

YOGA awareness program.

Yoga awareness programme was organized by NSS unit Narayana Medical college, for 200 MBBS students on 14 th may, 2022. Swapna, professor in YOGA, A Mahendra reddy district youth officer & his team form Nehru yuva Kendra, Nellore, conducted awareness programme, demonstrated YOGA aasanas to the students and also briefed the importance of each aasanas and yoga in day to day life.



