

## YOGA AWARENESS AND PRACTICE PROGRAMME ON 25.01.2026

The Department of Physical Education and NSS UNITS of KBN College in collaboration with Datta Kriya Yoga Centre, Vijayawada Conducted Yoga Awareness Programme and practice programme on 25.01.2026 from 7.15 AM to 8.00 AM at Shanmukha Vedapatasala at Kotturu Tadepalli, Vijayawada . Sri N.Samba Siva Rao of KBN College conducted Surya Namaskara Practice session on the occasion of Radhasaptami. After the completion of Surya Namaskaras, students practiced Pranayamas and Dyana. On this occasion Sri D.Hema Chandra Rao Garu, Head, Department of Physical Education in his message stated that one should practice yoga daily for healthy lifestyle.

Dr.T.Srinivasu, Secretary & Correspondent, KBN College, Dr.V.Narayana Rao, A.O., SKPVV Group of Institutions, Dr.G.Krishna Veni, Principal KBN College appreciated the faculty who initiated the programme. Vice-Principals Sri P.L.Ramesh, Dr.M.Venkateswara Rao, Dr.K.Rama Krishna, Convenor NSS Units & Vice Principal also appreciated the faculty who initiated and involved in the Yoga Awareness Programme. NSS Programme Officers Sri D.Pavan Kumar, , Sri M.Sanathi babu, Smt.P.Gowthami Devi coordinated the activity.

