



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/SA/YRC/Events 2020- 21

Date: 17-09-2020

Orders of the Vice Chancellor dt. 17-09-2020

CIRCULAR

Sub: Conduction of webinar on awareness on Cholesterol Reduction on 21-09-2020 at KLEF – Reg.

Ref: 1. Letter dt. 17-09-2020 from Dean (Student Affairs)

This is to inform that the Youth Red Cross (YRC) of KLEF will be organizing the webinar on awareness on Cholesterol Reduction on 21-09-2020 at KLEF

Event : Webinar on awareness on Cholesterol Reduction

Dates: : 21-09-2020

Timings : 9.00 AM to 5.00 PM

Venue : KLEF

All the YRC volunteers and interested students can participate in the event

For further information regarding this event contact KLEF YRC Cell and Dr Venkateswarulu Coordinator (Mobile No. 9493171719).


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



Koneru Lakshmaiah Education Foundation

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21st September 2020

AWARENESS ON CHOLESTEROL REDUCTION

Team YRC KLEF Unit from the Department of Mechanical Engineering organized a cholesterol reduction webinar on September 21st. Led by Dr. B.V. Dharmendra from KL University, the session aimed to raise awareness about cholesterol and its impact on health. Participants learned about the different types of cholesterol, the risks of high cholesterol, and how to manage it through lifestyle changes and medications. The informative session encouraged attendees to get their cholesterol checked regularly.

EVENT DETAILS

Date: 21st September 2020

Time: 9.00 AM to 5.00 PM

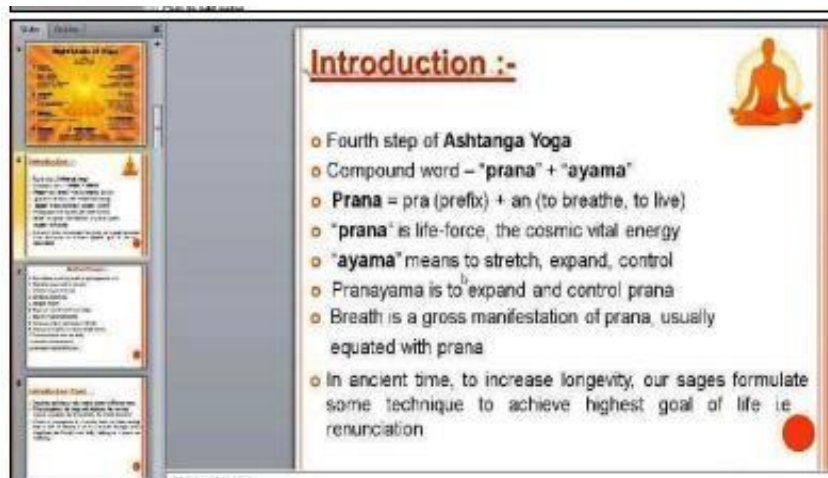
Venue: Webinar, Online Event

Organized by: YRC - Youth Red Cross

Supported by: YRC Unit Mechanical Department

No. of Beneficiaries: 83


No. of Participants: 83



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

Snippets of webinar on cholesterol reduction awareness by team YRC KLEF on 21st September 2020



Ujjayi Pranayama

- **Method**
- **Benefit**
 - Cures thyroid related problem like snoring.
 - Improves sound quality. Hence very useful for singers and stage performers.
 - Cures sinus related diseases.

Snippets of webinar on cholesterol reduction awareness by team YRC KLEF on 21st September 2020

LIST OF STUDENTS

S.No	Reg. No	Name of the Students
1	190520001	A Baskar Lakshmi Sasank
2	190520064	Ally Suleiman Hamed
3	190520002	Ananya D Mehta
4	190520003	Andukuri John
5	190520004	Avuthu Hemika
6	190520016	Balaji Kakarla
7	190520005	Borra Manoj
8	190520010	Chaitanya Dande
9	190520006	Chakka Saivamsi Guptha
10	190520013	Chanikya Reddy Gogula
11	190520007	Chilukoti Maheep
12	190520008	Chinthala Gowthami
13	190520022	Devi Swetha Madala
14	190520011	Dolly Naga Vyshnavi Kode
15	190520009	Eisha D
16	190520015	Gundarapu Suma Vijaya Sri
17	190520057	Himaja Yenduri
18	190520017	Kandula Sai Sathvika
19	190520019	Kartheek Koppuravuri
20	190520028	Kate Maria Fili Nawa
21	190520018	Kolla Nishanth Bangar Raju
22	190520058	Kombathula Kowshikh
23	190520020	Kuppam Venkata Sai Priya
24	190520021	Kuruvella Srinija
25	190520023	Maddela John Abhinav
26	190520024	Maddigapu Anilkumar Reddy
28	190520025	Muhammad Uzhma
29	190520062	Mukesh Gutta
30	190520026	Nandyala Bramarambika
31	180040114	Dadi Srivandhana
32	180040165	Dalali Arif
33	180040177	Bommisetty Anantha Sai Murali Krishna
34	180040179	B G S Ramacharan Hanuma Teja
35	180040192	Nandyala Vaishnavi Devi
36	180040218	Perugu Tharun Kumar
37	180040454	Batchu Nikhil Vishnu
38	180040513	Devarashetty Nikith
39	180049007	Irrinki Naga Durga Rajesh
40	180049008	J S Pavan Phaneendra Mani Kumar
41	180049013	K Jaya Venkata Sai Pavan Phanindra

42	180049015	M Bhanu Prasad
43	170040702	Porupureddi Sai Kishore
44	180040006	B Leeladhar
45	180040041	Godavanthi Hema Likhitha
46	180040049	Devineni Shree Lakshmi Meenakshi
47	180040074	Ummadi Madhurya
48	180040094	Mutta Venkata Sai Deepak
49	180040096	Nadimpalli Sai Kiran
50	190040380	Padi Akhila
51	180010041	P.Chaturya Ankamma
52	190030253	Ch.Gayaetiri
53	190032017	Rishitha Punyamanthula
54	190030874	K.Sriya
55	190069031	V.Sri Ram
56	180069036	Sai Kiran,G
57	190520056	V.Kumar
58	190520027	Nakirikanti Divya Maghana
59	190520047	T.Teja Sri
60	190520004	A.Hemika
61	180069031	V.Tharun
62	190010038	Divya Kumarimuppa
63	180049013	K Jaya Venkata Sai Pavan Phanindra
64	180049015	M Bhanu Prasad
65	190520019	Karthick Koppuravuri
66	190520035	S.Yaswanth
67	190520038	S.Gowtham
68	190520037	S.Raja Sai Sameer
69	190520005	B.Manoj
70	190010053	S.Vasaviradha
71	190030956	M.Gunadeep
72	190030326	Ch.Likhith
73	190031595	T.Sai Manoj
74	190030613	J.Jai Chandra
75	190040016	A.Srinivas
76	190040467	Sk.Fareed Baba
77	180030450	Penumarthi Sai Priya
78	180030522	Sahithi Katreddi
79	190030438	E.Vamsi Krishna
80	190031928	P.V.S.R.Avinash
81	190040413	P.Durga Sai
82	190030579	G.Chandra Lekha
83	180031152	G.Prasanna

KRSP released
Dean

Students Affairs
Dean (Student Affairs)
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