



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/2019-2020

Dt. 28/01/2020

Orders of Vice-Chancellor dt. 28/01/2020

CIRCULAR

Sub: Workshop on Meditation- Reg

Ref: Letter dated on 28/01/2020 from Dr.M. Sreedevi, Professor, CSE & Convener – Women's Forum

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

Date : 28/01/2020

Time : 10:00 A.M

Venue : Jasmine Hall, KLEF

Registration Link:

https://docs.google.com/forms/d/e/1FAIpQLSdJyktvA-jB9P61RWBvHGQLE1Bz0iPg3N-NG6eleFQVWsFrPw/viewform?usp=pp_url

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


REGISTRAR
Prof. R.R.L. KANTAM
REGISTRAR



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WORKSHOP ON MEDITATION

Date: 28.01.2020

Time: 10.00 A.M

Venue: Jasmine Hall, KLEF

OBJECTIVES

The objectives of the Meditation Program are to promote physical and mental well-being by providing participants with a structured and guided practice to cultivate mindfulness and inner peace. This program aims to teach meditation techniques that reduce stress, enhance emotional regulation, and improve concentration and focus. It seeks to create a space for self-reflection and personal growth, enabling individuals to develop a deeper understanding of their thoughts, feelings, and behaviours. Additionally, the program aims to facilitate relaxation and improve overall health outcomes by harnessing the benefits of meditation, ultimately empowering participants to lead more balanced, mindful, and fulfilling lives.

DESCRIPTION

The Meditation Program, held on 28/01/2020 at KLEF, provided participants with a transformative experience aimed at promoting mental, emotional, and physical well-being through meditation and mindfulness practices. This program attracted 123 individuals from diverse backgrounds, all seeking the benefits of meditation and inner peace. The program started with a welcome note by Dr.M. Sreedevi, Convener Women's Forum KLEF. She introduced the resource person B. Vamsi Kiran, Spiritual Master to the gathering. He explained to students that Meditation is a simple way of freeing your mind, for getting about daily anxieties and focusing on mental relaxation.

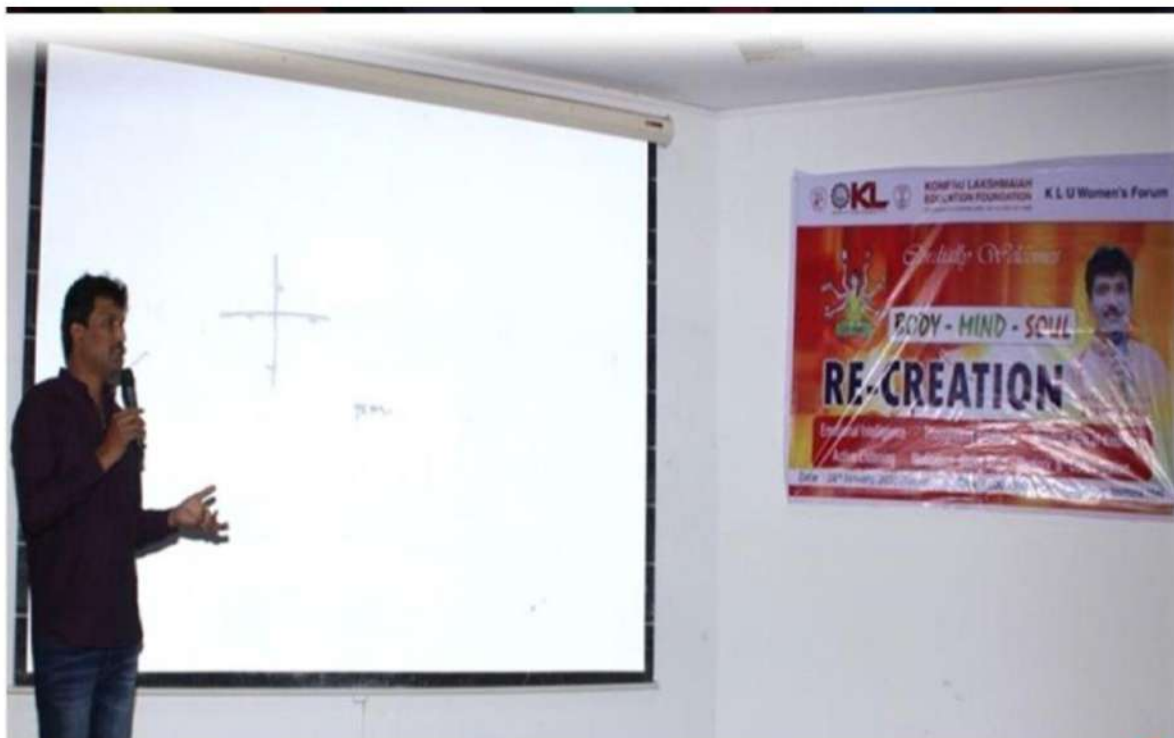
Participants learned various breathing techniques, such as deep breathing and diaphragmatic breathing, to enhance relaxation and mental clarity. Mindfulness exercises included body scan meditation and mindful walking, enabling participants to connect with their bodies and surroundings. This workshop covered topics like stress reduction, emotional intelligence, and the science behind meditation.

