



Koneru Lakshmaiah Education Foundation

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

Accredited by NAAC as 'A++' ♦ Approved by AICTE ♦ ISO 21001:2018 Certified

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

Phone No. +91 8645 - 350 200; 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 - 3500122, 2576129

Ref: KLEF/RO/SA/Women Dev. Cell/2022-23

Date: 21-12-2022

Orders of Vice-Chancellor dt. 21-12-2022

CIRCULAR

Sub: Seven Hour Aerobics Programme being organized by ABC Fitness Center, Vijayawada - Reg

- Ref:
1. Letter dt. 21-12-2022 from Dr. K. Ruth Ramya, Associate Dean (SAC) & Convener-Women Development Cell and forwarded by Dr. Ch. Hanumantha Rao, Dean (Student Affairs)
 2. Orders of Vice-Chancellor dt. 21-12-2022.

This is to inform all Women Faculty, Women Non-Teaching Staff and Girl Students of KLEF that Women Development Cell, in collaboration with ABC Fitness center, Vijayawada, is organizing 7 hours Aerobics programme on 27/12/22 from 10:00 A.M to 5:00 P.M at Cricket Ground, KLEF to achieve British World Records.

All the participants will be given Participation Certificate from British world Records.

Registration is free. Training will be given to the students from 21/12/2022 at Vindhya and Aravali Girls Hostel from 6.00 P.M to 8.00 P.M.

Interested candidates can fill the registration form

<https://forms.gle/rvBU23FinBe5rX6YA>

Event Coordinator(s)

1. Mrs. K. Sireesha, Assistant Professor, BES 1, KLEF.
Contact No. 9704567827
2. Mrs. K. Sony, Assistant Professor, ECE, KLEF.

Contact No. 9849106886

3. Dr. S. Poojitha, Assistant Professor, BBA, KLEF.
Contact No. 9948741986

For further details contact above mentioned Coordinators.

HoDs / In-charges of Offices are therefore directed to ensure that this information is brought to the attention of all the Women Faculty, Women Non-Teaching Staff and Girl Students in their respective departments / Offices.


REGISTRAR (I/C)
Dr. A. JAGADEESH
REGISTRAR (I/C)



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WORKSHOP ON FITNESS FOR WOMEN & GIRLS

Date : 27.12.2022
Time : 10.00 A. M to 05:00 Noon
Venue : KLEF

OBJECTIVES

The primary objectives of organizing a workshop on fitness for women and girls are to promote and enhance their physical and mental well-being. This workshop aims to educate participants about the importance of regular physical activity, provide them with knowledge on various fitness routines, and encourage the adoption of a healthy lifestyle. It seeks to empower women and girls with the tools and techniques to improve their fitness levels, build strength, increase flexibility, and boost overall confidence. Additionally, the workshop aims to create a supportive and inclusive environment where women and girls can come together to prioritize their health, break down barriers to exercise, and develop long-term fitness habits that contribute to a happier and healthier life.

DESCRIPTION

The workshop on fitness for women and girls is organized by KLEF Women Development Cell. It was a resounding success, with active participation and enthusiasm from all attendees. Throughout the program, participants engaged in various fitness routines, ranging from cardiovascular exercises and strength training to yoga and mindfulness practices. Expert instructors led informative sessions on the importance of physical fitness and its impact on overall well-being. The workshop fostered a sense of empowerment among women and girls, providing them with the tools and knowledge to prioritize their health and fitness. Attendees left the workshop with increased awareness of the benefits of regular exercise, improved physical capabilities, and a greater sense of self-confidence. The event not only promoted healthier lifestyles but also built a supportive community of women and girls who are now better equipped to pursue fitness as an integral part of their lives, contributing to their long-term health and happiness.

OUTCOMES

The outcomes of organizing the fitness workshop for women and girls were highly positive and impactful. Participants experienced improved physical fitness levels, increased strength, flexibility, and overall well-being. The workshop instilled a sense of empowerment and self-confidence, motivating attendees to prioritize their health and engage in regular physical activity. Moreover, it created a supportive and inclusive community of women and girls who

are now more likely to sustain their fitness routines and adopt healthier lifestyles. Beyond physical benefits, the workshop also emphasized the importance of mental health and self-care, leading to enhanced mindfulness and stress management skills. Collectively, these outcomes contribute to a healthier and more confident group of women and girls who are better equipped to lead fulfilling lives and inspire others in their communities to do the same.

