



National Cadet Corps(Navy) Sri YN College(Autonomous)–Narsapur

YOGA DAY ON 21/06/2024

This year marks the 10th International Day of Yoga with the theme “Yoga for self and society”. NCC Naval wing of Sri YN conducted (A) conducted International Yoga Day in college Yoga Center to raise awareness of many benefits of practising Yoga among students and public. Smt. P. Jaya Durga, 10th Additional District Judge; Sri G.Gangaraju, Sr. Civil Judge; Sri K. Srinivas, Civil Judge; and Smt.R. Varalakshmi, Principal Civil Judge, attended as Chief Guests and Our College Principal, Dr. Ch. Kanakarao, Dean, Dr. Gandham Sri Rama Krishna, NSS Officers and NCC ANO Sub Lt. G.Sunitha participated on 21st June 2024.



Yoga instructed demonstrated various Yoga Asanaas to promote the benefits of Yoga in physical, mental and spiritual well being.

