



NARAYANA ENGINEERING COLLEGE::NELLORE
FRESHMEN ENGINEERING DEPARTMENT

Yoga Classes

Freshmen Engineering Department of Narayana Engineering College, Nellore had organized Yoga classes for the I-B.Tech students in the odd sem in the academic year 2019-2020. Sri. Ramesh Yoga Trainer stated that, In every student life they go from many ups and downs in their life. They are stuck between the work load, exams and many pressures. In their daily routine they go from the hectic and huge tasks which are very difficult for them to complete and in the end students go in the stress and depression which is not good for their health.

Practicing yoga for the students is necessary to keep away the stress and depression. The students of I. B.tech have participated in the yoga classes and learnt the importance of Yoga with the help of the Yoga Trainer. Staff and Students of NECN have actively participated in the event.



