



## Koneru Lakshmaiah Education Foundation

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

Accredited by NAAC as 'A\*\*' Grade University ⇨ Approved by AICTE ⇨ ISO 9001:2015 Certified

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Ref: KLEF/SA/NCC/Events/2024-25

Dt. 19-06-2024

### Orders of the Hon'ble Vice-Chancellor dt. 19-06-2024

#### CIRCULAR

Sub: Conduction of "Yoga Day" by KLEF NCC 22(A)BN on 21-06-2024.

Ref: Letter dt. 19-06-2024 from Lt V. MOUNIKA, Associate NCC officer and forwarded by  
Dr K.R.S. Prasad, Dean-student affairs.

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This is to inform that KLEF NCC 22(A) BN, is Conduction of "Yoga Day" on 21-06-2024.  
Interested can participate in the above-mentioned event along with our NCC cadets. The  
details are below:

<b>Event Date</b>	:	<b>21-06-2024.</b>
<b>Time</b>	:	<b>7.00 a.m. to 6.00 pm</b>
<b>Venue</b>	:	<b>KL University, Vaddeswaram</b>
<b>Contact</b>	:	<b>Lt V. MOUNIKA, Associate NCC officer</b>

The HoDs are directed to ensure that this information is brought to the notice of all the students of their  
respective departments.

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

## YOGA DAY

### Event Details:

EVENT	YOGA DAY
DATE	21/06/2024
NUMBER OF STUDENTS	60
NUMBER OF TEACHERS	2
NUMBER OF BENEFICIARIES	PUBLIC

### **National Cadet Corps (NCC) and the Celebration of Yoga Day at Koneru Lakshmaiah Education Foundation (KLEF)**

The National Cadet Corps (NCC) unit of Koneru Lakshmaiah Education Foundation (KLEF) is renowned for organizing exceptional events that significantly contribute to the development of cadets' fitness and health. Among these events, the celebration of Yoga Day holds a special place. Recently, the KLNCC Cadets, along with junior cadets and school students, participated in a grand Yoga Day event, showcasing their commitment to physical, mental, and spiritual well-being.

### **Preparations for Yoga Day**

In the run-up to the International Day of Yoga, the NCC unit conducted a series of practice sessions for cadets. These sessions were meticulously designed to educate the cadets about the essence of yogic exercises and their profound impact on individual health. Under the guidance of experienced yoga instructors, the cadets learned various yoga postures (asanas), breathing techniques (pranayama), and meditation practices. The practice sessions aimed to instill a deep understanding of yoga's holistic benefits, emphasizing unity, mindfulness, and overall well-being.

### **Essence of Yoga: A Holistic Approach to Health**

Yoga, an ancient practice rooted in Indian tradition, offers a holistic approach to health. It combines physical postures, breath control, and meditation to promote physical, mental, and spiritual well-being. For the cadets of KLNCC, participating in Yoga Day was not just about performing exercises but embracing a lifestyle that fosters discipline, inner peace, and harmony with oneself and the surroundings.

The benefits of yoga are manifold. Physically, it enhances flexibility, strength, and balance. Mentally, it reduces stress, anxiety, and depression, promoting a sense of calm and relaxation. Spiritually, yoga encourages self-awareness,

mindfulness, and a deeper connection with one's inner self. By incorporating yoga into their routine, the NCC cadets at KLEF are not only improving their fitness levels but also developing a resilient and balanced mindset.

### **The Significance of Yoga Day**

Yoga Day is a significant occasion that celebrates the ancient practice of yoga and promotes its holistic benefits worldwide. Observed on June 21st every year, International Day of Yoga aims to raise awareness about the importance of yoga in leading a healthy and fulfilling life. The theme for Yoga Day varies each year, reflecting different aspects of yoga and its relevance in contemporary society. For the NCC cadets at KLEF, participating in Yoga Day added a unique dimension of discipline, patriotism, and health awareness to the event. The cadets, dressed in their NCC uniforms, performed synchronized yoga postures with precision and dedication. Their participation not only highlighted the physical benefits of yoga but also underscored the values of unity, teamwork, and national pride.

