



## 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

Campus: Green Fields, Vaddeswaram - 522 502, Guntur District, Andhra Pradesh, INDIA.

Phone No. 0863 - 2399999; www.klef.ac.in; www.klef.edu.in; www.kluniversity.in

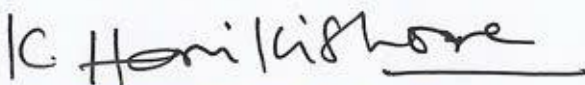
Admin Off: 29-36-38, Museum Road, Governorpet, Vijayawada - 520 002, Ph: +91 - 866 -2577715, Fax: +91-866-2577717.

### Report on 9<sup>th</sup> International Day of Yoga (IDY) on 21.06.2023.

Yoga is a healthy way of life that originated in India. Now, it is believed to be a form of science accepted all over the world. Western culture is also accepting it as a healthy form of scientific exercise. Although the origin of yoga is obscure, it has a long tradition. Yoga for a common person contains the practices of **Yama, niyama, asana, pranayama, pratyahara, kriya and meditation**, which are helpful to keep oneself physically fit, mentally alert, and emotionally balanced.

The word 'Yoga' is derived from the Sanskrit root 'yuj' which means 'join' or 'unite'. This may be taken as the union of body, mind, and soul, and is used in literature both as an end as well as a means. As an end, yoga signifies the 'Integration of personality' at the highest level. Yoga is one of the most powerful drugless systems of treatment. It has its own concept of wellness which has been scientifically understood and presented by many. Yoga can be adopted as a lifestyle for promoting our physical and mental health.

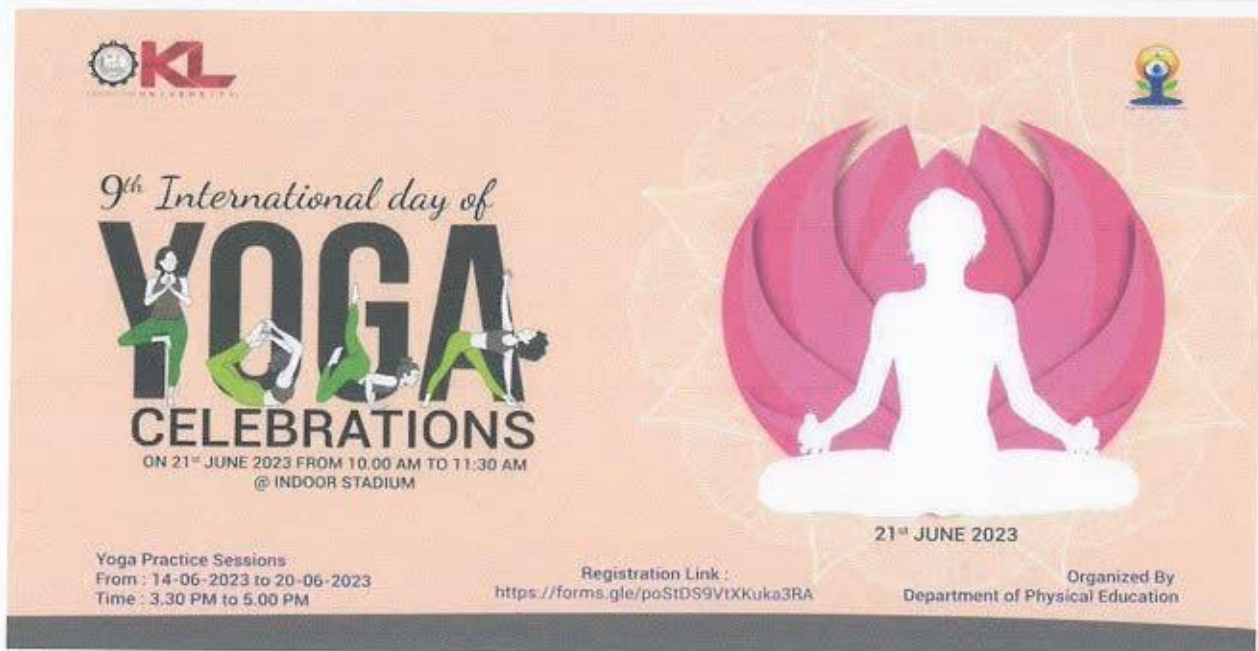
While addressing the 69th session of the United Nations General Assembly on September 27, 2014, the Honorable Prime Minister of India Shri Narendra Modi urged the world community to adopt an International Day of Yoga. He stated "Yoga is an invaluable gift of ancient Indian tradition. It embodies unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature and a holistic approach to health and wellbeing. On December 11, 2014, the 193-member United Nations General Assembly approved the proposal by consensus with a record 177 co-sponsoring countries a resolution to establish 21<sup>st</sup> June as "International Day of Yoga. With Reference to the letters received from All India Council for Technical Education (AICTE) on 11<sup>th</sup> May 2023 (D.O.No.9-4/2022-NER) and Institute Administrative Circular No KLEF/RO/IYD/2022-23 Dated 6<sup>th</sup> June 2023 regarding observation of 9<sup>th</sup> International Day of Yoga at KL Deemed to be University on 21<sup>st</sup> June 2023. KL, deemed to be University has organized the below-mentioned activities with the theme "Harmonious Mass Yoga Demonstrations".



