

Report on the 11th International Day of Yoga 2024-25

KLEF celebrated the 11th International Day of Yoga on June 21, 2025. To prepare for this occasion, special yoga practice sessions were conducted from May 21st to June 21st, 2025.

Over 150 participants, including students, faculty, and staff, joined the celebration. The event featured:

Welcome remarks by Dr. K.R.S. Prasad, Dean (SA) and Dr. Habibulla Khan, Advisor (SA).

Keynote speech by Shri R. Hari Prakash on yoga's benefits, emphasizing its role in:

- Reducing stress and anxiety.
- Improving physical and mental well-being.
- Enhancing focus and productivity.
- Nurturing inner peace and self-awareness

Guided yoga session based on the Common Yoga Protocol, including:

- Foundational asanas (postures) for physical vitality.
- Pranayama (breathing techniques) for mental clarity.
- Meditation for relaxation and spiritual harmony

The program was overseen by Dr. K Hari Kishore, Director (Sports and Games), who witnessed the event.

The event promoted physical, mental, and spiritual well-being, showcasing KLEF's commitment to holistic education.

Key Yoga Messages:

- ✓ "Yoga is the journey of the self, through the self, to the self."
- ✓ Yoga cultivates awareness, harmony, and balance in body, mind, and spirit.
- ✓ Regular yoga practice can lead to improved physical health, mental clarity, and emotional stability.

The 100-day yoga initiative fostered daily awareness and discipline, promoting a culture of wellness. This event reflected KLEF's commitment to mental and physical well-being, empowering the academic community toward a healthier lifestyle.

Let's continue embracing yoga's transformative power for a healthier, happier life.

KLEF's 11th International Day of Yoga Celebration

Photos

Check out the photos from the event:

https://drive.google.com/drive/folders/1Kpo1qpOnBjT0bktvSxony4PObzq_W3MA?usp=sharing

Student and Faculty Participation

View participation details: <https://forms.gle/xNG4k5yrZx4Aiv1T8>

Programme Video: <https://drive.google.com/file/d/1hmUEaVyuSQjeKU4IWBCAbbizYOx562-o/view?usp=sharing>



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nif
NATIONAL
RANKED 22
AMONG ALL
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2024

ONE EARTH, ONE HEALTH

When we are in harmony with the Earth, we are in harmony with ourselves



11 th
International
YOGA DAY



YOGA Celebrations



INTERNATIONAL
YOGA DAY
21ST JUNE

Organised By
Dept of Physical Education, KLEF

Practice Sessions 21st May to 21st June 2025 3pm to 5 pm @ KLEF

21st June 2025 @ 10am to 11am, Indoor Stadium KL University | Registration : <https://forms.gle/poStDS9VtXKuka3RA>



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Ministry of AYUSH



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YOGANDHRA Celebrations



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Department of Physical Education
Collaborates with
VIVEKANANDA KENDRA, KANYAKUMARI
Vijayawada

Practice Sessions 21st May to 21st June 2025 3pm to 5 pm @ KLEF

21st June 2025 @ 11am to 12.30 pm, Indoor Stadium, KL University | Registration : <https://forms.gle/poStDS9VtXKuka3RA>

Yoga Day Plantation Programme:

KLEF's Yoga Day Plantation Programme was a meaningful initiative that combined yoga with environmental sustainability.





Yoga Certificates:

