

## YOGA AWARENESS & PRACTICE PROGRAMME -06.07.2025

The Department of Physical Education & NSS UNITS in collaboration with Datta Kriya Yoga Centre, Vijayawada organised Yoga Class at Kotturu Tadepalli on 06.07.2025 at Shanmukha Vedapatasala, Kotturu Tadepalli, Vijayawada from 7.00 AM to 8.00 AM. KBN COLLEGE NSS PROGRAMME OFFICER Sri N.Samba Siva Rao conducted Yoga Practice Class created awareness to the Vedic students about yoga. On this occasion he told the importance of Yoga in physical, mental and spiritual aspects. He conducted practice session on Surya Namaskaras, Various Asanas, Nadisuddi Vyayamas and Pranayamas. Nearly 35 Students participated in the class.

Dr.V.Narayana Rao, A.O., SKPVV Group of Institutions, Dr.G.Krishna Veni, Principal KBN College appreciated the organisers for conducting the programme. Vice-Principals Sri P.L.Ramesh, Dr.M.Venkateswara Rao, Dr.K.Rama Krishna, Convenor NSS Units & Vice Principal also appreciated the team who involved in Programme. Sri D.Pavan Kumar, NSS Programme Officer, Sri M.Sanathi babu NSS Officer, Smt.P.Gowthami Devi NSS Officer coordinated the activity.

### PHOTOS

