



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/Women's Forum/2020-2021

Dt. 21/04/2021

Orders of Vice-Chancellor dt. 21/04/2021

CIRCULAR

Sub: Webinar on Importance of Yoga - Reg

Ref: Letter dated on 21/04/2021 from Dr. S.V. N. L Lalitha , Professor, EEE & Convener –Women's Forum

This is to inform that Women's Forum is organizing "Webinar on Importance of Yoga". The details of the program are mentioned below.

Date : 23/04/2021

Time : 10:00 A.M to 12:00 Noon

Venue : Virtual Mode, KLEF

Resource Person: Mr. Kuricheti Jyotheshwar Reddy, Mrs. Hima Nagu Mallina

Meeting Link:

<https://kluniversity.webex.com/kluniversity/j.php?MTID=m5dc666574c28d680c9f5cccec0ebfa626>

All HOD's are requested to bring this information to the notice of Faculty/Staff & students of their respective departments.


(Prof. Y.V.S.S.V. Prasada Rao)
Registrar
Prof.Y.V.S.S.S.V. Prasada Rao
REGISTRAR



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

WEBINAR ON IMPORTANCE OF YOGA

Date : 23/04/2021

Time: 10.00 A.M to 12:00 Noon

Venue: Virtual Mode, KLEF

OBJECTIVES

The objectives of organizing a webinar on the "Importance of Yoga" are to promote awareness about the physical, mental, and spiritual benefits of yoga as a holistic approach to health and well-being, to educate participants on the principles and practices of yoga, including asanas (postures), pranayama (breath control), and meditation, to inspire individuals to incorporate yoga into their daily routines for stress reduction, physical fitness, and enhanced mental clarity, and to foster a sense of mindfulness and inner balance, ultimately contributing to the overall health, peace, and vitality of participants' lives..

DESCRIPTION

KLEF Women's Forum in association with Department of CSE organized a webinar on "Importance of Yoga" in Webex Link

This webinar is delivered by two resource persons:

1. Mr. Kuricheti Jyotheshwar Reddy is Vice President of Singapore Telugu Samajam. He completed B.Tech from Mahaveer Engineering College. He is Team Lead @ Local Bank in Singapore, Vice President of Singapore Telugu Samajam since 2017, Vice President of Public Relations, Toa Payoh Central Toastmasters Club, Singapore, Singapore Red Cross Youth Member, Volunteer Yoga Instructor at Yoga Nikam, Singapore, Volunteer at Isha
 2. Foundation, Singapore, Yoga Alliance certified (RYT200)Y oga Instructor, J-YOGA Founder(JNTU, Hyd)is part of Malayasian Telugu Association. He won Pravasi Excellence Award from Pravasi Mithra and COTA in 2016. He started teaching free yoga online thru my own group called J-YOGA since Jan-19-2021 for wellbeing of people. So far 94 sessions completed (5 batches completed).
- &
3. Mrs. Hima Nagu Mallina Working with reputed Nutrition company from last 12 years. She is Personal counselor, Child counseling, Motivator Personal Wellness Coach.

