



# SREE VIDYANIKETHAN COLLEGE OF NURSING

SREE SAINATH NAGAR, A. RANGAMPET, NEAR TIRUPATI

## **INTERNATIONAL DAY OF YOGA**

**2<sup>nd</sup> International day of yoga was celebrated on 13.6.2016-14.6.2016 at T.G.R Auditorium. Mrs P.Rajani welcomed the chief guest Mrs.Shobha Rani Naidu, Art of living teacher, Principal Dr. S. Anuradha, Staff and students.**

**Mrs. Shobha Rani Naidu gave a brief introduction regarding Importance of Yoga to Rejuvenate oneself and given demo and made all the students and staff to practice Suryanamaskaras, Asanas and Pranayama.**

**On this occasion students were distributed prizes for best performance in essay writing competition on importance of Yoga in daily life. Mr.Anand kumar naik of II year won 1<sup>st</sup> prize**



**Ms.D.Divya of II year won 2<sup>nd</sup> prize**



**Mr.Rangappa was given prize for best performance in practicing asanas.**



**Dr.S.Anuradha,Principal Felicitated Mrs.Shobha rani naidu and expressed her gratitude for giving time to come and demonstrate asanas,she also encouraged all the staff and students to practice Yoga in daily life and to reduce stress.**



**The programme was adjourned at 5pm**