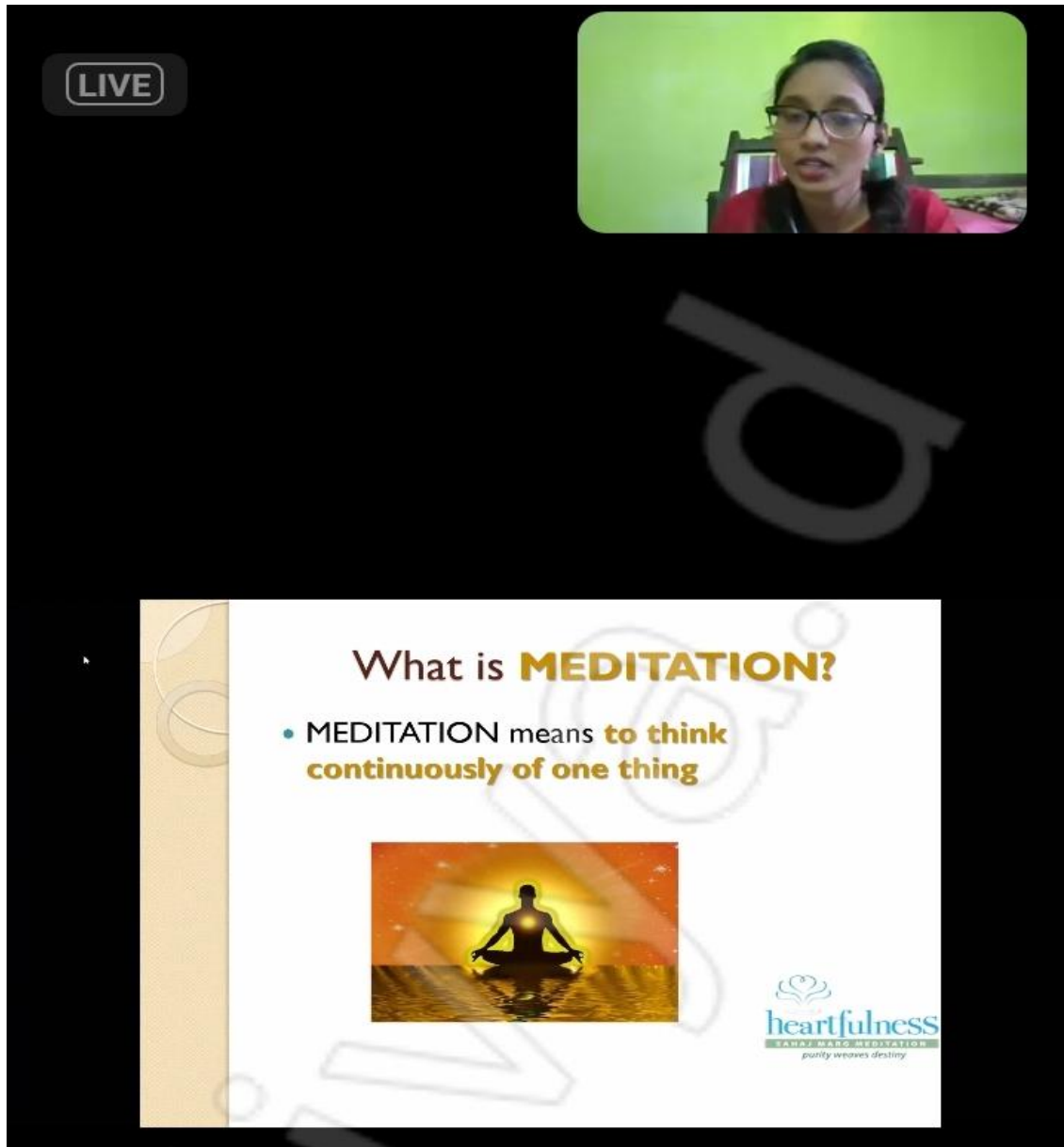


INTERNATIONAL DAY OF YOGA-2021

On the occasion of **International day of yoga – 2021** Sree Vidyanikethan College of Nursing organized a two day '**ONLINE WORK SHOP ON YOGA**' from 21-6-2021 to 23-06-2021 in association with **Art of living** teachers Ms. SreeTeja, and Mrs. Sulochana Devi, Tirupati.

