| 2 | 2000130111 | G Raveesh | CSE | 3rd |
| 3 | 190031188 | N Hemalatha | CSE | 4th |
| 4 | 190031237 | P Gopi Krishna | CSE | 4th |
| 5 | 2200039031 | B Lohitha | CSE | 3rd |
| 6 | 190031646 | T Cherish | CSE | 4th |
| 7 | 2000030382 | J Naga Shankar | CSE | 3rd |
| 8 | 190030292 | Ch Abhinav | CSE | 4th |
| 9 | 2100040051 | N Rama Teja | CSE | 2nd |
| 10 | 190031513 | Sk Basha | CSE | 4th |
| 11 | 190030090 | K Anvitha Sree | CSE | 4th |
| 12 | 190030281 | S Ch Shyamala | CSE | 4th |
| 13 | 190031172 | Naveen | CSE | 4th |
| 14 | 190030674 | K Harichand | CSE | 4th |
| 15 | 190031345 | P Siddartha | CSE | 4th |



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Ref: KLEF/SA/CEA/Events 2022-23

Date: 26-10-2022

Orders of the Vice Chancellor dt.26-10-2022 CIRCULAR

Sub: Conduction of Bala Vikasam & Smart Crown on 28-10-2022 at Padavadlapudi Village - Reg.

Ref: 1. Letter dt. 17-09-2022 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 Bala Vikasam & Smart Crown on 20-09-2022 at Padavadlapudi Village.

Event

: Bala Vikasam & Smart Crown

Dates:

: 28-10-2022

Timings

: 01:30 pm to 04:00 pm

Venue

: Padavadlapudi 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)

Vaddeswarar

REGISTRAR

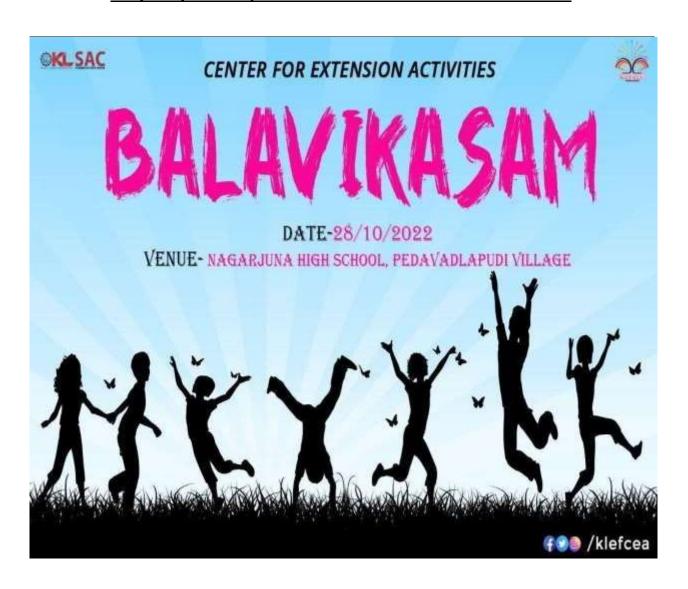
REGISTRAR
Koneru Lakshmaiah Education Foundation
(Deemed to be University)
Green Fields, VADDESWARAM-522 302.
Guntur District, Andhra Pradesh.



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"A REPORT ON BALA VIKASAM: EMPOWERING STUDENTS AND ADDRESSING GIRLS' ISSUES - 28/10/2022, PEDAVADLAPUDI VILLAGE"



Objective

The objective of the BALA VIKASAM organized by the department of BBA at KL Deemed to be a university that is very useful for children to protect themselves from their problems and motivate them with the help of (Psychologist). During this event, the children are given their responses and discuss their problems with Madam and team CEA. So, there solve the problem with is facing in the real world.

Description

The program was organized on 28-10-2022 in Nagarjuna High School, Peda Vadlapudi Andhra Pradesh under the team CEA (Center for Extension Activates) of the university.

The awareness program at the event is one which is very useful for them to protect themselves from their problem and motivate them with the help of (Psychologist). During this event, the children are given their responses and discuss their problems with Madam and team CEA. So, there solve the problem with is facing in the real world.

Faculty, students, and staff from KL Deemed University actively participated in the program. During this event, the children are given their responses and discuss their problems with Madam and team CEA.

Outcome

The BALAVIKASAM had several positive outcomes they are by an event we educated the school student about girls' problems. We were educated on how to behave in the real world by the event. Through this event, we educated on how to motivate and solve the problem phasing at the present situation. The volunteers' class visits ensured that the information reached every student in the Nagarjuna High School. Providing information on the balavikasam.