### **Impact of Yoga Day on NCC Cadets**

The impact of Yoga Day on NCC cadets extends beyond the physical realm. The practice sessions and the main event instilled a sense of discipline and commitment in the cadets. The rigorous training and the emphasis on mindfulness helped them develop mental resilience and focus. Additionally, the collective practice of yoga fostered a sense of camaraderie and unity among the cadets, strengthening their bond as a team.

The event also served as a platform to promote health awareness among the cadets and the broader university community. By participating in Yoga Day, the cadets became ambassadors of good health and fitness, inspiring their peers to adopt a healthy lifestyle. The message of yoga's holistic benefits was effectively conveyed, encouraging students to integrate yoga into their daily routine.

### **NCC's Role in Promoting Yoga and Fitness**

The NCC unit at KLEF has consistently taken the lead in promoting fitness and health among its cadets. Through various events and initiatives, the unit has emphasized the importance of physical fitness, mental well-being, and overall health. Yoga Day is one of the many events that reflect NCC's commitment to nurturing well-rounded individuals who are not only physically fit but also mentally strong and spiritually aware.

In addition to Yoga Day, the NCC unit organizes regular fitness camps, adventure activities, and sports events to keep the cadets active and engaged. These

activities not only enhance their physical capabilities but also build their confidence, leadership skills, and team spirit. By participating in such events, the cadets develop a disciplined lifestyle that prepares them for future challenges.

## **Conclusion**

The celebration of Yoga Day by the National Cadet Corps (NCC) unit at Koneru Lakshmaiah Education Foundation (KLEF) is a testament to the institution's dedication to promoting holistic health and well-being. Through practice sessions and the main event, the cadets learned the profound benefits of yoga and embraced a lifestyle that fosters physical fitness, mental resilience, and spiritual awareness.

Yoga Day is more than just an event; it is a celebration of a timeless practice that has the potential to transform lives. For the NCC cadets, participating in Yoga Day was a meaningful experience that reinforced the values of discipline, unity, and patriotism. As they continue their journey with NCC, the lessons learned from yoga will undoubtedly stay with them, guiding them towards a healthier, balanced, and fulfilling life.

The NCC unit at KLEF remains committed to spreading the message of good health and fitness, ensuring that the essence of yoga is ingrained in the minds and hearts of the youth. Through their efforts, the cadets are not only building a strong and healthy community but also contributing to the nation's well-being, one yoga posture at a time.

**Event photos:**

Cadets participating with great enthusiasm in yoga day



"NCC cadets: Grounded in tradition, stretching towards greatness."



"Cadets grounded in yoga, soaring with pride."