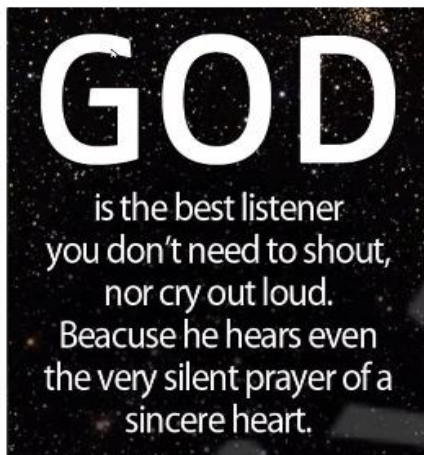
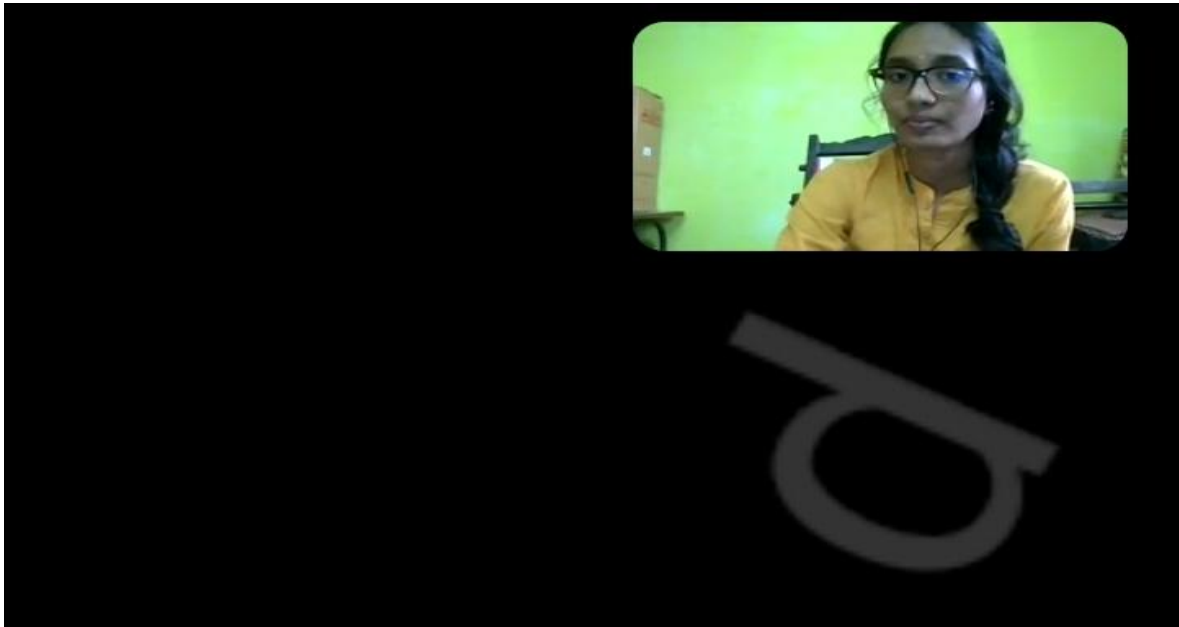


The session is started by Ms. SreeTeja

On 21-6-2021 Ms.SreeTeja started the session with prayer and explained the importance of yoga & meditation in day to day life and demonstrated various yogaasanas and heart fullness meditation.