The participation of faculty, students, and staff from KL Deemed University in such service programs not only benefited the students but also provided a sense of selfsatisfaction to the participants. It also helped them gain valuable experience in interacting with people, which could be beneficial for their future job interviews.

The felicitation of key individuals involved, such as Vice Chancellor Dr. G. Pardha Saradhi Varma, Pro-Chancellor Dr. TS. Jagannadha Rao, and others, highlighted the importance and recognition of the program within the university community.

Overall, the program successfully achieved its objective of creating awareness about balavikasam and its importance and fostering a sense of responsibility toward the students of Z.P. High School.

Details of the Event

Name of the Event : Bala Vikasam

Date of the Event : 28/10/2022

Time : 01:50 pm to 4:00pm

Venue : Nagarjuna High School, Peda Vadlapudi Village

No. of Participants : Students: 25, Faculty & Staff: 02

No. of Beneficiaries : 125

Event Photos:





"The KLEF_CEA team conducted an event on Bala Vikasam, wherein they explained to the students how to face and protect themselves from various challenges."

| S.NO | ROLL NO | NAME | BRANCH | YEAR |
|------|------------|---------------------------|--------|------|
| 1 | 2100030299 | L Deepthi | CSE | 2nd |
| 2 | 2200033179 | S Rupa Devi | CSE | 1st |
| 3 | 2100030309 | M Naga Venkata Karthik | CSE | 2nd |
| 4 | 2200030076 | G krishna Satwik | CSE | 1st |
| 5 | 2200030081 | P Shirisha | CSE | 1st |
| 6 | 2200033169 | V Mokshitha | CSE | 1st |
| 7 | 2100030247 | Harsha Vardhan | CSE | 2nd |
| 8 | 2100030259 | K Samhitha | CSE | 2nd |
| 9 | 2200030107 | J Gayathri | CSE | 1st |
| 10 | 2200033167 | Shaik Abdula | CSE | 1st |
| 11 | 2100030280 | Chanduvas Reddy | CSE | 2nd |
| 12 | 2200032180 | V Rishitha | CSE | 1st |
| 13 | 2200030059 | K Karthik | CSE | 1st |
| 14 | 220003160 | K Tejomayi | CSE | 1st |
| 15 | 2100030221 | K Naga Sai Mohana | CSE | 2nd |
| 16 | 2100030245 | K Sneha Latha | CSE | 2nd |
| 17 | 2200030093 | N Sai Praneeth | CSE | 1st |
| 18 | 2100030228 | K Neha Sree | CSE | 2nd |

| 19 | 2200033161 | G Shylaish | CSE | 1st |
|----|------------|---------------------|-----|-----|
| 20 | 2200030098 | M Manasvinee | CSE | 1st |
| 21 | 2200030190 | S Harsha Vardhan | CSE | 1st |
| 22 | 2200030114 | G Tejaswi | CSE | 1st |
| 23 | 2100030848 | P R Akhil | CSE | 2nd |
| 24 | 210002041 | K Siva Ganesh | CSE | 2nd |
| 25 | 2200030301 | G Harshini | CSE | 1st |



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Ref: KLEF/SA/CEA/Events 2022-23

Date: 19-10-2022

Orders of the Vice Chancellor dt.19-10-2022 CIRCULAR

Sub: Conduction of Plastic 3Rule & Nutrition Awareness on 20-09-2022 at Peda Konduru Village – Reg.

Ref: 1. Letter dt. 18-10-2022 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 Plastic 3Rule & Nutrition Awareness on 20-10-2022 at Peda Konduru Village.

Event

: Plastic 3Rule & Nutrition Awareness

Dates:

: 20-10-2022

Timings

: 01:30 pm to 04:00 pm

Venue

: Peda Konduru 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)

