

International Yoga Day Celebrations

Organized by

Department of Physical Education & NSS Units

21st June, 2021





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Report

The Department of Physical Education conducted Online and Offline Yoga awareness and Practical Programme on 21.06.2021 on account of International Yoga Day, with heartfelt co-operation from NSS Units, of our College. Sri E. Vara Prasad, Principal, inaugurated the programme with his valuable message, the origin and importance of Yoga for the present situations. The importance of the Programme was explained by Sri. D. Hemachandra Rao, HOD, Physical Education & Convenor of Yoga Diploma Course, KBN College, created awareness about the importance of Yoga and conducted the practical session. In this Session various Physical Conditioned Exercises, Asanas etc. performed by students of Diploma in Yoga. Sri N.Samba siva Rao, Yoga Instructor explained about the importance of Pranayamas. Sri P. L. Ramesh, Director, Academics & Planning has also participated in this programme. Our NSS Units Programme Officers, Sri J. Panduranga Rao, Sri D. Pavan Kumar and NSS volunteers also participated in this programme. Our College Karate Faculty Smt. G. Varalakshmi and their students have also participated and performed. Sri D.Hema Chandra Rao concluded the programme with a formal Vote of Thanks.

Google Meet link of this Programme:

<https://drive.google.com/file/d/1etc0hXsb5GWZ391I366ak0QISVLKJO7c/view?usp=drivesdk>

