



## 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, Govenorpet, Vijayawada - 520 002. Ph: +91 - 866 - 3500122, 2576129

Ref: KLEF/RO/Women's Forum/2022-2023

Dt. 02/02/2023

Orders of Vice-Chancellor dt. 02/02/2023

### CIRCULAR

Sub: Workshop on Importance of Meditation & Yoga -Reg

Ref: Letter dated on 02/02/2023 from Dr. K. Ruth Ramya, Associate Professor, CSE & Convenor, Women's Forum, KLEF

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

**Date** : 03.02.2023

**Time** : 10.30 A. M to 1:00 Noon

**Venue** : Indoor Stadium, KLEF

**Resource Person:** Mrs. Vindhya, Yoga Trainer. Vijayawada.

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

  
**REGISTRAR**  
**Dr. K. SUBBARAO**  
**REGISTRAR**



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### **WORKSHOP ON IMPORTANCE OF MEDITATION & YOGA FOR WOMEN & GIRLS**

**Date** : 03.02.2023  
**Time** : 10.30 A. M to 1:00 Noon  
**Venue** : Indoor Stadium, KLEF

#### **OBJECTIVES**

The primary objectives of organizing a workshop on the importance of meditation and yoga for women and girls are to promote physical and mental well-being, enhance their overall health, and empower them with practical tools for stress management and personal growth. This workshop aims to educate participants about the profound benefits of meditation and yoga, including improved physical fitness, mental clarity, and emotional resilience. It seeks to create awareness about the importance of self-care and mental health among women and girls, empowering them to prioritize their well-being. Additionally, the workshop aims to foster a supportive and inclusive environment where participants can learn and practice meditation and yoga techniques, ultimately enabling them to lead healthier, more balanced lives and inspiring others in their communities to do the same.

#### **DESCRIPTION**

The workshop on the importance of meditation and yoga for women and girls is organized by KLEF Women Development Cell/ Women's Forum. Resource Person for the program is Mrs. Vindhya, Yoga Trainer. Vijayawada. Throughout the program, participants engaged in various meditation and yoga sessions led by experienced instructors. These sessions focused on enhancing physical fitness, mental clarity, and emotional well-being. Participants showed significant progress in their practice, reporting reduced stress levels, improved flexibility, and a heightened sense of inner peace. The workshop also emphasized the importance of self-care and mental health awareness among women and girls, fostering a community of empowered individuals who are now equipped with valuable tools to manage the demands of daily life. Moreover, the workshop's impact extended beyond the immediate participants, as they have become ambassadors of meditation and yoga within their families and communities, inspiring others to embrace these practices for overall health and well-being. In conclusion, the workshop not only empowered women and girls with transformative skills but also created a positive ripple effect, promoting a culture of holistic wellness within the broader community.

## OUTCOMES

The outcomes of organizing the workshop on the importance of meditation and yoga for women and girls were profoundly positive and transformative. Participants experienced improved physical and mental well-being, with increased flexibility, strength, and overall fitness. The workshop empowered them with effective stress management tools, enhancing their emotional resilience and mental clarity. It also cultivated a greater sense of self-awareness and self-care among the attendees, promoting overall health and personal growth. Beyond individual benefits, the workshop fostered a supportive community of women and girls who continue to practice meditation and yoga, creating a ripple effect of well-being and inspiration within their families and communities. In sum, the workshop successfully empowered women and girls to lead healthier, more balanced lives while promoting the importance of mental and physical wellness in their broader communities.

## PHOTOS



Student Participation on 03/03/2022



Students are doing meditation on 03/02/2022

**Participated Faculty/staff List :**

<b>S.No</b>	<b>Emp No</b>	<b>Name of the employee</b>	<b>Department</b>
1	4894	DR. KAMBALAPALLY VINUTHNA	CSE
2	5288	DR.S A SIVA SANKARI	ECE
3	4256	K.DURGA	RO-II
4	5464	DR.CHOUDARAJU NEELIMA	ECE
5	4455	K.SUJATHA	P.E.D.
6	5141	DR.NALLEBOYINA VIJAYA	ECE
7	4938	MS.K MARIYA PRIYADARSHINI	ECE
8	5313	MS.PRIYADHARSHINI B	ECE
9	4527	GINGUPALLI JYOTHI	RO-II
10	5277	MS.KOMALI DAMMALAPATI	CSE



Participated Students List :

④ WORKSHOP ON IMPORTANCE OF YOGA NEW

S.No	ID Number	Name of the Student	Signature
1	8100030439	POLJSETTY SRIKRANTHI	Srikranthi
2	190069024	MALVOLD SHINY SYAM	Shiny
3	2100080157	KURAPATI AKHILA	Akhila
4	2200031680	RAMINENI PRASADNA	R.Prasanna
5	2100040327	K. MUMASA	K.Mumasa
6	2200030500	Popuri Anantha Sri	Ananth
7	2200031038	RAVURI CHANDRA BHAGAVAT	chandra.BR
8	2200031038	Ravi Anantha lakshmi's	lakshmi
9	2200030695	Peddi Deepika	Deenita
10	2100010038	Rushitha Deekshatula	Rushitha
11	2000031141	TULASI KALLI	K.Tulasi
12	2200032216	MANOGNA BASUULA	Basuula
13	190030148	Nalla Ramya	Ramya
14	190031742	V. Navya Sree	navya
15	2000560289	Uppalapati Sahithi	Sahithi
16	2200560533	Adabala Sarayu	Sarayu
17	190070000	Beemireddy Shreshtha	Shreshtha
18	2100030090	VARSHA CHALLAGUNDLA	Challagundla
19	2000032004	Ravi Soma Varsha	R.S. Varsha
20	2200032194	KAKARAPARTHI YESASWANI	Yesaswani
21	2200030971	Annareddy Hiranmai	Hiranmai
22	2200030871	SAASKHI MAHANTER	Mahanter
23	2000031640	Dajari Likhitha	Likhitha
24	2200031549	Palacharla Spandana	Spandana
25	2000030489	Kommana Akhila	K. Akhila
26	190031817	Zeba Fatima	Fatima
27	2100031911	RAJA HARSHITHA BATCHU	Harshitha
28	2000850033	Kommineni Jyoti	K. Jyoti
29	210010055	AKSHITHA POLU	Akshitha
30	2000560294	KAKARAPARTHI LALITHA	Lalitha
31	2200030327	JALUMURI SREETHA	Sreetha



S.No	ID Number	Name of the Student	Signature
32	2200590025	Aspitha Padhi	Padhi
33	2200040093	Sadhika Suktakasi	Sadhika
34	2100031041	Gunduboina Jaya Sree	Jaya Sree
35	2100520146	MOPARTHY DEVAKI PRIYA	Priya
36	190160011	Nandipati Syed	Syed
37	2000040164	Divyala Sravani	Sravani
38	2000030081	Barepalli Harshita Sai dooga	B. Harshita
39	2200031144	Gurram Hema preethi	Preethi
40	190550044	Pratibha Chaitanyali Choudhary	Choudhary Pratibha
41	2100570004	Pala Likhitha Naga Sai	P.N. Sai
42	2200620163	Renuka Mushini	Mushini
43	2200031191	Sarivampuri Kanva Sree	Kanva Sree
44	2200030605	Ballina Divya Sri	Divya
45	2100030132	Jhansi Parthala	Parthala
46	190031429	S.N. Vatsitha Vanti Pali	Vanti Pali
47	190030874	KOTHA SRIYA	Sriya
48	210009069	MUNDRA Lakshmi Prasanna	Prasanna
49	190031129	LEELA RAJANI MYLA	Rajani
50	2200031253	Kalluri Janmayee	Janmayee
51	2000031592	AVANCHA Sathwikha Aljali	Sathwikha
52	2000030498	KONDA Sai Vanshitha	Vanshitha
53	2200520256	P. Chaitanyali	P. Chaitanyali
54	2200030252	Dakshini Likhitha	D. Likhitha
55	2000031149	Battu Venkata Siva Josthina	B. Josthina
56	2100030703	Gayathri Thatakura	Thatakura
57	2200620019	Cuddi Sathwikha	Sathwikha
58	200030661	Panna Sri Pranavi Muthina	Pranavi
59	2100520096	Golla Vidya Mary	Gallendhaya
60	2100040351	Sai Dona Pashaitla Velpu	N. Reddy
61	2000031107	Kalavathi Uma Sravani	Sravani
62	2100030123	Devarepalli Keerthi Priya	D. Keerthi Reddy

REGISTRAR

Dr. K. SUBBARAO  
REGISTRAR