REGISTRAR

Vaddeswaram 522 302

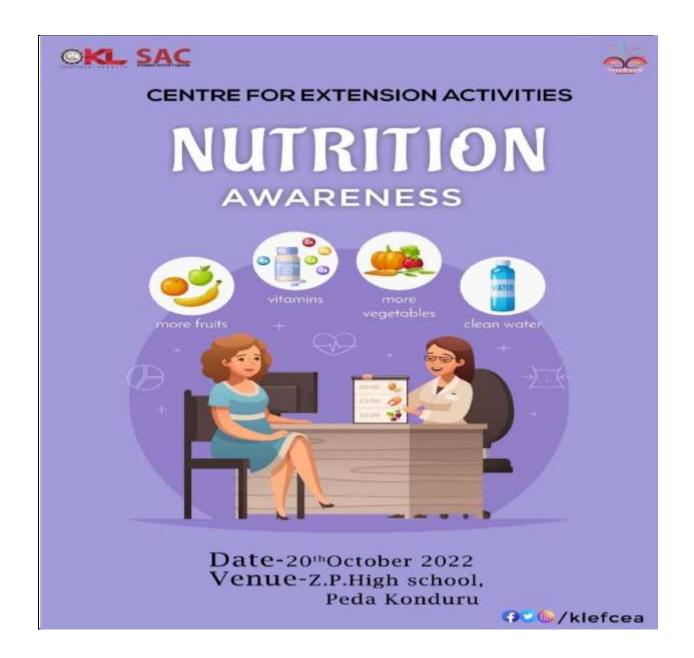
REGISTRAR
Koneru Lakshmaiah Education Foundation
(Deemed to be University)
Green Fields, VADDESWARAM-522 302.
Guntur District, Andhra Pradest.



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

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A report on Awareness among students Nutrition values "Nutrition Awareness" on 20/10/2022 at PedaKonduru Village.



Objective

A campaign was organized by Centre of Extension Activity (CEA) club of KL University,

Vijayawada to create awareness among students regarding nutritional values of food.

Description

To lead a healthy lifestyle, it is important to have sufficient knowledge on nutrition

its importance in our daily lives. It is also essential to have this awareness at a younger age

so that healthy eating becomes a habit and eventually a lifestyle. To have a clear

understanding of what the food we eat contains or the nutrients present in them, it is

essential to give nutritional awareness in foods in relation to their performance in the

maintaining the body with stamina, help in growth and repair of worn out tissues and also

to improve the body's immunity.

The event is the one which is very useful for students & their families to improve

their Health & Immunity. By this event the children are will to build a good diet plan of menu

with sufficient Nutrients with the help of team CEA. So that, they can solve their problem

which are facing in the NUTRITION.

Outcome

• By the event we educated the school student about NUTRITION AWARENESS.

O By the event we educated how to create a good health and immunity.

By this event we educated how to solve their problem in NUTRITION.

Details of the Event

Name of the Event : Nutrition Awareness

Date of the Event : 20/10/2022

Time : 1:50 pm to 4:00pm

Venue : Z P High School, Peda Konduru Village

No. of Participants : Students: 31, Faculty & Staff: 02 No. of

Beneficiaries: 250

Event Photos:





The KLEF_CEA team conducted an awareness program on the nutrition to the students and explained about the importance of nutrition to the students.

| S.NO | ROLL NO | NAME | BRANCH | YEAR |
|------|------------|--------------|--------|------|
| 1 | 2200033238 | G.Dhanush | CSE | 1st |
| 2 | 2200033268 | U Manish | CSE | 1st |
| 3 | 2200033242 | V Karthikeya | CSE | 1st |
| 4 | 2200033217 | M Savarna | CSE | 1st |
| 5 | 2200033222 | B Jansi | CSE | 1st |
| 6 | 2200033225 | R Nithah | CSE | 1st |
| 7 | 190030068 | A Sathhika | CSE | 4th |
| 8 | 190031510 | B K Husan | CSE | 4th |
| 9 | 190032911 | K Lalith | CSE | 4th |
| 10 | 190031794 | J Rishika | CSE | 4th |
| 11 | 1900031564 | S Sri Harsha | CSE | 4th |
| 12 | 2200033199 | Y Chaitanya | CSE | 1st |
| 13 | 2100030249 | K Yashwanth | CSE | 2nd |
| 14 | 190031046 | M Jai Jothy | CSE | 4th |

| 15 | 190030876 | K Kavya Sri | CSE | 4th |
|----|-------------|------------------|-----|-----|
| 16 | 2100030260 | K Vara Prasad | CSE | 2nd |
| 17 | 190030024 | Sk Afran | CSE | 4th |
| 18 | 190030449 | K Sai Varthini | CSE | 4th |
| 19 | 190031234 | P Nikila | CSE | 4th |
| 20 | 190030967 | Ch Mandu Kiran | CSE | 4th |
| 21 | 2100030283 | K Sindhu | CSE | 2nd |
| 22 | 2100030001 | Sk Abdula | CSE | 2nd |
| 23 | 2100030300 | L shanmukhi | CSE | 2nd |
| 24 | 21000310029 | K Dinesh | CSE | 2nd |
| 25 | 2100030310 | M Sai Siva Ram | CSE | 2nd |
| 26 | 2100030808 | J Harsha Vardhan | CSE | 2nd |
| 27 | 2100030239 | K Karthik | CSE | 2nd |
| 28 | 2100030230 | K Ravi Teja | CSE | 2nd |
| 29 | 2100030230 | K Sita Rama | CSE | 2nd |
| 30 | 2100030235 | K Rohit | CSE | 2nd |
| 31 | 2100030263 | K Varthan | CSE | 2nd |