## List of participants:

### STUDENT LIST:

S.No	Name of Cadet	College ID	SIGNATURE
1	Peram Venkata Brahma Reddy	2100030430	Venkata
2	PURNACHANDRA NAGA SAI SIDDHARTHA	2100040214	Siddhartha
3	SRIVIDYA SANJAMALA	2100040244	Srividya
4	NAGA SAI NIKHILA MAREPALLI	2100040380	Nikhila
5	AKUNURI CHANDHAN	2100050001	Chandhan
6	Padala Jyothika Vidya	2100050018	Jyothika
7	PILLALA SRI RAM	2100050065	Sri Ram
8	PILLALA LAKSHMAN	2100050066	Lakshman
9	PADILAM SAIRAM	2100060004	Sairam
10	VISHNU TEJA MUCHAKAYALA	2100079022	V. Teja
11	LAKA SRIDHAR	2100080250	Sridhar
12	MANTHA SRI N V R SNIGDHA SINDUSHA	2100090186	Sindusha
13	SWARNA VENKATA ASWINI	2100620042	Venkata Aswini
14	METLA PAVAN SHIVA MANIKANTA	2200030906	Pavan
15	GANTA RAJESWARI	2200031053	Rajeswari
16	BONIGI VENKATA APPALA NAIDU	2200032813	Venkata
17	KARRI POLY VIGNAN	2200033174	Poly
18	PULIBANDLA BAJAJI	2200040046	Bajaji
19	Shaik Ayaaz basha	2200010050	Ayaaz
20	BOGASAMUDRAM KAVYA	2200010075	Kavya
21	CH.MEGHANA	2200010116	Meghana
22	D.Shanmukha Ram Charan	2200030047	D. Shanmukha
23	M. JOHN KEVIN	2200030161	John
24	ARTHIMALLA JITHENDRA KUMAR	2200030165	Jithendra
25	KONDAPI SAI SASIDHAR	2200030399	Sasidhar
26	Donthiboina Naga Varma	2200030698	Naga Varma
27	P Chaitanya	2200031240	Chaitanya
28	Gumma Lenna Narmada	2200031610	Lenna
29	M.Thanuja	2200031831	Thanuja
30	GUBBALA MOHAN AYYAPPA SWAMY	2200031838	Mohan
31	CHAPPIDI GEETHIKA	2200031854	Geethika
32	KOMAL	2200032549	Komal
33	CHINTAMU HARIKA	2200032612	Harika
34	HASINEE PUPPALA	2300010021	Hasinee
35	MEKALA THILAK LAKSHMAN SAI	2300020096	Thilak
36	DESABOINA SANDEEP KUMAR	2300030161	Sandeep
37	GANJI DURGA PRASAD	2300030845	Durga Prasad
38	KURRE MOHANA PRIYA	2300030850	Mohana Priya

39	KANCHIBHOTLA BHASKARA ARUN	2300030993	<i>Arjun</i>
40	MD SAMEER AHMED	2300031449	<i>Sameer</i>
41	KODI BHAVANA	2300031631	<i>Bhavana</i>
42	RAMACHANDRAPURAPU MAHIMA VARSHINI	2300031837	<i>Varshini</i>
43	KURMALA NAGAMANI KANTESWARA RAO	2300031871	<i>Kanteswara</i>
44	TATA SIDDHARTH	2300031887	<i>Siddharth</i>
45	GOPLE PAVAN KUMAR	2300032109	<i>Pavan</i>
46	CHANDALURI PAVAN DURGA SAI GUPTA	2300032476	<i>Pavan Gupta</i>
47	VEMULAVALASA DEEPAK BANGARAM	2300032518	<i>Deepak Bangaram</i>
48	SUNDARA GANESH BABU	2300032628	<i>Ganesh Babu</i>
49	T YASHASVINI	2300032658	<i>Yashaswini</i>
50	MATTAPARTHI BHAVANA SAI YASASWINI	2300033012	<i>Bhavana</i>
51	KOMMI RESHMA CHOWDARY	2300033252	<i>Reshma</i>
52	CHALLA MAHESH REDDY	2300033280	<i>Mahesh</i>
53	BUSUROTHU AVINASH	2300033663	<i>Avinash</i>
54	KUNKALA SRI HARSHA	2300033788	<i>Sri Harsha</i>
55	DATLA JITENDRA VARMA	2300033812	<i>Jitendra</i>
56	KOTAGIRI NAVYA	2300033834	<i>Navya</i>
57	SANAPATHI KARTHEEK	2300033880	<i>Kartheek</i>
58	PEDAMALLI VARSHA	2300080209	<i>Varsha</i>
59	NAGESWARAM SOMESWARA SAI	23000520057	<i>Sai</i>
60	CHILUKURI GOPALA KRISHNA	23000520046	<i>Gopala Krishna</i>
61	GODITHI MAHESWAR	2301510316	<i>Maheswar</i>
62	Name of Cadet	College ID	
63	Peram Venkata Brahma Reddy	2100030430	<i>Brahma</i>
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