



NARAYANA PHARMACY COLLEGE

Approved by PCI & UGC 2(F)12B, Affiliated to JNTUA (Ananthapuramu)

Accredited by NAAC with Grade 'A' Recognized u/s 2(f) & 12(B) of the UGC Act, 1956,
New Delhi, ISO 9001:2015 Certified Institution Chinthareddypalem, Nellore-524003, A.P. India.



Dt: 07/03/2026

CIRCULAR

Subject: Workshop on Yoga

This is to inform all the III YEAR B PHARMACY students of **Narayana Pharmacy College** that a **Workshop on Yoga** will be conducted in the college premises to promote physical fitness, mental well-being, and stress management among students.

The workshop will include demonstrations of various **yoga postures (asanas)**, **breathing techniques (pranayama)**, and **meditation practices** by a certified yoga instructor.

Details of the Workshop:

- **Topic:** Workshop on Yoga
- **Date:** 09/03/26-14/03/26
- **Time:** 10:00 AM – 11:00 AM
- **Venue:** College Auditorium

All students are encouraged to actively participate in the workshop and experience the benefits of yoga for maintaining a healthy body and mind.

Participants are requested to report to the venue **15 minutes before the scheduled time** and wear comfortable attire suitable for yoga practice.

For further information, students may contact the **Student Activity Coordinator / College Office**.

PRINCIPAL

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NARAYANA PHARMACY COLLEGE
NELLORE - 524 002