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Ref: KLEF/SA/CEA/Events 2022-23

Date: 19-10-2022

Orders of the Vice Chancellor dt.19-10-2022 CIRCULAR

Sub: Conduction of Plastic 3Rule & Nutrition Awareness on 20-09-2022 at Peda Konduru Village – Reg.

Ref: 1. Letter dt. 18-10-2022 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 Plastic 3Rule & Nutrition Awareness on 20-09-2022 at Peda Konduru Village.

Event

: Plastic 3Rule & Nutrition Awareness

Dates:

: 20-10-2022

Timings

: 01:30 am to 04:00 pm

Venue

: Peda Konduru 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. 995353696)

9052359906)

REGISTRAR

Vaddeswaram 522 302

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



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A report on create awareness no plastic among the students "Plastic 3R rule" on 20/10/2022 at Peda Konduru Village.



Objective

Students dive into the three R's–Refuse or Reduce, Reuse, and Recycle–as a framework for reducing plastic waste in the environment. So we team KLEF-CEA are conducting an event named "PLASTIC 3 R RULE".

Description

The event is the one which is very useful to create awareness among students about plastic reduction. By this event the children are able to learn the ways to reduce, reuse, and recycle plastic items with the help of team CEA. So that they can follow these rules and help future generation's plastic free.

So, the team CEA (Center for Extension Activities) conducted an event called PLASTIC 3R RULE in Z.P. High School, Peda konduru Village.

Outcome

Reduce, reuse, and recycle can help local economies. Recycling creates jobs and promotes the circular flow of the economy.Reduce, reuse, and recycle provides numerous benefits beyond waste reduction and resource conservation.

Thus, reducing, reusing & recycling are essential practices for sustainable waste management that help us protect the environment, conserve resources, and create a more sustainable future. By making small shifts in our daily lives, we can greatly influence and contribute to a sustainable planet.

Details of the Event

Name of the Event : Plastic 3R rule

Date of the Event : 20/10/2022

Time : 1:50 pm to4:00pm

Venue : Z P High School, Peda Konduru Village

No. of Participants : Students: 20, Faculty & Staff: 02

No. of Beneficiaries : 200

Event Photos:





The KLEF_CEA conducted an event on the plastic 3R rule and how it will be used in the environment in order to decrease the pollution to the students.

| S.NO | ROLL NO | NAME | BRANCH | YEAR |
|------|------------|---------------------|--------|------|
| 1 | 2200030006 | V Varshini | CSE | 1st |
| 2 | 2200030015 | P Sowmya | CSE | 1st |
| 3 | 2200030505 | T Manohar | CSE | 1st |
| 4 | 2200030022 | U Pujitha | CSE | 1st |
| 5 | 2200015353 | T Ashritha | CSE | 1st |
| 6 | 2200030033 | M Jyotsna | CSE | 1st |
| 7 | 220000152 | V Manikanta | CSE | 1st |
| 8 | 2200030042 | K Umesh Chandra | CSE | 1st |
| 9 | 2200030054 | Y Shanmukh Sai | CSE | 1st |
| 10 | 2200030073 | Ch Vamsi Krishna | CSE | 1st |
| 11 | 2200030079 | Sk Kallil | CSE | 1st |
| 12 | 2200030087 | Ch Rajesh Kumar | CSE | 1st |

| 13 | 2200030092 | J Akash | CSE | 1st |
|----|------------|-------------------|-----|-----|
| 14 | 2200030100 | A Anand Harsha | CSE | 1st |
| 15 | 2200033289 | P Upendhra | CSE | 1st |
| 16 | 2200033255 | K Sri Harshitha | CSE | 1st |
| 17 | 2200033248 | Sk Sameer | CSE | 1st |
| 18 | 2200033243 | P Naga Likith | CSE | 1st |
| 19 | 2200033228 | M Naga Teja | CSE | 1st |
| 20 | 2200032332 | M Revanth | CSE | 1st |



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Ref: KLEF/SA/CEA/Events 2022-23

Date: 29-10-2022

Orders of Vice-Chancellor dt. 29-10-2022 CIRCULAR

Sub: Conduction of Rice Bowl Challenge by CEA - reg.