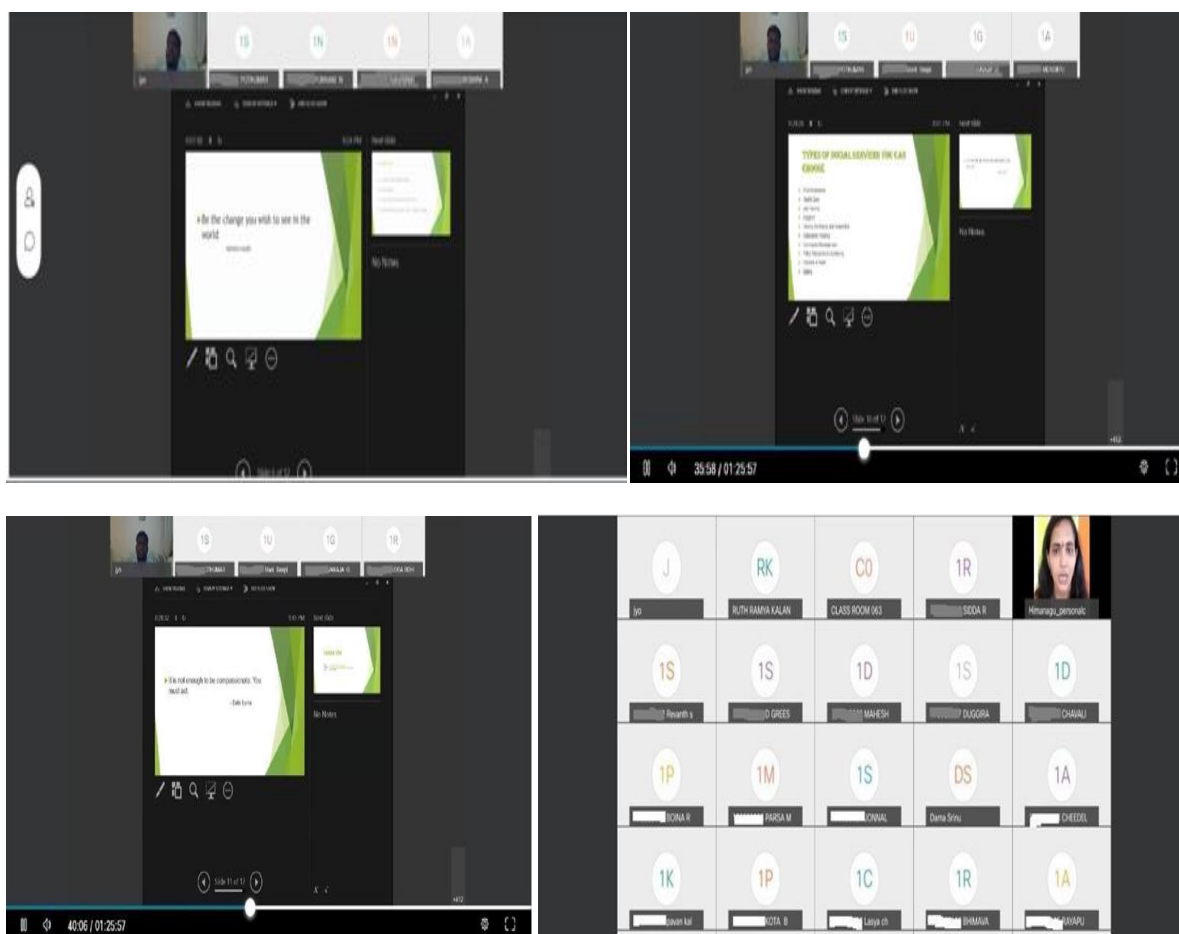
The webinar on the "Importance of Yoga" was a highly informative and enlightening session. It provided participants with a deep understanding of the holistic benefits of yoga, emphasizing its significance for physical health, mental well-being, and spiritual harmony.

The event successfully elucidated various yoga practices, including asanas, pranayama, and meditation, offering practical insights into how participants could integrate yoga into their daily lives. The webinar fostered a sense of mindfulness and inner balance among attendees and inspired them to embark on a journey towards improved physical fitness and reduced stress. Overall, it was a valuable session that encouraged participants to embrace yoga as a means to enhance their overall health and lead more balanced, mindful lives.

OUTCOMES

The outcomes of organizing a webinar on the "Importance of Yoga" include increased awareness and understanding among participants about the holistic benefits of yoga for physical, mental, and spiritual well-being, the motivation and inspiration for individuals to adopt yoga as a regular practice for stress management, improved physical fitness, and enhanced mental clarity, the promotion of mindfulness and inner balance, and ultimately, the potential for improved overall health, reduced stress, and a more harmonious and balanced lifestyle among participants, contributing to their well-being and quality of life.

PHOTOS



Mrs.HimaNaguMallina & Kuricheti Jyottheswar Reddy speaking about importance of yoga on 23/04/2021.