PHOTOS



WORKSHOP ON FITNESS FOR WOMEN & GIRLS on 27/12/2022

Participated Faculty/staff List :

S.No	Emp No	Name of the employee	Department
1	2924	DR. TATINI NARENDRA BABU	ECE
2	4736	MR.JETTI KUMAR	ECE
3	4236	DR.GARIKAPATI DIWAKAR	ME
4	4909	DR.P DHANASEKHARAN	ECE
5	5757	MR.NANDETI MAHAVEER SINGH	ARTS & SCIENCE
6	4286	MR.MUPPIDI RAM BABU	ARTS & SCIENCE
7	4193	DR.G.BALAJI PRAKASH	ECE
8	5610	DR.RAJKISHOR KUMAR	ECE
9	4635	BANAVATHU.CHAMUNDESWARI	EXAM SECTION
10	5635	DR.B SIVA KUMAR REDDY	ECE
11	5394	DR.TATAVARTHY SANTHI SRI	CSE
12	5888	MR.KOTAKONDA MADHU BABU	CSE
13	4051	MR.SRUNGARAM RAVI TEJA	EEE
14	558	DR.VENKATRAM NIDUMOLU	ECE
15	4282	DR. KOMATINENI PRASAD	ECE
16	3739	DR. RAVINDHRANATH KUNTA	ECE
17	4295	MR.A.V.PRABHU	ECE
18	5395	DR.ASWIN KUMER S V	ECE
19	5889	MS.P. PADMINI RANI	CSE
20	5808	DR.M.SIVA GANGA PRASAD	ECE
21	731	DR.MADHAVAREDDY VENKATA NARAYANA	ECE
22	5884	DR.ARJUNA MUDULI	ECE
23	4452	DR.KOLLURU VENKATA RATNAM	ECE
24	5148	MS.IPSEETA NANDA	ECE
25	5069	DR.A ARAVINDAN	CE
26	4783	MR.PANDURANGA RAVI TEJA	ECE
27	4907	DR. K ARUL RAJ	ME

Participated Students List :

⑥ WORKSHOP ON FITNESS: NEW (ABC Programme, Girls Inside)

S.No	ID Number	Name of the Student	Signature
1	190031940	Gratte Samhittha	Samhittha
2	2100010113	Tanniru Pujitha	Pujitha
3	2000620187	Chandana Priya Jetti	Priya
4	210003113	manaseetha Geethika	Geethika
5	190030390	Bhavya Dhani Jetti	Bhavya
6	2200032069	Kandikatha Heling Joice	K. Joice
7	2200520163	Shanmukhi Konduri	Shanmukhi
8	2000080579	Keerthi Madelali	Keerthi
9	190080056	Kavya Rameshvarani Saitanasa	Saitanasa
10	2100040190	Kavya Sri Turmmala cheemu	Kavya
11	190030765	lakshmi Prathiyasa	Prathiyasa
12	2100590040	Rasma Hanba Vardhini	R. Vardhini
13	190050056	Jamudhala Sulmitha	Sulmitha
14	190081597	Venkata Srilekha	Srilekha
15	200030422	Vedhasu Kallam	Kallam
16	2000030724	Gingupalli Nithila Sri	Nithila
17	210004046	Vamsaita Pasupuletu	Pasupuletu
18	2200620157	Puligati Sri Vidya	Vidya
19	2000031685	Srilatha Ravella	Ravella
20	190081763	SIRI MANDINI	mandini
21	2100060146	Potlu Sathvikha	Sathvikha
22	2100030091	Pranathi Challari	Pranathi
23	2000030187	Chesubunala Sindhu Prathu	Prathu
24	2100080585	Sri chaeitha	chaeitha
25	2100560020	Kothuri Sai roga lakshmi	K. Trisha
26	2000030849	Rohitha Pavi	Rohitha
27	19001006	Susmitha Rani Talla	Talla
28	190050106	Manasa lakshmi Santhoshi	Manasa
29	2200520076	Lakshitha Malakar	Lakshitha
30	2200031019	Akshati Nanya Sri	Nanya
31	2100031682	Chintala Surya Raja Rajeswari	C. Rajeswari