Ref: Letter dated 28-10-2022 from Dr.P. Gopi Krishna, Prof. In-charge (CEA), forwarded by Mr. P. Sai Vijay, Director-SAC and Dr.Ch. Hanumantha Rao, Dean (Student Affairs).

This is by direction to inform that CEA is organizing "Rice Bowl Challenge" from 31-10.2022 to 09-11-2022 in KLEF Campus and drop boxes will be placed at the following points.

- "C" Block Lobby
- FED Entrance
- Indoor Stadium
- R & D Block
- Mech Block
- SDC Block
- New Library Building
- EEE Block
- Civil Block

Generous contributions from students, faculty members and non-teaching staff are requested.

REGISTRAR

REGISTRAR
Koneru Lakshmaiah Education Foundation
(Deemed to be University)
Green Fields, VADDESWARAM-522 302.

Guntur District, Andhra Pradesh.



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A report on donate the rice to the orphanages "Rice Bowl Challenge" on 08/11/2022 & 09/11/2022.



Objective

The objective of the "RICE BOWL CHALLENGE" organized by the Department of agriculture science engineering at KL Deemed to be University was to donate the rice bags to the orphanage and raise importance of rice and food among the villagers of Mangalagiri.

Description

The program was organized on 08-11-2022 & 09-11-2022 in Mangalagiri & Vijayawada, Andhra Pradesh, under the KLEF-CEA of the university. Necessary arrangements were made by seeking required permissions.

To lead a healthy lifestyle it is important to have sufficient nutrition. It's important in our daily lives. It is also essential to have food at a younger age. But some people doesn't have enough food or at least no food to eat like some people in orphanages, old age homes, children's homes.

The awareness program emphasized the one which is very useful for the people who are in hunger. By this event the students will donate the rice and learn the importance of food which they throw as waste. They can understand the value of food with the help of team CEA. So that, the children in orphanages will understand they will donate in their future to people who are in need of food.

Faculty, students, and staff from KL Deemed University actively participated in the program, sharing knowledge and information about the food and hunger and the positive impact of participating in such service programs.

Outcome

The "RICE BOWL CHALLENGE" had several positive outcomes. Firstly, some people in orphanages, old age homes, children's homes were benefited. The program contributed to raising awareness among the students get aware of donation of food for needy people.

The participation of faculty, students, and staff from KL Deemed University in such service programs not only benefited the villagers but also provided a sense of selfsatisfaction to the participants. It also helped them gain valuable experience in interacting with people, which could be beneficial for their future job interviews.

Overall, the program successfully achieved its objective of donating rice to needy people and bringing awareness among the people.

Details of the Event

Name of the Event : Rice Bowl Challenge

Date of the Event : 08/11/2022&09/11/2022

Time : 09:30 am to 5:00pm Venues : Guntur & Vijayawada

No. of Participants : Students: 18, Faculty & Staff: 02

No. of Beneficiaries : 1200

Event Photos:









We went to villages and donated the rice of 1120 people







Translation of the clippings

Eenadu: KU students distributing rice at an orphanage

Tadepalli, Newsday: Students of KL University under Tadepalli district distributed rice for the elderly in two Ra Rashrams of Atma Kuru and Vijayawada areas on Thursday under the name Ricel Challenge. Head of Student Welfare Department Dr. Hanumantha Rao, Director of Sai Vijay Pro.incharge Dr. Gopikrishna, Associate Dean Dr. Ruth Ramya Coordinator Dr. Venkateshwarlu and others were present.

Sakshi: Distribution of rice under KLU

Tadepalli Rural: Students, faculty and non-teaching staff of Vaddeswaram KL University distributed rice to the poor, elderly, disabled and orphanages under the auspices of the Center for Extension Activities (CEA) on Thursday. On this occasion, the student department officer Ha Numantha Rao said that PGM Orphan Asylum in Atmakuru, Amma Prerna Adarana Seva Samiti in Vijayawada Vambe Colony and also distributed rice to the disabled and elderly living on the roadsides. Student Activity Center Director Sai Vijay, Associate Dean Ruthu Ramya, Gopikrishna, CEA Coordinator Venkateswarlu. Congratulated the students and volunteers.

