

DEPARTMENT OF PHYSICAL EDUCATION

YOGA CLASS ON 04.08.2024

On August 4, 2024, from 7:00 AM to 8:00 AM, the Department of Physical Education and NSS Units, in collaboration with the Datta Kriya Yoga Centre, Vijayawada, conducted a Yoga class for students of Anjaneya Shanmukha Vedapatasala, located in Kotturu Tadapalli, Vijayawada.

Sri D. Hema Chandra Rao, Head of the Department of Physical Education, inspired the students with his message, emphasizing that regular yoga practice enhances not only physical health but also mental well-being. Under the guidance of Sri M. Rajesh, Yoga Instructor from KBN College, the students practiced various yoga vinyasas.

The program was coordinated by NSS Program Officers Ms. Kalma Begum, Sri D. Pavan Kumar, Sri N. Samba Siva Rao, and Sri J. Srinivasa Rao, along with NSS members Smt. P. Gowthami Devi, Sri M. Shanthi Babu, Ms. G. Sita Ratnam, and Sri G. Surya Narayana. NSS students Mr. Nainesh, Mr. Rohith, and Mr. Harsha also participated as student volunteers.

YOUTUBE LINK: <https://www.youtube.com/watch?v=V9W7qC4rQu4&feature=youtu.be>

PHOTOS