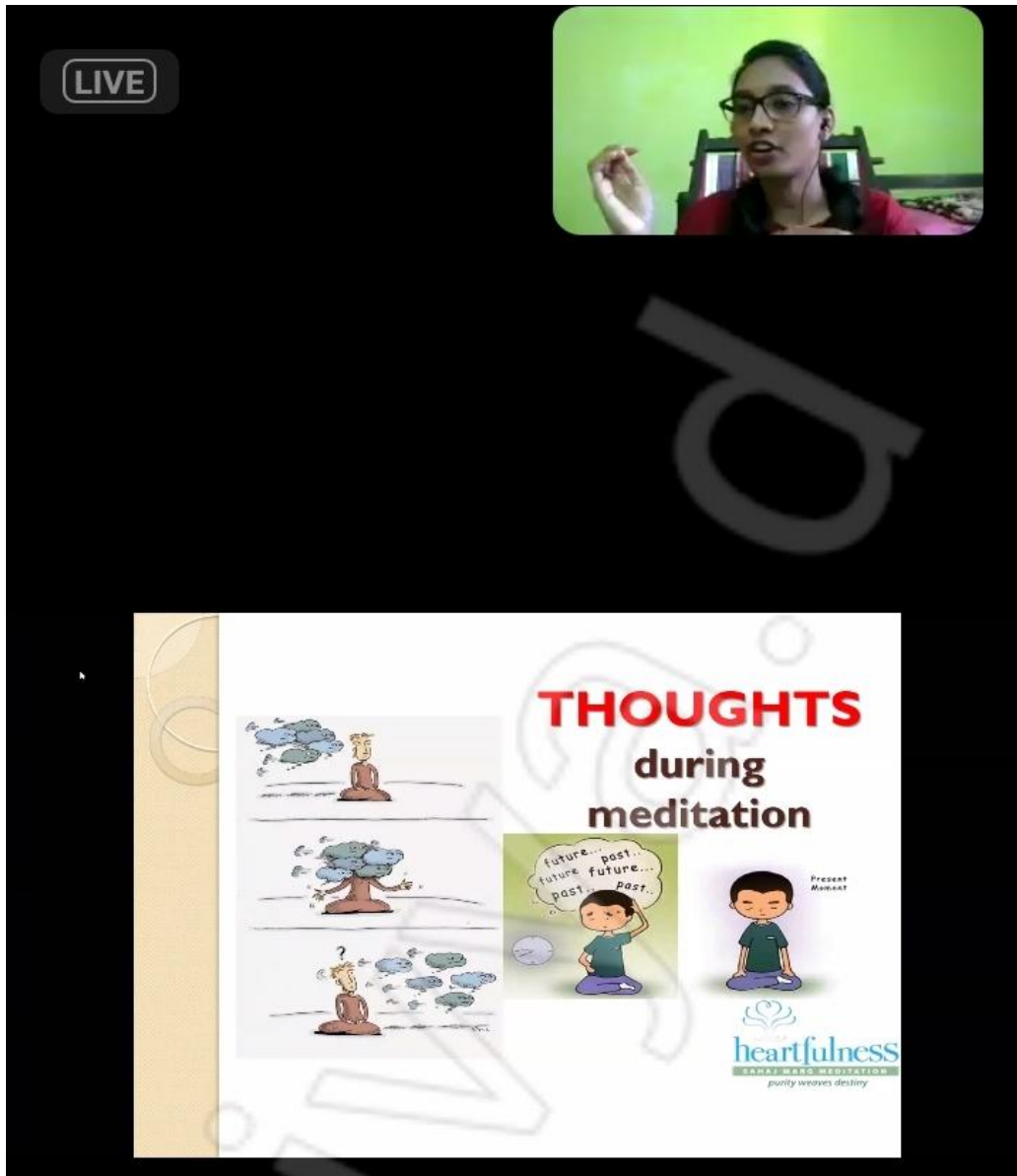
On 22-6-2021 Mrs. Sulochana Devi explained the relaxation techniques and cleaning process. She explained during cleaning process how to eliminate impurities from the body and mind. She also stressed on **Pranayama** which improves the immunity to combat with COVID- 19 CORONA VIRUS infection & reduce the breathing difficulties.



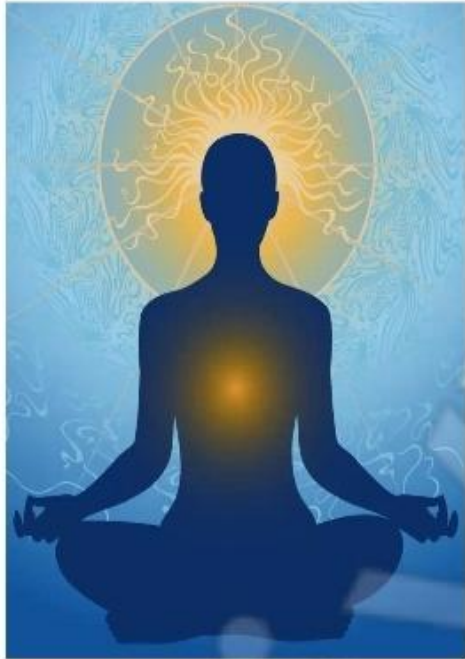
What is PRAYER ?

- Communicating with the source
- A spiritual communion with God or an object of worship,
- thanksgiving, adoration, or confession
- Brings us closer to the eternal Divine presence in our hearts

heartfulness
SAHAJ MARG MEDITATION
purity weaves destiny



On 23-06-2021 Mrs. Sulochana Devi explained the various relaxation techniques and how to connect ourselves with divinity and how to control thoughts during meditation.



Gently close your eyes and “think of the **Source of Light that is already present within your heart**”. Rather trying to visualize it, simply tune into your heart and be open to any experience that you may have.

If your mind wanders, gently bring your attention back to your heart



Explaining the relaxation techniques and the process of getting connected with divinity

The students and the members of faculty shared their experiences during yoga. About fifteen members of faculty and 96 students had participated and practiced yoga and they have been rejuvenated.