



KONERU LAKSHMAIAH EDUCATION FOUNDATION
(Deemed to be University)
Aziz Nagar, Hyderabad, Telangana — 500075

DEPARTMENT OF PHYSICAL EDUCATION

Date:20/03/2024

One Week Yoga Class for 1st Year

A one-week yoga program for all first-year KLH students, held in the open auditorium, will focus on *Surya Namaskaram* (Sun Salutations) and the 8 elements of yoga. Students will practice the Sun Salutation sequence daily to improve flexibility, strength, and stamina. In addition, they will explore the 8 limbs of yoga: Yama (ethical guidelines), Niyama (personal observances), Asana (physical postures), Pranayama (breathing techniques), Pratyahara (withdrawal of senses), Dharana (concentration), Dhyana (meditation), and Samadhi (union or enlightenment). The program aims to enhance physical health, mental clarity, and spiritual growth, fostering a balanced approach to life and well-being.







Conclusion:

The one-week yoga session provided KLH students with valuable tools for physical fitness, mental clarity, and spiritual growth. Through the daily practice of *Surya Namaskaram*, students gained a holistic understanding of well-being, fostering mindfulness, discipline, and overall personal development.