

SREE VIDYANIKETHAN COLLEGE OF NURSING

Sree sainath Nagar, A.Rangampet

INTERNATIONAL YOGA DAY CELEBRATION

The 3rd International Day of Yoga was celebrated on 21st June 2017 at Sree Vidyanikethan College of Nursing, started with lighting a lamp and prayer. A session on yoga was led by Art of Living trainee **Dr. M.S. Sujatha, Professor, EEE Department, Sree Vidyanikethan Engineering College.**



Dr. M.S. Sujatha, Professor, SVEC enlightening the importance of Yoga

Dr. S. Anuradha, Principal, Sree Vidyanikethan College of Nursing, instructed about the importance and benefits of yoga in day-to-day life and **administered pledge to the group** i.e., “ **I Pledge to make yoga an integral part of my daily life**”, as circulated by Indian Nursing Council (INC).



Students administering oath on International Yoga day

I, II, III and IV year B.Sc Nursing and I P.B.B.Sc Nursing students along with faculty members and staff have happily participated and practised different yoga postures like Vrikshasana, Uttanaasana, Trikonaasana, Bhadrasana, Shashankaasana, Bhujangasana, Pawana Muktaasana, and finally ended with Pranayama and meditation.





Lecture being delivered by Mrs. M. Lavanya, Lecturer on General Guidelines of Yoga.



A Student re-demonstrating asanas during the yoga workshop