

INTERNATIONAL YOGA DAY 21ST JUNE, 2021

On the occasion of 7th International Yoga day, 21st June 2021, Narayana Medical College has conducted live yoga demonstration at 8 AM.

Sri. L.Subburaman, M.Sc (Yoga) and Guinness awardee has demonstrated various asanas in sitting & standing postures, along with breathing pranayama exercises and concluded with yoga nidhra and also told their importance in day to day life.

Because of the prevailing COVID situation only a few interns participated and Dr. V. Chandrasekhar, HOD, Community Medicine also participated in the event and others has joined online.

The event was moderated by our Dean Dr. S.P.Rao, Dr. C. Jyothi, Vice-principal, Dr. Sivakumar Vijayaraghavalu, HOD, NTRIC, Dr. Saleha Afreen, Assistant Professor, Incharge NSS unit and Mr. Sandesh Raikar, Administrative Officer and his Team.

Dr. Narasimha Reddy, Academic Director and Dr. Prabhakar Hospital Administrator, Narayana Medical College and Hospital has graced the occasion.





