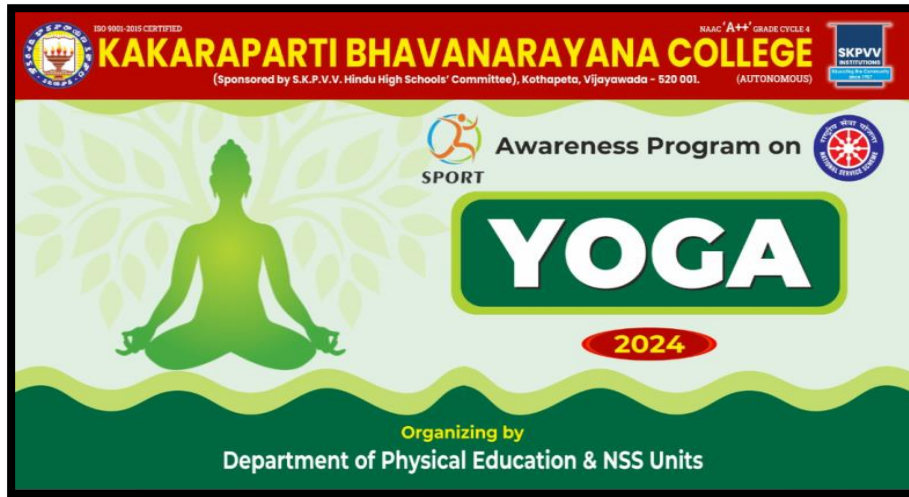


KBN COLLEGE:: VIJAYAWADA
AWARENESS PROGRAM ON YOGA THROUGH ONLINE VIDEOS-2024



The Department of Physical Education in collaboration with NSS Units organised Yoga Awareness Programme through KBN College YouTube Channel. Sri D. Hema Chandra Rao , Head ,Department of Physical Education along with Sri M. Rajesh , Yoga Instructor demonstrated various yogasanas to relieve from various health issues like back pain, obesity, diabetics etc. NSS Units Programme officers and NSS Units members coordinated and provide sufficient requirements for conduction of the Videos.



VIDEO LINKS

1. FOR BACK PAIN : <https://www.youtube.com/watch?v=jdHryIJF8DA>
2. FOR OBESITY : <https://www.youtube.com/watch?v=1A21GuOAcRQ&t=63s>
3. FOR DIABETICS : <https://www.youtube.com/watch?v=iJ987FTTjPc>
4. FOR THYROID : <https://www.youtube.com/watch?v=S9Sw8uuAm90>
5. FOR KNEE PAIN : <https://www.youtube.com/watch?v=7BcQKbfq6YQ>.