**Dr. HARI KISHORE KAKARLA**  
Associate Dean (Sports and Games)  
Koneru Lakshmaiah Education Foundation  
(Deemed to be University)  
GUNTUR, A.P.



**REGISTRAR**  
Koneru Lakshmaiah Education Foundation  
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Green Fields, VADDESARAM-522 302,  
Guntur District, Andhra Pradesh.



The following events were organized by the KLU Yoga team in the run-up to the International Day of Yoga:

**Three-Day Yoga Residential Orientation Programme for the Advocates:** A three-day workshop on the basic training for yoga was conducted for around 80 Advocates in 2 batches; each batch consists of 40 Advocates for better personalization and involvement of the Advocates. The professional trainers taught the Advocates yoga asanas which made them familiar and well-versed with the various asanas.

Workshop Dates: 14<sup>th</sup>, 15<sup>th</sup>, 16<sup>th</sup> May 2023.

Venue: KL Deemed to be University Yoga Seminar Hall.

Participants: BAR council Members (The BAR council of the state of Andhra Pradesh)



*The BAR council of the state of Andhra Pradesh Members in KL University 3 days Yoga Workshop from 14.05.2023 to 16.05.2023.*

Mini (54) Surya Namaskar challenge:

Prior to the International Day of Yoga, the Yoga team also conducted this challenge to perform 54 Surya Namaskar on 12<sup>th</sup> June 2023. This initiative promoted Yoga and established a regular practice for a healthier lifestyle.

Regular Activity:

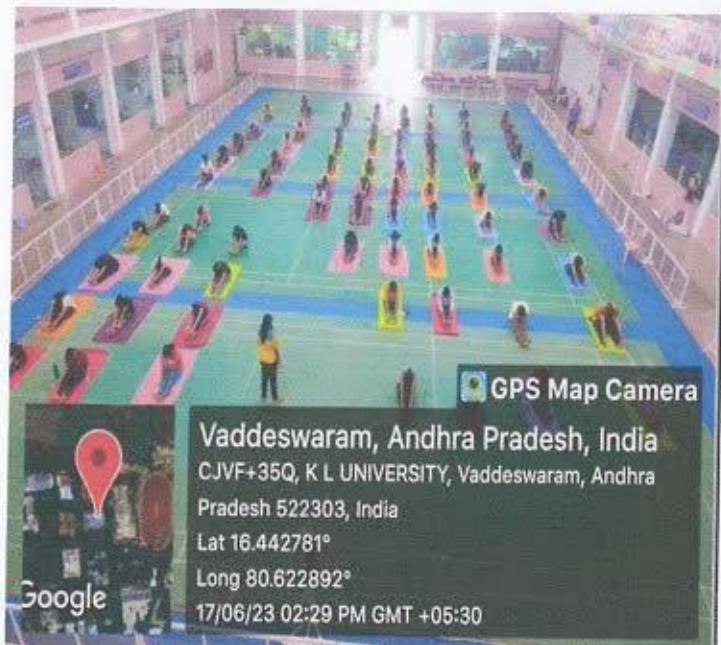
The KL Deemed to be University is organizing a "Certificate Course" programme to commemorate the 9<sup>th</sup> International Day of Yoga.

