



Koneru Lakshmaiah Education Foundation

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DEPARTMENT OF PHYSICAL EDUCATION

Date: 27-10-2020

A report on Yoga Shakti from 12th to 17th October 2020

Yoga Shakti programme to avoid corona and how to develop immunity power in our body through pranayama”organized by Department of Physical Education at Yoga hall from 3.30 to 5.00 PM from 12-10-2020 to 17-10-2020. We released a circular dated 03-10-2020 and provided link for online registrations. Total 38 members have registered through online. The programme was started formally by the introduction. Then the proceedings were handed over to Mr.Hari Pothuluri, Yoga Instructor. He taught Pranayama and meditation to all the participants in a wonderful manner, Total 65 faculty and staff have participated. Valedictory function was organized on 17th October 2020. Dr.Subbankara Raju, chief guest, congratulated all the participants for their active participation and he explained about the importance of Pranayama in this pandemic and he distributed the prizes for the prize winners Dr.John.H.Kamalesh, HOD Department of Physical Education conveyed vote of thanks.

The prize winners are as follows

1st position-SV Reddy - 4000 -RO

2nd position-K.srinivasa Rao-4355-ECE

3rd Position-K.Sujatha -4455-DPE



P.T.O