| S.NO | ROLL NO | NAME | BRANCH | YEAR |
|------|------------|--------------|--------|------|
| 1 | 1900316604 | Ramajinayalu | CSE | 4th |
| 2 | 190030449 | G S Lahari | CSE | 4th |
| 3 | 190030170 | B Koushik | CSE | 4th |
| 4 | 210030007 | A Akshaya | CSE | 2nd |
| 5 | 190030638 | J Deepak | CSE | 4th |
| 6 | 190030927 | Lakshmi | CSE | 4th |
| 7 | 190030570 | G Manasa | CSE | 4th |
| 8 | 2100030214 | K Nishanth | CSE | 2nd |
| 9 | 2100030224 | K Kandhan | CSE | 2nd |
| 10 | 2100030228 | K Vedha Sri | CSE | 2nd |
| 11 | 2100030246 | K Lasya | CSE | 2nd |
| 12 | 2100030302 | D Krishna | CSE | 2nd |
| 13 | 200003053 | A Nani Satya | CSE | 3rd |
| 14 | 2100020022 | M Durga Sai | CSE | 2nd |
| 15 | 190030404 | D Akhil | CSE | 4th |
| 16 | 2000030679 | N Chaitanya | CSE | 3rd |
| 17 | 2000030791 | T Amurtha | CSE | 3rd |
| 18 | 190030810 | К Теја | CSE | 4th |



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Ref: KLEF/SA/CEA/Events 2022-23

Date: 19-09-2022

Orders of the Vice Chancellor dt.19-09-2022 CIRCULAR

Sub: Conduction of Menstrual Hygiene on 20-09-2022 at Vaddeswaram Village - Reg.

Ref: 1. Letter dt. 17-09-2022 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 Menstrual Hygiene on 20-09-2022 at Vaddeswaram Village.

Event

: Menstrual Hygiene

Dates:

: 20-09-2022

Timings

: 01:14 pm 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)

Vaddesvæl am

REGISTRAR

REGISTRAR
Koneru Lakshmaiah Education Foundation
(Deemed to be University)
Green Fields, VADDESWARAM-522 300
Guntur District, Andhra Pragesn.



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

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A report on awareness on menstrual for girl children's "Menstrual Hygiene" to girlchildon20/09/2022atVaddeswaram Village



Objective

Menstruations are the ultimate weapon of recreation. Apart from severe physical pain, menstruations require nurturing, care, and especially no period shaming. Menstrual health plays a pivotal role in every girl's and woman's life. Maintaining a balanced diet and ample exercise, aids in good menstrual health. Hygiene during this period of time reduces many adverse effects of post-adolescent and post-menopause. We, team KLEF-CEA, conducted an event named "Menstrual Hygiene", which promotes precautions and awareness regarding menstruation.

Description

Menstruations are the ultimate weapon of recreation. Apart from severe physical pain, menstruations require nurturing, care, and especially no period shaming. Menstrual health plays a pivotal role in every girl's and woman's life. Maintaining a balanced diet and ample exercise aids for good menstrual health. Hygiene during this period of time reduces many adverse effects of post-adolescent and post-menopause.

Our team KLEF-CEA successfully accomplished the event "menstrual hygiene" after some substantial ground works. The event was held with a motto of educating girls at their puberty to deal with the most common biological change that happens with their body which is, "periods". As a part of this event, our volunteers interacted with the girls of the municipal high school, Mangalgiri, and enlightened them about the amount of care and nurturing that their bodies require during their menstruation. The event created awareness among many girls and encouraged them to share their concerns regarding periods without any embracement.

This is a step taken toward the vision leading to "No period shaming". The girls were educated about the necessity of sanitary napkins and the right manner to use them. They also thought about the ways to dispose of sanitary napkins. Our volunteers also projected a

PowerPoint presentation in the classrooms showing the video elaboration regarding the usage of menstrual cups.

Outcomes

Educated young girls regarding menstrual hygiene and explained the science behind periods. Addressed their problems and suggested a few medically proven natural remedies. A step against period shaming.

DetailsoftheEvent

NameoftheEvent : MenstrualHygiene

DateoftheEvent : 20/09/2022 Time :

01:45pmto4:00pm

Venue : Z.P.HighSchool,Vaddeswaram Village

No.of Participants : Students:18,Faculty&Staff:02

No.ofBeneficiaries 220

EventPhotos:





KLEF-CEA volunteers explain girls in the school regarding Menstrual hygiene.