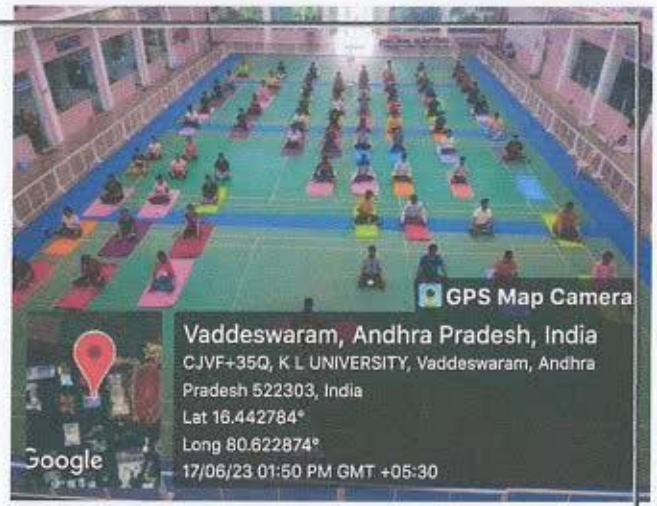
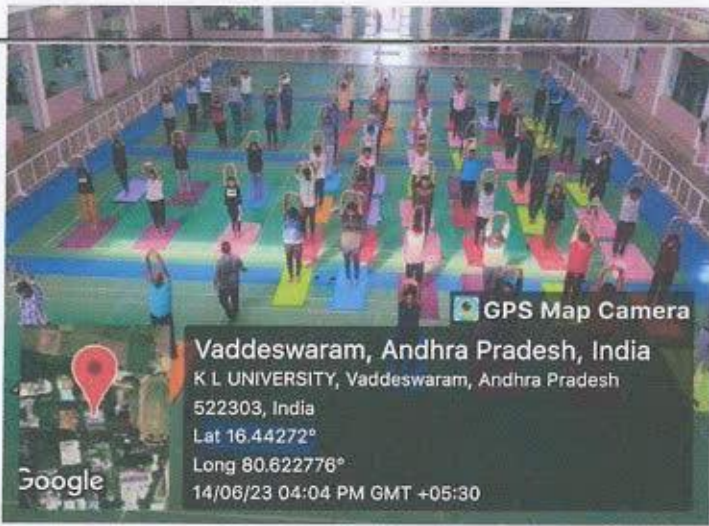
In the certificate course students are taught the following subjects:

Practicing yoga daily at university facilitates improvement in mental, social, and physical well-being, minimizing classroom self-destructive behaviors and reducing student stress.

- Improved concentration and memory
- Respect for peers and others.
- Self-regulation
- Self-confidence
- Feeling of wellbeing
- Physical fitness
- Asanas
- Poses
- Meditation

**Photo Gallery:**





*(Certificate course students Yoga class in Yoga seminar hall)*

Following competitions were held in the row of this celebration to increase enthusiasm among the KL University Community:

- Students Intramural Yoga “Pose-a-Challenge” Competition.
- Students Hostel Premier League “2-minute Yoga Challenge series “Competition.

