

International yoga day – 21 June 2022

On the occasion of international yoga day, yoga training program was organized from 11 to 21 June, 2022 for 1 hr, by NSS unit Narayana medical college, Nellore under the guidance of dean Dr. S p Rao and Vice Principal Dr. C Jyothi. Yoga training was given by trained yoga instructor M. Ravindra, who has already trained 10,000 students and inspired many people to make yoga part of their daily routine.

NSS volunteers from all the MBBS batches participated in the program and basic yoga asana which was given in the protocol for international yoga day and their importance in day to day life was also taught by the trained yoga instructor.

Dr. Saleha Afreen, Assistant professor and NSS Co ordinaror, Dr. Divya sree, Dr. vandana and post graduate of the department of community medicine also took part in organising the training programme.