The KLEF_CEA conducted an awareness program on menstrual hygieneto the maintain the menstrual hygiene.

students and its importance

NewsClippings



రుతుక్రమ మార్పులపై అవగాహన అవసరం

తాదేపల్లి. స్యూస్ట్ మార్కులపై అవగాహన కలిగి ఉండా అని పలువురు వ్యక్తలు అన్నారు. తాడేపల్లి పరిధిలోని వడ్డే శ్వరం జడ్పీ ఉన్నత పాఠశాలలో కేఎల్యూ విడ్యార్జి సంక్రేమ విజాగం అధ్వర్యంలో పాఠశాల విద్యార్థులకు మంగ శవారం అవగాహన కల్పిందారు. నెలసరి సమయంలో వస్రాన్ని ఉపయోగించడం వల్ల తడి సరిగా పోకపోవడం చర్మవ్యాదులకు ఆస్కారం కలుగుతుందని తెలిపారు.

Date: 21/09/2022 EditionName: ANDHRA PRADESH(AMARAVATI GUNTUR) PageNo:

కేఎల్యూ అధ్వర్యంలో బాలికలకు అవగాహన

తాడేపల్లి దూరల్: తాడేపల్లి దూరల్ పరిధిలోని వడ్డేశ్వం కేఎల్ యూనివర్సిటీ స్వాడెంట్ యాక్టి విటీ సెంటర్లోని సెంటర్ ఫర్ ఎక్స్టెన్షన్ యాక్షిబిటీస్ మరియు బయో టెక్సాలజీ వలం టీర్లు మంగళవారం స్థానిక జిల్లా పరిషత్ హైస్కూల్లో రుతుక్రమ మార్పులపై బాలిక లకు అవగాహన కార్యక్రమం నిర్వహించారు. బాలికలకు నెలసరి సమయంలో తీసుకోవా ల్సిన జాగ్రత్తలపై సూచనలు, సలహాలు అంద బాలికల యుక్తవసులో వచ్చే మార్పులు కారీరక, మానసిక మార్పులపై తల్లిదండులు జాగ్రత్తగా ఉండాలని సూచిం కార్యక్రమంలో విద్యార్ధి విభాగం అధికారి డాక్టర్ హనుమంతరావు. స్టూటెండ్ యాక్టివిటీ సెంటర్ డైరెక్టర్ సాయి విజయ్, సి.ఈ.ఎ. ఇన్చార్జి డాక్టర్ గోపీకృష్ణ. సీఈఏ కో ఆర్థినేటర్ డాక్టర్ వెంకటేశ్వర్లు పాల్గొన్నారు.

Wed, 21 September 202 https://epaper.sakshi

NewspaperreportonKLEF-CEAevent

కెఎల్యులో విదాల్థినులకు అవగాహన

డ్రజాశక్తి -తాడేపల్లి రూరల్: కేఎల్ యూనివర్సిటీ, స్మాడెంట్ యాక్టివిటి



ఆధ్వర్యంలో మంగళవారం 8,9 తరగతుల విద్యార్థినులకు రుతుక్రమం సమయంలో తీసుకోవాల్సిన జాగ్రత్తలపై అవగాహన కార్యక్రమాన్ని నిర్వహించారు. యుక్త పయసులో బాలికల తీసుకోవాల్సిన జాగ్రత్తలపై, శారీరక మార్పులపై, ఎలాంటి పౌష్టిక ఆహారం తీసుకోవాలో పలు సూచనలు చేశారు. రుతుక్రమ సమయంలో కాత్ ఉపయోగించడం వలన కలిగే మార్పులను కేఎల్ యూనివర్సిటీ స్వుడెంట్స్,వాలంటీర్మ అవగాహన కల్పించారు. ఈ కార్యక్రమంలో కేఎల్ యూనివర్సిటీ డీమ్స్ డాక్టర్ హనుమంతరావు, డాక్టర్ గోపిక్భష్ట, సాయి, వెంకట్ తదితర ట్రొఫెసర్మ, వాలంటీర్మ పాల్గొన్నారు.