S.No	ID Number	Name of the Student	Signature
32	2200030120	Mambalapa Anulya	Anulya
33	2100030194	Hasitha Kusan	K. Hasitha
34	2000031227	Guna Kumari Chinni	Kumari
35	100181027	Aswamali honna	Aswamali
36	2200032195	Tanakanti Kanyanjati	Kanya
37	2100560110	Uggam Sindhu Priya	Sindhu Priya
38	2100030789	Amritha Jyoti Kunnuri	Amritha
39	2000010007	BANDI LAKSHANA	Lakshana
40	2000031790	Sandhya Nagarabogina	Sandhya
41	2000031444	Sompalli Tirumala Neelavika	Neelavika
42	2100030170	Nadeti Anurupa Kondanna	Anurupa
43	22000560509	Jaya Lakshmi Shanmukti Polam	Shanmukti
44	2000030184	Divya Sri Lingala	Divya
45	2000031677	Lanya Priya Vakkapatha	Lanya Priya
46	2000030108	Srinivas Prabhu	Prabhu
47	190030898	Kuncham Kushi Sai Vishwanath	Kushi
48	2000031897	Shaik Fiza	Fiza
49	190031001	Varshini Madava	Varshini
50	22000682274	Hithisha Sompalli	Hithisha
51	2000030188	Varecani Nikitha Krishna	Nikitha
52	2100030358	Matyala Mona	Mona
53	2200030111	Potti Thanmayie	Thanmayie
54	2000030153	Dharsini Katta	Katta
55	2200082189	Suzapaneni Dhakshita	Dhakshita
56	2000031224	Nandini Gannamari	Nandini
57	2200550032	Deepika Varma Paily	Deepika
58	190030216	Laxmi Kallu Krishna Prabhu	Prabhu
59	2000560005	Manjula Subbarao Reddy	Manjula
60	2200010095	Thummala Kantika	Kantika
61	2100620183	Tyoshna Gurrum	Gr. Tyoshna
62	20000570027	Patali Janaki	Patali

S.No	ID Number	Name of the Student	Signature
63	2100031544	Putta Vijaya Banga	P. Vijaya
64	2200090034	K. Vinita Reddy	Vinita
65	2000020766	Pamidimukkala Pavani	Pavani
66	2200030706	Ramudimukalle Renu	Renu
67	2200031790	Musali Anula	Anula
68	2100590012	Vaka Monica Sai Reddy	Monica
69	19003898	Karnula Keerthika	K. Keerthika
70	2200520256	Ethabota Lakshmi Prassanna	Prassanna
71	2100030197	Neha Chandrany Intusi	Neha
72	2100040115	Neha Sri Vidhyanthara	Neha
73	2200030107	Golla Gayathri	Gayathri
74	2000031586	Mudili Lakshmi Lakari	M. Lakari
75	2200100006	Chareka Rohitha	Rohitha
76	2200090007	Kaki Bhargavi	Bhargavi
77	2200030735	Chitrala Nikhita	Nikhita
78	2100031299	Katru Jyothika	K. Jyothika
79	20030381	Patla Bhavya Gayathri	Gayathri
80	2000040460	Reddy Venkata Subba Rao	Subba Rao
81	2200031073	Chinnata Jeevitha Koushika	Jeevitha
82	2100040185	Gaddla Sreja	Sreja
83	2200510014	Shaik Zareera Parveen	S. Parveen
84	2100620095	Chisty Tahameenkhatun	Khatun
85	210010003	Chaganti Lakshmi Prati	Prati
86	2000570009	Lakanga Naga Sai Medidi	Lakanga
87	2200040019	Kanankanti Indira Olina	Olina
88	2000030664	Muttireddy Jahnvi Lakshmi	M. Jahnvi
89	200040526	Gudipudi Jahnvi	Jahnvi
90	2000030779	Pathakumari bala prathyusha	Prathyusha
91	2100620179	Patlan Jaafira	Jaafira
92	100021603	Navela Sri Naga Bhargavi	Bhargavi
93	190011216	Padi Lakshmi Nishitha	P. Nishitha


 REGISTRAR (I/C)
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