OUTCOMES:

The outcomes of the Meditation Program are transformative and holistic. Participants experience reduced stress levels, improved emotional resilience, enhanced concentration, and heightened self-awareness. Regular meditation practice leads to increased overall well-being, including better mental health, reduced anxiety and depression, and improved physical health. Participants report a greater sense of inner peace, emotional stability, and a more profound connection with themselves and others. The program's impact extends beyond the individual, fostering a more harmonious and mindful community as participants carry the benefits of meditation into their daily lives. Ultimately, these outcomes contribute to a society that is more mentally and emotionally resilient, leading to improved overall quality of life and wellbeing.

PHOTOS:

Resource Person B. Vamsi Kiran, Spiritual Master addressing the gathering on 28/01/2020.



Vaddeswaram, Andhra Pradesh, India
 CJRF+932, KL UNIVERSITY, Vaddeswaram, Andhra Pradesh
 Lat 16.440764
 Long 80.622684
 : 28.01.2020 10:00AM GMT



Dr. M. Sreedevi, Convener Women's Forum felicitating Resource Person on 28/01/2020

https://docs.google.com/forms/d/e/1FAIpQLSdJyktyA-jB9P61RWBvHGQLE1Bz0iPg3N-NG6eleFQVWsFrPw/viewform?usp=pp_url

Participated Faculty/staff list:

S.No	Full Name	College ID. No	Branch
1	Malik Yahia Abdulrasool Hussein	180180030	B PHARM
2	Rohitha M	170050107	ECSE
3	S.Cherishma	170040810	ECE
4	Vysyaraju Tharun Kumar	170050139	ECSE
5	C Harish	180040758	ECE
6	Jasti Lalitha Sai	170050048	ECSE
7	Poreddy Varun Reddy	190031339	CSE
8	Tejash Sai	180040225	ECE
9	Chilakapati Hema Nimisha	180160004	B ARCH
10	L.Naga Pavan Kalyan	190020017	CIVIL
11	P Revanth Venkata Sai Siddhardha	190050107	ECSE
12	Samudrala Susmitha	190050056	ECSE
13	Divi Uday Kiran	180050040	ECSE
14	B.Saigopinadh	190070142	MECH
15	Sudheerreddy	180069006	EEE
16	Kommuri Parvesh	170060071	EEE
17	Y Sai Charan	170031420	CSE
18	Sewmamen Addis Mekonnen	170180043	B PHARM
19	Bhargav Kondapuneni	170050060	ECSE
20	Christabel Beni	180550056	LAW
21	Tejaswi.A	190160017	B ARCH
22	Calvin Opiyo	190181045	B PHARM
23	Nadella Lakshmi Deepthi	180010062	BT
24	Harshitha Korrapati	170160002	B ARCH
25	Boyilla Sushma Chowdary	190030216	CSE
26	Boyilla Sushma Chowdary	190030216	CSE
27	Belayinesh Wondimagegn	170180039	B PHARM
28	Gunta . Sweety	180050004	ECSE
29	Jagarlamudi Gopi Krishna	170040300	ECE
30	Siripurapu Mounika	170031219	CSE
31	Ippili Adarsh Kumar	190020008	CIVIL
32	Gunishetty Shashank	190006000	EEE
33	K.Sri Harshavardhan	180069017	EEE
34	Rasathvika Tummala	190040525	ECE
35	Daggubati Keerthi Krishna	170180007	B PHARM
36	Gunti Sai Durga	170050042	ECSE
37	Kolli.Deepak Sai Reddy	190020014	CIVIL