Faculty & Staff Intramurals Yoga **Article writing competition & Poster making competition** on the theme “**Harmonious Mass Yoga Demonstrations.**”

**Yoga Camp:** KL Deemed to be University Yoga team organized a 7-day camp from 14-20 May 2023. This camp primarily focused on Yoga asanas (basic and intermediate) including breathing exercises, Surya Namaskar, and relaxation techniques. All beginners and intermediate-level practitioners were encouraged to take advantage of this camp and gear up for the coming International Day of Yoga activities. An external yoga instructor, Sri Chittala Jagadeesh (Ishanga of Ishta Yoga Foundation), instructed the sessions. Yoga camp sessions helped to increase flexibility, improve stamina, build full-body strength, and improve concentration.

### **9th International Day of Yoga” on June 21, 2023:**

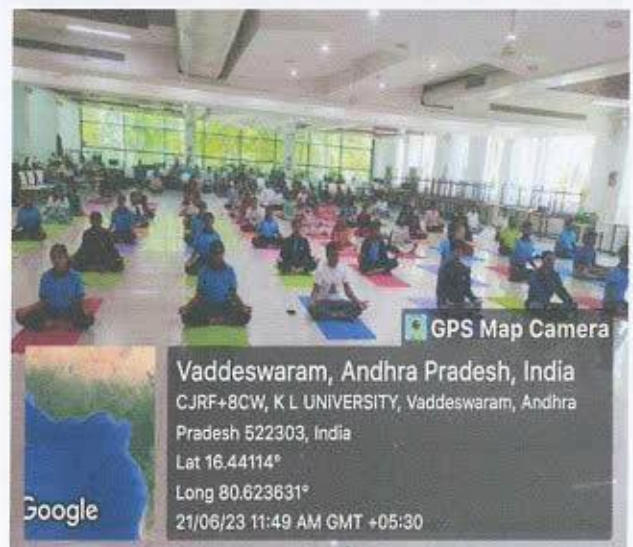
KL Deemed to be University celebrated the “**9th International Day of Yoga” on June 21, 2023.** The event witnessed the active participation of 114 faculty, students, and staff members. The session was initiated with the address of Honorable Prime Minister Narendra Modi directly from Talkatora Stadium. **Common Yoga Protocol (CYP)** was organized in the morning. KL Deemed to be University Dean Student Affairs, Dr. Ch. Hanumantha Rao & Dr Habibulla Khan Advisor (Student Affairs) welcomed the delegates, participants, and the chief guest-Sri Chittala Jagadeesh (Ishanga of Ishta Yoga Foundation)

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Warm-up exercises were taken, and all the students practiced & performed sitting and standing asanas, the importance of these was explained simultaneously. The celebration concluded with the speech of our Hon'ble Vice-Chancellor Dr. G. Pardha Saradhi Varma. He encouraged students to practice regular yoga to remain fit and improve concentration. The Hon'ble Pro-Vice Chancellor Dr. AVS Prasad addressed the participants on the importance of yoga practice in our life. All Faculties, Staff and students were taught the importance of Yoga in their life & how to maintain harmony between body and mind. The students discussed the importance of yoga, exhibited yoga postures, and promised to introduce this activity into their daily lives.

9th International Day of Yoga celebration program conducted in K L Deemed to be University with the collaboration of the Department of physical education, SAC Department & NCC 22(A) Battalion.



*[Handwritten Signature]*  
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**University authorities felicitating by Yoga Association Members on 21.06.2023.**



**Participants Group Photo on 21.06.2023.**

International Yoga Day celebrations ended with a huge success under the supervision of the Associate Dean (Sports & Games), Dr K Hari Kishore.

The "Common Yoga Protocol (CYP)" schedule is as follows:

**MORNING SESSION:**

- 7:30 AM - 8:15 AM: Common Yoga Protocol
- 8:15 AM - 8:30 AM: Address by the Dean (SA) Chief Guest Sri Chittala Jagadeesh (Ishanga of Ishta Yoga Foundation)
- 8:30 AM – 10:15 AM: Warm up exercises & sitting asanas.
- 10:15 AM – 10:45 AM: Refreshments
- 10:45 AM – 12:00PM: Standing asanas.