PARTICIPANTS FACULTY/STAFFLIST:

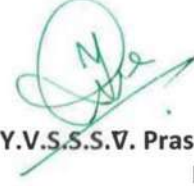
S.No	Emp ID	Name of the Faculty/staff	Designation	Department
1	5471	Dr. P Vasavi	Assoc. Prof.	BBA
2	6606	Dr.Manoharmayum Dolpriya Devi	Asst. Prof.	Agriculture
3	5425	Dr.Yaddula Chitra Rekha	Asst. Prof.	BBA
4	5719	Dr.Anuradha Averineni	Asst. Prof.	BBA
5	6436	Dr.Maguluri Sree Devi	Asst. Prof.	Agriculture
6	4751	Ms.Bandi Amulya Chandrakala	Asst. Prof.	Architecture
7	5679	Dr. Sabbineni Poojitha	Asst. Prof.	BBA
8	5634	Dr.Sukhavasi Santha Kumari	Asst. Prof.	BBA
9	3664	Dr.V.N.Sailaja	Asst. Prof.	BBA
10	5585	Dr.K Anusha	Asst. Prof.	BBA
11	4313	Ms.Velpula Sree Lakshmi	Asst. Prof.	CE
12	5109	Dr. Venigallamadhu Latha Hima Bindu	Asst. Prof.	Electronics And Communication Engineering
13	4513	C. RAMA DEVI	OFFICE ASSISTANT	CSE
14	4874	Dr. Potluri S V H N Krishna Kumari	Assoc. Prof.	BBA
15	5213	Ms.Pronami Bora	Asst. Prof.	Electronics And Communication Engineering
16	6277	Ms.Chirumamilla Mallika Chowdary	Asst. Prof.	CE
17	6292	Dr.K.G.Suma	Assoc. Prof.	CSE
18	4522	M.GAYATRI	ADMINISTRATIVE ASSISTANT	MATHEMATICS
19	4544	L.V.N.L.A SRI DEVI	OFFICE ASSISTANT/PROVC OFFICE	RO-II
20	4879	Dr. Deepa Ennala	Asst. Prof.	BBA
21	5321	Dr.Kolli Deepti	Asst. Prof.	BT
22	5381	Dr.Joshitha C	Assoc. Prof.	Electronics And Communication Engineering
23	5912	Dr. Satyavathi Ravulapalli	Assoc. Prof.	CSE
24	5509	Ms.Munagapati Padmavathy	Asst. Prof.	Arts & Science
25	3172	Dr.G.Sunita Sundari	Assoc. Prof.	Physics
26	4296	Ms.R.Krishnaveni	Asst. Prof.	Electronics And Communication Engineering
27	5999	Dr.P Rajeswari	Assoc. Prof.	Pharmacy

PARTICIPANTS STUDENT LIST:

S.No.	Name of the student	Programme name	Student Unique Enrolment ID
1	S S Rukmini Pravallika Chilakamarthi	CSE	190030306
2	Chillamcherla Sadhvi	CSE	190030310
3	Sri Priya Chinnam	CSE	190030314
4	Chittuluri Bhavya Sri	CSE	190030335
5	Chitumadugula Sravya	CSE	190030339
6	Sahithya Dacheipalli	CSE	190030351
7	Danduprolu Stuthi	CSE	190030360
8	Davu Rupa Siva Naga Alekya	CSE	190030376
9	Bhavya Dhanisetti	CSE	190030390
10	Tejaswini Divi	CSE	190030401
11	Rishitha Duggempudi	CSE	190030419
12	Edpuganti Bhanu Sri	CSE	190030435
13	Gandla S Lahari	CSE	190030449
14	Gayatri Valluru	CSE	190030492
15	Pujitha Gogineni	CSE	190030510
16	Ram Pavithra Gottipati	CSE	190030543
17	Gummalla Deepthisree	CSE	190030564
18	Hansika Kotha	CSE	190030589
19	Jonnala Mohitha Reddy	CSE	190030659
20	Kalavala Deekshitha Lakshmi	CSE	190030695
21	Kanakavalli Mannava	CSE	190030717
22	Kanamarlapudi Nandini	CSE	190030719
23	Venkata Sowmya Kancharla	CSE	190030723
24	Pranitha Kapa	CSE	190030740
25	Karri Ramya	CSE	190030748
26	Kasukurthi Chandra Sri	CSE	190030755
27	Katamreddy Tejaswini	CSE	190030762
28	Katta Madhu Sri	CSE	190030770
29	Katteda Snehitha	CSE	190030778
30	Kavuru Veena Chowdary	CSE	190030781
31	Kolipaka V N S Sai Pranavi	CSE	190030801
32	Kollipara Sirisha	CSE	190030809
33	Kommineni Padmavathi	CSE	190030818
34	Konduru Varsha	CSE	190030842
35	Konjeti Vijaya Venkata Meher Poojitha	CSE	190030847
36	Surekha Kopuri	CSE	190030858
37	Vyshnavi Kota	CSE	190030867
38	Kothalanka Kavya Sri	CSE	190030876
39	Kuncham Pushpa Sri Vyshnavi	CSE	190030898
40	Lankalapalli Reshmasree	CSE	190030936

