



V. V. Institute of Pharmaceutical Sciences

Seshadri Rao Knowledge Village, Gudlavalleru-521356.

Name of the Program: “YOGA SAKTHI CHIKISTA”

Date of the Program: 25-02-2020

Resource Person Details: Mr. M. Satya Narayana



V. V. Institute of Pharmaceutical Sciences organized a program “YOGA SAKTHI CHIKISTA” on 17-02-2020 by Mr. M.Satya Narayana, Yoga Trainer. The Yoga improves strength, balance and flexibility. It improves back pain relaxation. While there's no direct scientific evidence to suggest that practicing yoga will significantly increase your IQ, there are several ways in which yoga can positively impact cognitive functioning.

In this programme students catch how to improve their mind sharpness for daily performing yoga how to balance their mental mind stress

The Management & Dr. A. Lakshmana Rao Principal of V. V. Institute of pharmaceutical sciences expressed gratitude for sharing her expertise with students.