**AFTERNOON SESSION:**

- 3.30 pm to 4.00 pm: Reporting at the venue and Hatha Yoga Introduction
- 4.00 pm to: 5.00 pm: Yogathon (108 Surya namaskar Challenge)
- 5.00 pm to 5.05 pm: Vote of Thanks.

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Admin Off: 2A, 36-38, M. S. Road, Greenoak, Vijayawada - 520 002, PH: +91 - 866 - 3000222, 2576729

Ref: KLEF/SA/Physical Education/Yoga/2022-23

Dt. 13-06-2023

Orders of Vice-Chancellor dt. 13-06-2023

### CIRCULAR

Sub: Conduct of 9<sup>th</sup> International Yoga celebrations on 21<sup>st</sup> June 2023 -

Ref: 1. Letter dated 12-06-2023 from Dr. Ch. Hanumantha Rao, Dean (Student Affairs)

2. Orders of the Vice Chancellor dated 13-06-2023

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This is to inform to all the Faculty Members and Non-Teaching staff and Students that Department of Physical Education is organizing "9<sup>th</sup> INTERNATIONAL DAY OF YOGA" on 21<sup>st</sup> June 2023 from 10:00 AM to 11:30 AM at Indoor Sports Complex.

The Yoga Practice Session will be conducted from 14/6/2023 to 20/6/2023 from 3:30 PM to 5:00 PM at Yoga Hall in Indoor Sports Complex.

Interested Faculty, Non Teaching Staff and Students can register their names through the following link.

International Yoga Day registration link: <https://forms.gle/poStDs9VtXKuka3RA>

All the HODs / In-charges of Offices / Sections are therefore requested to ensure that this information is brought to the notice of all the Faculty and Non-Teaching Staff of their respective departments / Offices.

  
REGISTRAR (I/C)

Dr. K. SUBBARAO  
REGISTRAR (I/C)

Mail & Hard copy to: Hon'ble President, KLEF

Mail to: Hon'ble Vice-Presidents, KLEF

Mail & Hard copy to: Hon'ble Pro Chancellor

Mail & Hard copy to: Hon'ble Vice-Chancellor

Mail & Hard copy to: Pro Vice-Chancellor (Administration)

Mail & Hard copy to: Pro Vice-Chancellor

Mail to: Chief Coordinating Officer-Dr. A. Jagadeesh

Mail to: Special Officer -Dr. A. Vanj

Mail to: Advisor - NAAC & Hyderabad Operations - Prof. K.Koteswara Rao

Mail to: All Advisors / All Deans / All Principals / All Vice-Principals / Sr. Director / All Directors / Additional Deans /

All Associate Deans / Deputy Deans / PR Head

Mail to: Controller of Examinations-Dr. A.S.C.S Sastry

Mail to: DR-I / DR-II / AR-Dr. MVAL Narasimha Rao / Sr. Manager (Alumni Relations) & AR-Sri A. Krishna Rao

Mail to: Member in VC's Peshi - Sri A.V Praveen Krishna / Sri Ratna Kanth Nelapati

Mail to: Member in Pro VC (Administration)'s Peshi - Ms. M. Vasuja Devi, ECE/Ms. Sabbineni Poojitha, MBA/Mr. M. Chandan, CSE

Mail to: Principals, KLEF Off Campus Centre Ari Nagar & Bowrampet / Vice-Principals / In-charge HoD, KLEF Global Business School

Mail to: Principal CoE, Dr. T.K. Rama Krishna Rao / Coordinator-FED-Dr. MSG Prasad / Dy.Coordinator-FED, Dr. J.Somlal

  
REGISTRAR

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### List of Participation:

S. No	Name	Regd No./ EMP ID	Department
1	Patibandla Manasaveena	5132	Dean (SA)
2	Dr.Sathya D	7153	Department of Arts
3	Amit Verma	7953	AI &DS
4	Arumalla Nagaraju	7751	BES-1
5	Dr. Renuka Kolandasamy	6932	Mathematics
6	Dr. P. ITHAYA RANI	6442	CSE-Honors
7	P.V.R.Anjaneyulu	3217	skill development
8	Nichenametla Rajesh	3908	AI&DS
9	Lakshminarayana Kodavali	7894	BES-1 (CSE)
10	Dr K. Madhu Murthy	7035	English
11	Janapala Lohith Kumar	2200032949	CSE
12	Vivek Sagar	2100530068	B. Pharmacy
13	B.Kalivaraprasad	2484	BES-II(ECE)
14	Dr. Imran Ali	7829	Mathematics
15	Dr.P.V.RAVI KUMAR	4013	CSE Honors
16	Dr B V Appa Rao	1779	Mathematics
17	Dr.M.Radha Madhavi	4840	Mathematics
18	Lakkaraju Sridevi	4544	IRP
19	Dinesh R	7077	CSE Regular
20	Bakkala Santha Kumar	8004	CSE-H
21	Krrmohanrao	7191	AI&DS
22	Gayathri Devi T	7085	CDOE
23	Pothula Naga Venkat	2000620205	B.sc(HONS)Agriculture
24	Ravi Kiran D	2100620167	B.Sc. (Hons) Agriculture
25	Pittu Suresh	4099	SAC
26	Shaiksameera	2200030175	CSE
27	Hari Priya Pinelli	2000620149	Agriculture
28	Dr Sateesh Kumar Deevi	2999	Mathematics
29	Dr.V.B.V.N. Prasad	4269	Engineering Mathematics
30	G. Venkata Ramana Reddy	3155	Mathematics



31	Dr.P.Srinivasan	7068	Hotel Management
32	Dr.T.Eswarlal	3035	Mathematics
33	Kakarla Hari Kishore	2457	ECE
34	Sanjane Bobbala	2200630005	Commerce
35	V Rani	4539	BBA
36	P Gopi Krishna	3914	ECSE
37	Dr. Venkateswarlu Salluri	4100	SAC
38	Amarnadh	2100069001	EEE
39	Shaik Sharuk	2100060003	EEE
40	Appana Naga Suresh	2100069007	EEE
41	O Maha Goutham	2100060008	EEE
42	Tadepalli Anand Kumar	2100069049	EEE
43	Tirumala Phanendra	2100069015	EEE
44	Mamidi Ajay Kumar	2100069071	EEE
45	Lokesh Kumar	2100069082	EEE
46	Ganesh Babu	2100069076	EEE
47	Yaseen	2100060005	EEE
48	P Sudarshan Saketh	2100069080	EEE
49	V.Eswar Subrahmanya Sai	2100069032	EEE
50	Marri. Naveen	2100060006	EEE
51	Ch.Venkat Teja	2100069045	EEE
52	Varshith Bandaru	2100069011	EEE
53	Karam.Pranayteja	2100069036	EEE
54	Ede Venkatesh	2100069021	EEE
55	Mareboyina Karthik Yadav	2100069057	EEE
56	Manne Harsha Vardhan	2100069006	EEE
57	Tadi Kumara Swamy	2100069003	EEE
58	Maddineni Hrutesh Ram	2100069018	EEE
59	Pydi Pavan Gopal	2100069004	EEE
60	Dhanush Narasimha.Putta	2100069010	EEE
61	Y. Bhavitha	2100060014	EEE
62	Panga Bhaskara Rao	2100069022	EEE
63	Chintham Indu	2100069039	EEE