మీచెంటింద్ర రుతుక్రమ మార్పులపై అవగాహన అవసరం



విశాలాండ్ల-తాడేపల్లి : యుక్త పయనులో బాలికలు రుశుణమంలో వచ్చే మార్చు లప్లై అవగాహన కలిగి ఉందాంగి కేఎల్ యూనిన ర్విటిలోగి స్వాడెంటి యాక్డిపెటీ సెంటర్(శాక్)లోగి సెంటర్ ఫర్ ఎక్కెష్డన్ యాక్డిపెటీస్గుతుని అయో నిక్కాలక పలంటీర్లు విద్యార్థులకు అవగాహన కల్పించారు. మంగళ వారం స్వేసిక వద్దేశ్వరం గ్రామంలోగి జబ్బీ హైస్పూల్లో ఎసిమిది, తొమ్మిలో కరగతిలలోనే యుక్తవయను జాలికలకు నెలవరి సమయంలో తీసుకోవాల్సిన జాగ్గత్తలప్లై పలు సూచనలు నలహాలు అందజేతారు. వెలవరి సమయంలో త్రావ్ ఉపయోగించడం పలన తదీ నరిగా పోక దర్మ బ్యాదులు వస్తాయని తెలిపారు. సుసరి పట్ల పిల్లలకు తల్లిదంట్రులు తగిన జాగ్గత్తలు చెప్పాలని వలంటీర్లు తెలి పారు. బాలికల యుక్త వయసులో వచ్చే మార్చులు శరీరక, మానగుక మార్చులు పట్ల తల్లిదంట్లులు జాగ్రత్తగా ఉందాలని తెలిపారు. నెలవరి సమయంలో బాలిక్రకుంలో విద్యార్థి విభాగం అధికారి దాశ్లర్ హనుమంతరావు, స్వాడెంట్ యాక్షిపెట్ సెంటర్(శాక) చైన్యర్ సాయి పెలయే, సితిఎ స్థాన్సారు.

> Date: 21/09/2022, Edition: 100(Guntur), Page: 3 Source: https://epaper.visalaandhra.com/

Translationofnewsclippings:

Eenadu – Need to be aware of menstrual changes Tadepalli, Newstoday: Many people said that girls needto be aware of the changes in menstruation during puberty. At Vadde Swaram ZP High School under Tadepalli, under the auspices of the KLU Student Welfare Department, school students were made aware on Tuesday. He said that due to the use of cloth during menstruation, improper drainage of moisture can lead to skin diseases.

Sakshi – Awareness for girls under the auspices of KLU Tadepalli Rural: The Center for Extension Activities and Biotechnology Valam Teers of Vaddeshwam KL University Student Activity Center under Tadepalli Rural conducted an awareness program for girls on menstrual changes in the local Zilla Parishad High School on Tuesday. The girls were given instructions and advice on the precautions to be taken during their monthly periods. It is suggested that parents should be careful about the physical and mental changes that come with girls'puberty. Dr. Hanumantha Rao, Student Department Officer, SaiVijay, Director of Student Activity Center, C.E.A. In-charge Dr. Gopikrishna, and CEA Coordinator Dr. Venkateshwarlu participated.

Praja Shakthi – Awareness for students in KLU (Prajashakti aa ga Tadepalli Rural)KL University, under the auspices of Kaka Student Activity 1 Bio-Technology, organized an awareness program for the students of class 8, 9 on the precautions to be taken during menstruation. Many suggestions were given on the precautions to be taken by girls at puberty, physical changes, and what kind of nutritious food to eat. KL University students and volunteers created awareness about the changes caused by using cloth during menstruation. KL University Deans Dr. Hanumantha Rao, Dr. Gopikrishna, Sai, Venkat, and other professors and volunteers participated in this program. **Vishalandra** - Awareness of Menstrual Changes Needed Visalandhra-Tadepalli: Volunteers of the Center for Extension Activities (CEA) and Biotechnology at the Student Activity Center (SAC) of KL University havemade students aware of the changes that girls experience during puberty.

| S.NO | ROLL NO | NAME | BRANCH | YEAR |
|------|------------|------------------|--------|------|
| 1 | 1900316604 | G Ramajinayalu | CSE | 4th |
| 2 | 190030449 | G S Lahari | CSE | 4th |
| 3 | 190030170 | B Koushik | CSE | 4th |
| 4 | 210030007 | A Akshaya | CSE | 2nd |
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| 10 | 2100030228 | K Vedha Sri | CSE | 2nd |
| 11 | 2100030246 | K Lasya | CSE | 2nd |
| 12 | 2100030302 | D Krishna | CSE | 2nd |
| 13 | 200003053 | A Nani Satya | CSE | 3rd |
| 14 | 2100020022 | M Durga Sai | CSE | 2nd |
| 15 | 190030404 | D Akhil | CSE | 4th |
| 16 | 2000030679 | N Chaitanya | CSE | 3rd |

| 17 | 2000030791 | T Amurtha | CSE | 3rd |
|----|------------|---------------|-----|-----|
| 18 | 190030810 | K Dharma Teja | CSE | 4th |