



## **Koneru Lakshmaiah Education Foundation**

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

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### **DEPARTMENT OF PHYSICAL EDUCATION**

**DATE: 21-6-2021**

### **REPORT ON 7<sup>th</sup> INTERNATIONAL DAY OF YOGA CELEBRATIONS ON 21<sup>st</sup> JUNE 2021**

Department of Physical Education, K L E F (Deemed to be University) Guntur, Andhra Pradesh Organized the 7th International Yoga Day on 21st June 2021 from 8:30 AM to 10:30 AM in the virtual mode with great zeal and enthusiasm. Due to COVID-19 with the limited number of participants Department celebrated the 7th International Yoga Day. A practice session on yoga and the importance of yoga in our day-to-day life were clearly explained by Mr. A. Rajarao and Team of Dattakriya International Yoga Centre, AP and TS. The Special Guest for this program is our Honorable President Sri. Koneru Satyanarayana Garu addressed the participants about the aims and objectives of the International Yoga Day. On this auspicious occasion, 165 students, 134 teaching and non-teaching staff were present in the program and participated in the Yoga practice session conducted from 8:30 AM to 10:00 AM during 17th to 20th June 2021 in virtual mode. Yoga Team has conducted yoga session as per the directions of Govt. of India, Ayush Department. They demonstrated the different Asanas Pranayama and Meditation and explained the importance of various asanas for healthy lifestyle. Thereafter, the Instructors through the light on the importance of Yoga Day and emphasized each one to make the Yoga as a part in their life in the present situation as all the world suffering from COVID-19, these asanas will improve the immunity power and self-confidence. Department of Physical Education said that the university is conducting this event on regular basis for the benefit of the health of all employees of organization and celebrating International Yoga Day for every year as directed by UGC.

Honorable President Sri. Koneru Satyanarayana Garu, KLEF, Chief Guest of the program, added that the practice of Yoga is essential for good health and peace of mind. Sri. A Raja Rao Garu, Convener of Dattakriya International Yoga Centre pointed that the practice of Yoga is essential to maintain a proper balance in health as it helps to maintain proper coordination among the Trio-Mind, Body and Soul. Dr. KRS Prasad Dean (SA) and Dr. K Hari Kishore Associate Dean (Sports), KLEF while addressing the gathering stated that a centre for an effective practice of Yoga is available at KLEF and advised the faculty and students for an effective use its services.

A practical session was conducted by the instructors Smt. Sunkara Jyothi Rani, Co-ordinator of International Yoga Day, Dr. M Kameshwari, Sri. D Tirupathi Raju, Sri D Rama Krishna, Sri. Madhuri, Sri. N Sambasiva Rao, Sri. N Sudarshan, Sri. V Vijay Kumar, and Dr. Balaiah, DattaKriya Yoga Centre. Dr.Habibulla Khan, Advisor of Student Affairs, Dr. KRS Prasad, Dean (SA), Dr. K. Hari Kishore Associate Dean of Sports and Dr. JH Kamalesh, HOD of Physical Education have witnessed the programme.

**Virtual link:** <https://kluniversity.webex.com/kluniversity/ldr.php?RCID=422a7e4f86b15ca33f23ae6710f16e0f>

**Virtual Gallery:**



