Yoga and Meditation Centre

Sri Y N College(Autonomous) – Narsapur

International Day of Yoga was Celebrated on 21-06-2022

On 21st June 2022, NCC Cadets along with ANOs and other students of Sri Y N College(A) celebrated the 8th International Day of Yoga under the aegis of Yoga and Meditation Centre for spreading awareness on the importance of making Yoga as a part of each one's life . Dr. A P V Appa Rao, Principal of the College said that Yoga has become a global festival as there is widespread acceptance of the ancient Indian practice as he participated in the Eighth International Day of Yoga(IDY) Celebration in the College premises. All the Cadets are actively performed various Yoga Asanas during the event.

Below are Some snapshots of Yoga Asanas Performed by NCC Cadets during the International Day of Yoga 2022.

Dr.C.SRAO PG CENTRE

P.E.LIBRARY

P.E.LIBRARY

NARSAPUR
WORLD YOGA
DAY
YOGA