64	K.Varalakshmi	2100069052	EEE
65	Vasa Venkata Pavani Sri	2100069050	EEE
66	T Chandra Shekhar Reddy	2100060002	EEE
67	G.Sharath Kumar Reddy	2100069068	EEE
68	B. Sumalika	2100069053	EEE
69	Killi Murali Manoj	2100069013	EEE
70	Jajula Sreenivasulu	2100069044	EEE
71	D Venkateswara Reddy	2000620188	Agriculture
72	Vegi Kanditeswar	2100069033	EEE
73	Mallampati Yashitha Grace	2100069048	EEE
74	Adi Sai Sree	2000620141	Agriculture
75	P. Mohan Krishna	2100069017	EEE
76	Kanda.Mani Krishna	2100069087	EEE
77	Kasilinka Vamsi Krishna	2100069086	EEE
78	Karamsetti Charan Datta Sai	2100060025	EEE
79	Karthik Reddy Mopuru	2100069066	EEE
80	Tanni Raju	2100069058	EEE
81	Manchikanti Subhash	2100069046	EEE
82	P. Vinay Kumar Reddy	2100069077	EEE
83	Satti Bharat Sai Naga Babu	2100069072	EEE
84	Kari. Tarun Datta	2100069034	EEE
85	Lohitha Lakshmi	2100069056	EEE
86	Kolli Sujran	2100060034	EEE
87	G.Divya Teja	2100059005	EEE
88	Sirisha Ankala	2100069070	EEE
89	Challa Papinaidu	2100069083	EEE
90	Marcharla Venkata Kusal	2100069063	EEE
91	P. Venkata Prasanth	2100069081	EEE
92	P. Sampath	2100069026	EEE
93	P.Saikarthik	2100069038	EEE
94	Mohammed Mishal Vempalle	2100069037	EEE
95	S Shanmukheswara Reddy	2100069051	EEE
96	M Uma Shankar	2100069085	EEE



97	Ch Naga Sai Kalyan Kumar	2100069065	EEE
98	G Sree Yuva Teja	2100069035	EEE
99	M.Geetha Gagan	2100069012	EEE
100	Banavathu Ganesh	2100069084	EEE
101	Shaik.Sameera	2200030175	CSE
102	Kodi Sandeep	2100069029	EEE
103	M.Ramanjaneyulu	2100069040	EEE
104	Sireesha Koneru	4568	ME
105	Atul Jee	2100060018	EEE
106	Surangula John Joshua	2100069030	EEE
107	L.Meghana	2100069014	EEE
108	P. Swarna Latha	2100069069	EEE
109	Badugu Mani Deepak	2100069043	EEE
110	Pasupuleti Penchal Naveen	2100069078	EEE
111	Somu Chandrasekhar Reddy	2100069079	EEE
112	Molakathalla Yogiswar Reddy	2100069064	EEE
113	P.Yashwanth	2100069059	EEE
114	Kotha Lokesh	2100069075	EEE

*K. Hari Kishore*

**Dr. HARI KISHORE KAKARLA**  
Associate Dean (Sports and Games)  
Koneru Lakshmaiah Education Foundation  
(Deemed to be University)  
GUNTUR, A.P.

*[Signature]*

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Sample Certificate:

INTERNATIONAL DAY OF  
YOGA



**CERTIFICATE**  
of Participation

THIS CERTIFICATE IS AWARDED TO  
**Ch.Venkat Teja [EEE]**

This is to certify that Shri./Smt./Kum . Ch.Venkat Teja  
with ID: 2100069045 participated in the "Yogasana Competition"  
conducted on the eve of International Yoga Day on 21st June 2023 held at  
KL University,Vaddeswaram,Guntur District.

  
HOD  
DEPT OF PHYSICAL EDUCATION

  
ASSOCIATE DEAN  
SPORTS & GAMES

  
DEAN  
STUDENT AFFAIRS

INTERNATIONAL DAY OF  
YOGA



**CERTIFICATE**  
of Participation

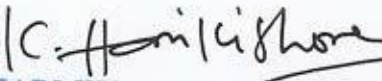
THIS CERTIFICATE IS AWARDED TO  
**DR. P GOPI KRISHNA [ECM]**


This is to certify that Shri./Smt./Kum . Dr. P Gopi Krishna  
with EMP ID: 3914 participated in the "Yogasana Competition"  
conducted on the eve of International Yoga Day on 21st June 2023 held at  
KL University,Vaddeswaram,Guntur District.

  
HOD  
DEPT OF PHYSICAL EDUCATION

  
ASSOCIATE DEAN  
SPORTS & GAMES

  
DEAN  
STUDENT AFFAIRS

  
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