41	Maddineni Nikhitha	CSE	190030960
42	Mallampati Lakshmi Tulasi	CSE	190030989
43	Mannem Ponika	CSE	190031011
44	Maruboyina Varshitha	CSE	190031026
45	Modadugu Pavani Sarayu	CSE	190031054
46	Nadakuditi Phani Priya	CSE	190031136
47	Nannepaga Sowmya Sree	CSE	190031162
48	Likitha Nemalapuri	CSE	190031184
49	Niraja Samineni	CSE	190031197
50	Parimi Sravya	CSE	190031261
51	Pattan Sana Afroze Khan	CSE	190031284
52	Perala Sagna	CSE	190031300
53	Pothuri Pranitha Varma	CSE	190031343
54	Pulletikurthi Leelasri Anjani	CSE	190031361
55	Lasya Anitha Raghavarapu	CSE	190031381
56	Ravella Tanvitha	CSE	190031404
57	Reshma Oleti	CSE	190031420
58	Sai Prasanna Nagunuri	CSE	190031442
59	Samudrala Lakshmi Sahithi	CSE	190031459
60	Santoshi Dutta	CSE	190031470
61	Somala Jahnavi	CSE	190031529
62	Sreeja Vetcha	CSE	190031541
63	Tadipaneni Shreya	CSE	190031568
64	Tejaswini V	CSE	190031592
65	Vaishnavi Thota	CSE	190031623
66	Tummalapalli Amrutha	CSE	190031643
67	Uppuganti Lakshmi Radha Darsini	CSE	190031660
68	Vallabhaneni Akshitha	CSE	190031680
69	Vardhineni Samanvitha	CSE	190031701
70	Velivela Srimukhi	CSE	190031725
71	Venna Navya Sree	CSE	190031742
72	Vurutha Bhavya Charitha	CSE	190031767
73	Yaganti Seyi Swathy	CSE	190031782
74	Yarkareddy Bhavana Reddy	CSE	190031793
75	Yeluri Venkata Vasudha Vyshnavi	CSE	190031807
76	Mantri Reshma Chandrika	CSE	190031831
77	Konatam Anitha	CSE	190031869
78	Mogal Rida Begum	CSE	190031893
79	K Srija	CSE	190031915
80	G Ananya	CSE	190031947
81	Vempati Rohitha Devi	CSE	190032000
82	Marni Varsha	CSE	190032034
83	Palem Vaishnavi	CSE	190032056
84	Korrapati Nandini	CSE	190032066
85	Gollagudem Nandini	CSE	190032073

86	Pala Akshara Tanuja	CSE	190032080
87	Sunkara Lavanya	CSE	190032090



(Prof. Y.V.S.S.S.V. Prasada Rao)
Registrar

Prof.Y.V.S.S.S.V. Prasada Rao
REGISTRAR