



Koneru Lakshmaiah Education Foundation

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

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Date: 21.09.2020
Venue: KLEF-Online Event

AWARENESS ON CHOLESTEROL REDUCTION

Team YRC Unit – III (Department of MECHANICAL) of K L E F has organized a Webinar on 21st September regarding Awareness on Cholesterol Reduction. Dr B.V. Dharmendra, Professor (KL University) is the speaker of the webinar. Many students joined the webinar and got awareness regarding cholesterol, what it is, what are its importance, effects and risks etc...



POSTER

- Cholesterol is a waxy, fat-like substance found in your body and many foods. Your body needs cholesterol to function normally and makes all that you need. Too much cholesterol can build up in your arteries. After a while, these deposits narrow your arteries, putting you at risk for heart disease and stroke.
- High cholesterol usually doesn't have any symptoms. As a result, many people do not know that their cholesterol levels are too high. However, doctors can do a simple blood test to check your cholesterol. High cholesterol can be controlled through lifestyle changes or if it is not enough, through medications.
- A simple blood test called a lipoprotein profile can measure your total cholesterol levels, including LDL (low-density lipoprotein, or "bad" cholesterol), HDL (high-density lipoprotein, or "good" cholesterol), and triglycerides.
- High cholesterol can develop in early childhood and adolescence, and your risk increases as your weight increases.

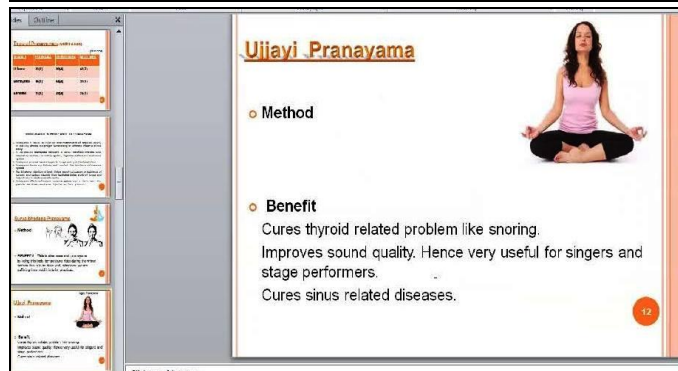
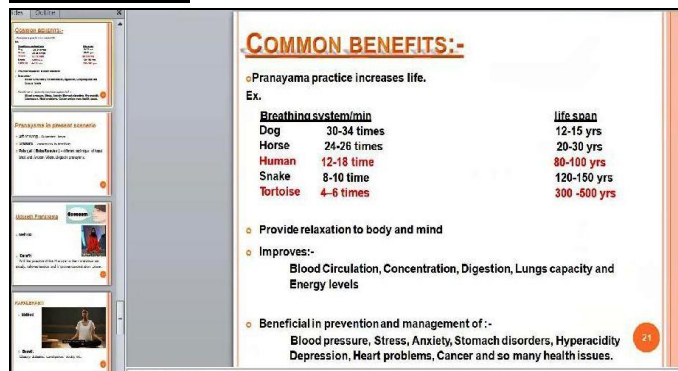
Precautions:

- ❖ Low-fat and high-fiber food (Eat more fresh fruits, fresh vegetables, and whole grains).
- ❖ For adults, getting at least 2 hours and 30 minutes of moderate or 1 hour and 15 minutes of vigorous physical activity (Walk, Run, Exercise, Yoga etc) a week. For those aged 6-17, getting 1 hour or more of physical activity each day.
- ❖ Maintain a healthy weight.
- ❖ Don't smoke or quit if you smoke.

There for the speaker covered delivered many valuable points regarding cholesterol and its importance, preventive measures etc...

“Control fat, Control your life”
“Safe & healthy cholesterol means safe & healthy life”

Event Photos:



Type of Pranayama :- (Matra & Kala) ||प्रे.स.5/54||

STAGES	POORAKA	KUMBHAKA	RECHAKA
Uttama	20(1)	80(4)	40(2)
Madhyama	16(1)	64(4)	32(2)
Adhama	12(1)	48(4)	24(2)

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Introduction :-

- Fourth step of Ashtanga Yoga
- Compound word – “prana” + “ayama”
- Prana = pra (prefix) + an (to breathe, to live)
- “prana” is life-force, the cosmic vital energy
- “ayama” means to stretch, expand, control
- Pranayama is to expand and control prana
- Breath is a gross manifestation of prana, usually equated with prana
- In ancient time, to increase longevity, our sages formulate some technique to achieve highest goal of life i.e. renunciation

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