38	Upadhyayula Lakshmi Sai Swetha	190160008	B ARCH
39	Swetha Upadhyayula	190160008	B ARCH
40	Putteti Poojitha	180160034	B ARCH
41	Kagita Siva Naga Phanindra Kumar	180020071	CIVIL
42	Aiswarya Cherukuri	190181029	B PHARM
43	A Harsha Vardhan	180040320	ECE
44	Suryasri Kunapuli	170040832	ECE
45	Kalisetty Sowmya	170040342	ECE
46	Lavanya Ainala	180060024	EEE
47	Naveen Kumar Gandham	190040606	ECE
48	Akhilesh Boda	170030142	CSE
49	Indu Velaga	180180013	B PHARM
50	Pavan Nageswar Reddy	170030144	CSE
51	K.Himavarshini	180010069	BT
52	A Veera Venkata Satishkumar	180010039	BT
53	Srivallika Bhimana	180010015	BT
54	Potluri Bhavana	180010049	BT
55	Dhulipala Sai Madhav	180010002	BT
56	Venkata Sai Chilukuri	180050057	ECSE
57	Sri Durga Prasad Bolla	170040112	ECE
58	Surayapalem Vamsi	180050103	ECSE
59	S.Manoj Kumar	170050110	ECSE
60	G.Sai Tejaswini	180010072	BT
61	Gunta Sweety	180050004	ECSE
62	Chakka Venkata Rama Siva Teja	170030185	CSE
63	Dasari.Saisundeeep	170050025	ECSE
64	Sangepu Lavanya	170050112	ECSE
65	Budambu Sri Vatsava	170030171	CSE
66	Pesala Jagadish Kumar	170040690	ECE
67	D A S Meghana	170050021	ECSE
68	R.V.V.Sai Naveen	170040737	ECE
69	N. Siva Sai Praveen	170040625	ECE
70	K.Prudhvi Raju	170041044	ECE
71	Ch.Kiran	170040130	ECE
72	Budambu Sri Vatsava	170030171	CSE
73	Ippili Adarsh Kumar	190020008	CIVIL
74	Maganti Sri Raghavendra Rao	190040492	ECE
75	A. Sriya Durga	170030068	CSE
76	B.V.S.Nishma	170040909	ECE
77	P Sai Pranathi	190010093	BT
78	Sahil. Shaik	190010097	BT
79	B.Shanmukh Sai Manoj	170030176	CSE
80	B.Vishnu	170041043	ECE

81	Reddy Mounika	180160035	B ARCH
82	N.Sonitha	170160012	B ARCH
83	Karanam Vishnu Vardhan	190160007	B ARCH
84	Naga Pujitha Ayinampudi	190160002	B ARCH
85	Jakka Preeti	190160021	B ARCH
86	Atthili Anirudh	170160023	B ARCH
87	Hrudaya Mahalakshmi	170160028	B ARCH
88	Ch.Gayaetiri	190030253	CSE
89	R.V Sai Charan	180040696	ECE
90	Sriram Madduri	190040291	ECE
91	D.Charan Reddy	190030363	CSE
92	Karthikeya Narra	190040608	ECE
93	Reddy Mounika	180160035	B ARCH
94	Sakila Nagarjuna Reddy	180040690	ECE
95	Jakka Preeti	190160021	B ARCH
96	K.Neeraja	180160019	B ARCH
97	Sriram Madduri	190040291	ECE
98	P. Venkata Bala Jaswanth	180031182	CSE
99	Posani.Meghanath	170020066	CIVIL
100	K.Prem Satvik Reddy	190040214	ECE
101	Yanamala Narendranath Reddy	180029009	CIVIL
102	P.L.Hari Charan	190031328	CSE
103	Kolli Sai Chaitanya	180020077	CIVIL
104	Chimakurthi.Adithya	190570050	IAS
105	G.Panchajanyakumar	180040422	ECE
106	Karthikeya Narra	190040608	ECE
107	Pochiraju Raja Ganesh	170040694	ECE
108	Veda Shree	170040918	ECE
109	Kovur Sarath Kumar	170040461	ECE
110	V.Kumar Mohan	180563014	CAMS
111	Bikki Joti Sravan	180250002	CAMS
112	T.Harsha Vardhan Reddy	190040516	ECE
113	Thota Tejasree	190050067	ECSE
114	Kusuri Rachana	190050034	ECSE
115	Bhumireddy Pragathi	190050010	ECSE
116	T.Dolika Sreelalitha	170050127	ECSE
117	M Eswar Sai	170050074	ECSE
118	M.Manasa	190050106	ECSE
119	Dasari .Saisundeeep	170050025	ECSE
120	Kothamasu Lavanya	170050063	ECSE
121	P.Harika	170050100	ECSE
122	Govvala Lokesh	170050038	ECSE
123	Shaik Ismail Basha	180040312	ECE

