

# KBN COLLEGE:: VIJAYAWADA

YOGA AWARENESS PROGRAMME- 16.04.2024

As part of Society building programmes, NSS Units in Collaboration with Department of Physical Education conducted Yoga awareness Programme at Shanmukha Vedapatasala, Kothuru Tadepalli . The Physical Education HOD Sri D.Hemachandra Rao in his message stated that now a days Yoga practice is very much essential from child age to Old age people and every one should set Yoga as their lifestyle. Sri Rajesh , Yoga Instructor of KBN College, Sri M.Sanathi Babu , Yoga Expert & Asst. Professor of Computers trained the students along with college Volunteers. Several Aasanas, Suryanamaskaras, Pranayamas are demonstrated to the Vedapatasala students. In this Programme Sri N.Samba Siva Rao, Yoga Instructor and Programme Officer, NSS-III Unit also participated and Co-ordinated the programme. NSS Volunteers also rendered their services in successful conduction of the programme. After the completion of programme snacks were distributed to the students by Sri Hema Chandra Rao and NSS Team.











**SNACKS DISTRIBUTION**





GPS Map Camera

Tadepalle, Andhra Pradesh, India  
JJ69+95X, Tadepalle, Kotturu Tadepalli, Andhra Pradesh 521228, India  
Lat 16.61096° Long 80.618°  
16/04/24 08:22 AM GMT +05:30

