

YOGA PRACTICE AT VEDAPATASALA

The Department of Physical Education organised Yoga Class at Kotturu Tadepalli on Two Sundays of February month (09-02-2025 & 16.2.2025) at Shanmukha Vedapatasala, Kotturu Tadepalli, Vijayawada from 7.00 AM to 8.00 AM. KBN COLLEGE NSS PROGRAMME OFFICER Sri N.Samba Siva Rao conducted Yoga Practice Class created awareness to the Vedic students about yoga. On this occasion he told the importance of Yoga in physical, mental and spiritual aspects. He conducted practice session on Surya Namaskaras, Various Asanas, Nadisuddi Vyayamas and Pranayamas. Nearly 25 Students participated in the class.

09-02-2025



ON 16.02.2025