124	Sangepu Lavanya	170050112	ECSE
125	D A S Meghana	170050021	ECSE
126	M Rithwik Venkata Naga Sai	170050081	ECSE
127	P.Vineela	170050093	ECSE
128	Ch Venkata Sai	180050057	ECSE
129	Vanamala Venkata Jainendrababu	180050107	ECSE
130	Shaik Caseem Akram	180050079	ECSE
131	Pravallika Korrapati	180050105	ECSE
132	Y.Sandeep	170050144	ECSE
133	V Sirisha	170050133	ECSE
134	Ch Naga Sai Vasista Datta Asrith	180050026	ECSE
135	PMohammad Jia Ul Huq Khan	180029006	CIVIL
136	Bolla Pavan	180050042	ECSE
137	Akkarapalli Anusha	180550001	LAW
138	Pasam. Jnanadeep	190050046	ECSE
139	K. Kalyan Krishna	180060004	EEE
140	V,Mani Kumar	180069032	EEE
141	Katike Janardhan	180069018	EEE
142	Kireeti Polasi	170060047	EEE
143	Kalli Mounica Lakshmi	170060024	EEE
144	V.Bhargav Venkat	190050078	ECSE
145	B Manoj Koushik	170060004	EEE
146	Kanuri Sumanth	170060027	EEE
147	Asrita Mullapudi	190550062	LAW
148	Anwer Abdulhalim Mussa Edress	180180029	B PHARM
149	Goggela.Tagoor Prasanth	180069013	EEE
150	B.Naga Sailaja	190049010	ECE
151	Harini Maturi	180030359	CSE
152	Muddana.Susmita Sri	180010028	BT
153	Spandana Ganji	170040237	ECE
154	Kalyanam Naveen Kumar	170050052	ECSE
155	L.Saiharshitha	170040478	ECE
156	Kshatri Kevin Shyam Singh	190160001	B ARCH
157	T.Harsha Vardhan Reddy	190040516	ECE
158	Ramadhenu Sai Ritvik	170040728	ECE
159	Kshatri Kevin Shyam Singh	190160001	B ARCH
160	Kshatri Kevin Shyam Singh	190160001	B ARCH
161	Md Idris Mohammed Ali Ibrahim	170180021	B PHARM
162	Bitra Rajyalakshmi	170040102	ECE
163	Pinabakala Gyanesh	190050049	ECSE
164	Kalyanam Naveen Kumar	170050052	ECSE
165	D.Bala Swaroop	180050007	ECSE
166	Palle.Ravi Shankar	190050045	ECSE

167	S.Manoj Kumar	170050110	ECSE
168	K.Roshan Kumar	180050008	ECSE
169	Koppineni Teja Bhargav	180050021	ECSE
170	R.Radha Gayathri	170050104	ECSE
171	Eshanth Kumar Lal Das	180050023	ECSE
172	P.Sonali	180040104	ECE
173	Duddupudi Mounika	180040039	ECE
174	Laxmikanth Chintala	170050020	ECSE
175	Sarayu Sowdala	190010058	BT
176	Yaseen Baig	180160027	B ARCH
177	Ch Shanmukh Chowdary	180010017	BT
178	Aman Nath	170030037	CSE
179	Anku Rahul	170030067	CSE
180	Vipparthi Mani Mounica	180050029	ECSE
181	Ch.Laxmikanth	170050020	ECSE
182	Koduru Priyanka	180050070	ECSE
183	S.V.Dharani Reddy	190020023	CIVIL
184	Shaik.Shabnoor	180010084	BT
185	Baig Yaseen	180160027	B ARCH
186	Tejaswi	190010010	BT
187	Bathula Nagarjuna Reddy	180040444	ECE
188	Chandubhanuprakash	180040174	ECE
189	Yarlagadda Veerendra	180040109	ECE
190	Balla Sai Krishna Teja Lalith	170040066	ECE
191	K R Dhakshitha	190031426	CSE
192	B.K.K.Pranathi	190030226	CSE
193	Yarlagadda Veerendra	180040109	ECE
194	G.Sai Mahanth	190570055	IAS
195	Gummadi Jyoshna	190060005	EEE
196	Francis Kipchumba	180189001	B PHARM
197	Jaikar Pothula	180563005	OTHERS
198	Gorijala Pavan Teja	190250004	CAMS
199	Akhilesh Parasa	190250012	OTHERS
200	U Srinivasa Sriharsha	190050069	ECSE
201	S.Mahendra Kumar	170050111	ECSE
202	L.Leela Naga Satish	170050070	ECSE
203	Bandla Naresh	170050084	ECSE
204	M.Joshua Evans	190050038	ECSE
205	V.Mani Mounica	180050029	ECSE
206	D.Seetharam Dhivish	170050026	ECSE
207	Malladi Krishna Prasad	170050159	ECSE
208	Koduru Priyanka	180050070	ECSE
209	Gopisetty Naga Jyothi	180050110	ECSE

