



Koneru Lakshmaiah Education Foundation

(Category -1, Deemed to be University estd. u/s. 3 of the UGC Act, 1956)

✦ Approved by AICTE ✦ ISO 21001:2018 Certified

Campus: Green Fields, Vaddeswaram - 522 302, Guntur District, Andhra Pradesh, INDIA.

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REPORT ON 12th INTERNATIONAL DAY OF YOGA 2025-2026

KLEF celebrated the 12th International Day of Yoga on June 21, 2026. To prepare for this occasion, special yoga practice sessions were conducted from June 15th to June 20th, 2026. Over 150 participants, including students, faculty, and staff, joined the celebration. The event featured:

Welcome remarks by Dr. K.R.S. Prasad, Dean (Student Affairs) and Dr. K Hari Kishore, Director (Sports).

Keynote speech by Shri. Sharath Chandra, Isha Inner Engineering Teacher on yoga's benefits, emphasizing its role in:

- Physical Vitality.
- Mental Clarity and Emotional Balance.
- Enhancing focus and productivity.
- Evolution of body and mind towards a higher possibility.

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

Photos:

Check out the photos from the event:

<https://drive.google.com/drive/folders/1gEZNddWJQq3dGC3OmYxu4ESBypDINBT3?usp=sharing>

Check out the videos from the event:

<https://drive.google.com/drive/folders/1ZjhxaiCPKV4UAf8DxG-DKD7oszLixJ89?usp=sharing>

Student and Faculty Participation:

View participation details: <https://forms.gle/bNmVGqz5M3MqM2x69>

POSTER:



Department of
Physical Education

CATEGORY 1
UNIVERSITY
BY HIGHER COURT OF JUDGEMENT
nirf 2025 NATIONAL
INSTITUTIONAL
RANKING
FRAMEWORK
46 YEARS OF
EDUCATIONAL
LEADERSHIP
RANKED 26
AMONG ALL
UNIVERSITIES



Ministry of
AYUSH
Government of India



12th International day of



CELEBRATIONS

FROM 10.00 AM TO 11:30 AM
@ INDOOR STADIUM

Yoga Day Participation Certificate:

	Department of Physical Education	KONERU LAKSHMAIAH EDUCATION FOUNDATION Green Fields, Vaddeswaram, Guntur Dist, A.P., India, 522 302 Phone: +91 - 8645 - 350200	CATEGORY 1 UNIVERSITY BY HIGHER COURT OF JUDGEMENT	nirf 2025 NATIONAL INSTITUTIONAL RANKING FRAMEWORK	RANKED 26 AMONG ALL UNIVERSITIES	46 YEARS OF EDUCATIONAL LEADERSHIP
12th INTERNATIONAL YOGA DAY						
Participation Certificate						
This is to certify that						
Mr/Ms/Mrs. <u>Ms. Thanvika Shrestha</u>						
of <u>CSE</u> Department, has participated in the						
12th International Day of Yoga, on 21st June - 2026 held at Yoga hall, Koneru Lakshmaiah Education Foundation (KLEF) Deemed to be University, Vaddeswaram, Guntur.						
Dr. K. HANU SHORE Director (Sports)						
			KRS PRASAD Dr. KRS PRASAD (i/c Dean Student Affairs)			

Photos:





