



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.
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Ref: KLEF/SA/NSS/Events/2020-21

Date: 28-08-2020

Orders of the Vice-Chancellor dt. 28-08-2020

CIRCULAR

Sub: Conduction of online event Fitness @ Home on 29-08-2020 – Reg.

Ref: Letter dt. 27-08-2020 from Mr. P.Srikanth Reddy, Program Coordinator, KLEF NSS Cell and forwarded by Dean (Student Affairs).

This is to inform that, National Service Scheme (NSS) of KLEF will be conducted online mode of Fitness @ Home on 29-08-2020.

Event : Fitness @ Home
Place : Online mode
Date : 29-08-2020
Timings : 9:30 am to 01:30 pm

All the NSS Unit- 3 students should participate in the event, Buses start from NSS Cell Indoor Stadium.

For Further information regarding the event contact Mr. P.Srikanth Reddy, KLEF NSS Programme Coordinator, Mobile No: 8466011222, or Mr. P.Suresh, Coordinator, NSS, Mobile No: 9493171719.


REGISTRAR

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Koneru Lakshmaiah Education Foundation
(Deemed to be University)
Green Fields, VADDESWAREM-522 302,
Guntur District, Andhra Pradesh.





Koneru Lakshmaiah Education Foundation

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

Accredited by NAAC as 'A++' Grade University ❖ Approved by AICTE ❖ ISO 9001-2015 Certified

Campus: Green Fields, Vaddeswaram - 522 502, Guntur District, Andhra Pradesh, INDIA.

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Date:29-08-2020

A Report on Fitness @ Home **Conducted on 29-08-2020**

KL Deemed to be University (KoneruLakshmaiah Education Foundation) Engineering & Non-Engineering National Service Scheme (NSS) Volunteers in the challenge “**Fitness @ Home**” on **29th August, 2020**. On August 15th, IndianGovernment started "Fit India Youth Club" with the motto of New India Fit India. The Fit IndiaYouthClub,apartoftheFitIndiaMovementenvisionedbyPrime MinisterNarendraModi , endeavors to harness the power of youth to create mass awareness about the importance of fitness, across the country. KLEF NSS Cell is organized online Fitness Challenge on the eve of “National Sports Day” i.e. 29th August 2020.

Date of the Event: 29-08-2020

NameoftheEvent:Fitness@Home

Venue: Respective Houses

No.ofParticipants:Students-100,Faculty- 01



Online seminar on Fitness Home @challengeregardingfitness

Physical activity or exercise can improve your health and reduce the risk of developing several diseases like type 2 diabetes, cancer and cardiovascular disease. Physical activity and exercise can have immediate and long-term health benefits. Most importantly, regular activity can improve your quality of life. Exercise can help prevent excess weight gain or help maintain weight loss. When you engage in physical activity, you burn calories. The more intense the activity, the more calories you burn.

Regular exercise helps prevent or manage many health problems and concerns, including:

- Stroke
- Metabolic syndrome
- High blood pressure
- Type 2 diabetes
- Depression
- Anxiety
- Many types of cancer
- Arthritis
- Falls

It can also help improve cognitive function and helps lower the risk of death from all causes. Exercise delivers oxygen and nutrients to your tissues and helps your cardiovascular system work more efficiently. And when your heart and lung health improve, you have more energy to tackle daily chores.



Regular physical activity can help you fall asleep faster, get better sleep and deepen your sleep. Just don't exercise too close to bedtime, or you may be too energized to go to sleep. Exercise and physical activity can be enjoyable. They give you a chance to unwind, enjoy the outdoors or simply engage in activities that make you happy. Physical activity can also help you connect with family or friends in a fun social setting. Exercise and physical activity are great ways to feel better, boost your health and have fun.


“NewIndiaFit India”


S.N	Name of the Volunteer	Univ ID	Dept
1	B Ravi Prabhat	190070140	Mech
2	Sreekar AR	190070003	Mech
3	ADAPA SHANMUKHA SURYA	190070001	Mech
4	GUMMADI BHARGAV SRI SAI	190070029	Mech
5	GEDELA DURGA RAJ	190070025	Mech
6	Pydi Raja Satya Harika	190070132	Mech
7	Nitish Kumar	190070050	Mech
8	Pragada Veera Venkata Rakesh	190070082	Mech
9	G V K Pavan	190070028	Mech
10	D Vamsi Surya Prakash	190070017	Mech
11	Vangapandu Lokeswar	190070104	Mech
12	Revanth Ammisetti	190070126	Mech
13	Vemuri Jaswanth	190070108	Mech
14	Rithin Sai.M	190070064	Mech
15	Nali Naga Venkata Bhavani	190070068	Mech
16	Rohith	190070039	Mech
17	Beemieddy Shirisha	190070010	Mech
18	K.Bindu Saranya	190070049	Mech
19	Pujitha Svs	190070089	Mech
20	G Megha Shyam Reddy	180070052	Mech
21	Budumuru Venkatesh	180070154	Mech
22	Sai Nandhan Reddy P	180070080	Mech
23	P. Naveen Sai	180070235	Mech
24	S.Jayanth Kumar	180070023	Mech
25	D Jayachandra	180070195	Mech
26	J. Bhargav Sai	180079043	Mech
27	A Rajashekar Reddy	180079004	Mech
28	Kiran Sai Kumar Putsala	180070005	Mech
29	Gentapogu Sharon	180079012	Mech
30	S. N. V. Pavan Kumar	180070040	Mech
31	Medisetti Durga Prasad	180070041	Mech
32	Alapati Rishi Venkat	180070169	Mech
33	Rushikeswa Rao	180070094	Mech
34	Y Sai Kalyan	180070218	Mech
35	Kottapalli Vamsi	180079048	Mech
36	Srinadh Thota	180070012	Mech
37	M.Vamsi	180070198	Mech
38	M.Aravind Reddy	180070097	Mech
39	Parvathala Manohar	180079042	Mech
40	Peta Manish Kumar	180070137	Mech
41	M.Krishna Babu	180070059	Mech
42	Akhil Yenigalla	180070022	Mech
43	T.Vijaya Raghava Reddy	180070224	Mech
44	Ch Sumanth Reddy	180079010	Mech
45	IFMATI GANGADHAR	180070057	Mech

46	S VITTAL SAI TEJASWI	180070082	Mech
47	Yarajani Pawan Kalyan	180070181	Mech
48	Mukeshwara Reddy. S	180070078	Mech
49	POTTI ANJANEYULU	180070165	Mech
50	ANNA MANOJ KUMAR	180070166	Mech
51	GAMPA SHEKAR	180070167	Mech
52	A CHAITANYA	180070003	Mech
53	N. Sree Sai Ganesh	180070203	Mech
54	SYED MOULALI	180070215	Mech
55	INGUVA RAHUL	180070053	Mech
56	Kandula lokesh sai reddy	180070033	Mech
57	P.Nithya Sree Tejo Sathwik	180070109	Mech
58	Sd.Jaffar Hussain	180070194	Mech
59	Praneeth sai boyina	180070016	Mech
60	K.Sai Kiran	180070139	Mech
61	G.Ganesh	180070153	Mech
62	G.Prudhvi Narasimha Rao	180070220	Mech
63	A.Shivani Reddy	180070204	Mech
64	KAKI KRISHNA KIREETI	180070184	Mech
65	P Pavan teja	180070077	Mech
66	Meesala Sathish Kumar	180070035	Mech
67	VOBILINENI BHASKARA	180070131	Mech
68	K. Bhargava Dutta	180070177	Mech
69	R.venu Gopal	180070067	Mech
70	atluri pavan kalyan	180070163	Mech
71	Kolla Surya Teja	180070031	Mech
72	Manthina Santosh Pavan	180070009	Mech
73	M.JASWANTH GOWTHAM	180070021	Mech
74	Kurella Naga Satya Sri Krishna Harsha	180070024	Mech
75	Boddepalli Chandu	180070008	Mech
76	Kakumanu Dasaradha Ramaiah	180079016	Mech
77	SIVA KRISHNA MUTYALA	180070164	Mech
78	A.Veda Adarsh	180070186	Mech
79	Dinesh Naidu Kandi	180070004	Mech
80	V s v s badrinath	180070200	Mech
81	MANDALA.HEMANTH KUMAR	180070178	Mech
82	U SAI KUMARA HARSHA	180070113	Mech
83	U MADHU AVINASH	180070098	Mech
84	Maddu nikhil	180070032	Mech
85	Peetha Naga Hemanth kumar	180070156	Mech
86	Donepudi.Satya Ravi Teja	180070130	Mech
87	POLLAKATLA SUBHAKAR	180070001	Mech
88	J Sai Surya Vamsi	180070026	Mech
89	Kakumanu Bhargava Ramaiah	180079018	Mech
90	PINNAMAREDDY NAGABABU	180070075	Mech
91	P. Lokesh	180070087	Mech
92	Neerai	180079036	Mech

93	Sangadi Iovaraju	180070193	Mech
94	Gaddam Rahul Reddy	180070128	Mech
95	V.prem kumar	180070142	Mech
96	B.Akhil chandu	180070141	Mech
97	vadisela naveen	180070211	Mech
98	K.Hitesh	180070132	Mech
99	K. Lohith	180070170	Mech
100	Mulpuri Dwaraka Sai Charan	180070076	Mech

V. Naga Raju
Programme Officer
KLEF NSS Cell.


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