210	Madduri Sri Naga Venkata Sravani	170030729	CSE
211	Tholapu Keerthi	180069027	EEE
212	Dinesh Adigoppula	180069002	EEE
213	Dannapaneni Bhavani Sathvika	170050024	ECSE
214	N.Ramya Sri	170031615	CSE
215	D.Pranitha	170040206	ECE
216	Dannapaneni Bhavani Sathvika	170050024	ECSE
217	Abin Raj R S	180020072	CIVIL
218	Karthik Korada	170060030	EEE
219	I.Sanjana	170050045	ECSE
220	Sanjana Indugula	170050045	ECSE
221	Akula.Sai	180029001	CIVIL
222	Tulasi Kavya Tejaswy	170050130	ECSE
223	Harshini.Voosa	180040446	ECE
224	Rodda Pranay	190050101	ECSE
225	Bhavitha Cheemala	190050014	ECSE
226	Popuri Jithendra Chowdary	170050099	ECSE
227	Yelagagandula Bharadwaj	180050068	ECSE
228	Peddiboina Srilaxmi	180040710	ECE
229	Pradeep Reddy	180160002	B ARCH
230	Telukuti Mohan Kumar	170050125	ECSE
231	N.V.V.Vyaghreswara Sarma	170050089	ECSE
232	Bhaskar Pramod Chennupalli	170040150	ECE
233	Shaik Abdul Haq	170160011	B ARCH
234	Phalgumi Sonthi	170160001	B ARCH
235	P.S.D Sesha Sai	170040721	ECE
236	M G P Jyothi	180160024	B ARCH
237	Kollipara Chandana	180160014	B ARCH
238	Shaik Abdul Haq	170160011	B ARCH
239	Bhuvanagiri Gowri Priya	170040096	ECE
240	K Dinesh Kumar	190050104	ECSE
241	K.V.Chaitanya Bharadwaj	180069016	EEE
242	Ommi Vamsi	180040569	ECE
243	Anjuman Sk	190050108	ECSE
244	Sunnapu Eswar Reddy	190160022	B ARCH
245	Sanjay Vishnoi	170050113	ECSE
246	S.Siva Reshma	190541159	BBA
247	Boppana Gnanasree	180010001	BT
248	Babitha Sri Majeti	180010046	BT
249	Sri Mani Kanta	190030573	CSE
250	M.Vijaya Simha Reddy	180160021	B ARCH
251	D.Lokesh	180550016	LAW
252	Gunupuram Chandra Lekha	190030579	CSE

253	Allam Venkata Bindu Bhargav	190040015	ECE
254	Sunkara Hari Durga Prasad Naidu	190070095	MECH
255	R.Rakesh	180020023	CIVIL
256	Akshitha Uppalapati	170040893	ECE
257	Pasupuleti Nikhil	180050052	ECSE
258	Swarna Bodempudi	190040689	ECE
259	Keerthanasri Kolluri	190050113	ECSE
260	Ganji Srujana	170040238	ECE
261	Chintha Dedeepya	170030236	CSE
262	Alla Sarvani	190010077	BT
263	Sanjay Vishnoi	170050113	ECSE
264	Dasari Sai Deepika	170030282	CSE
265	V Venkata Naga Sri Sarvani	180010059	BT
266	Alluri Lakshmi Naga Bhavani	180010101	BT


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