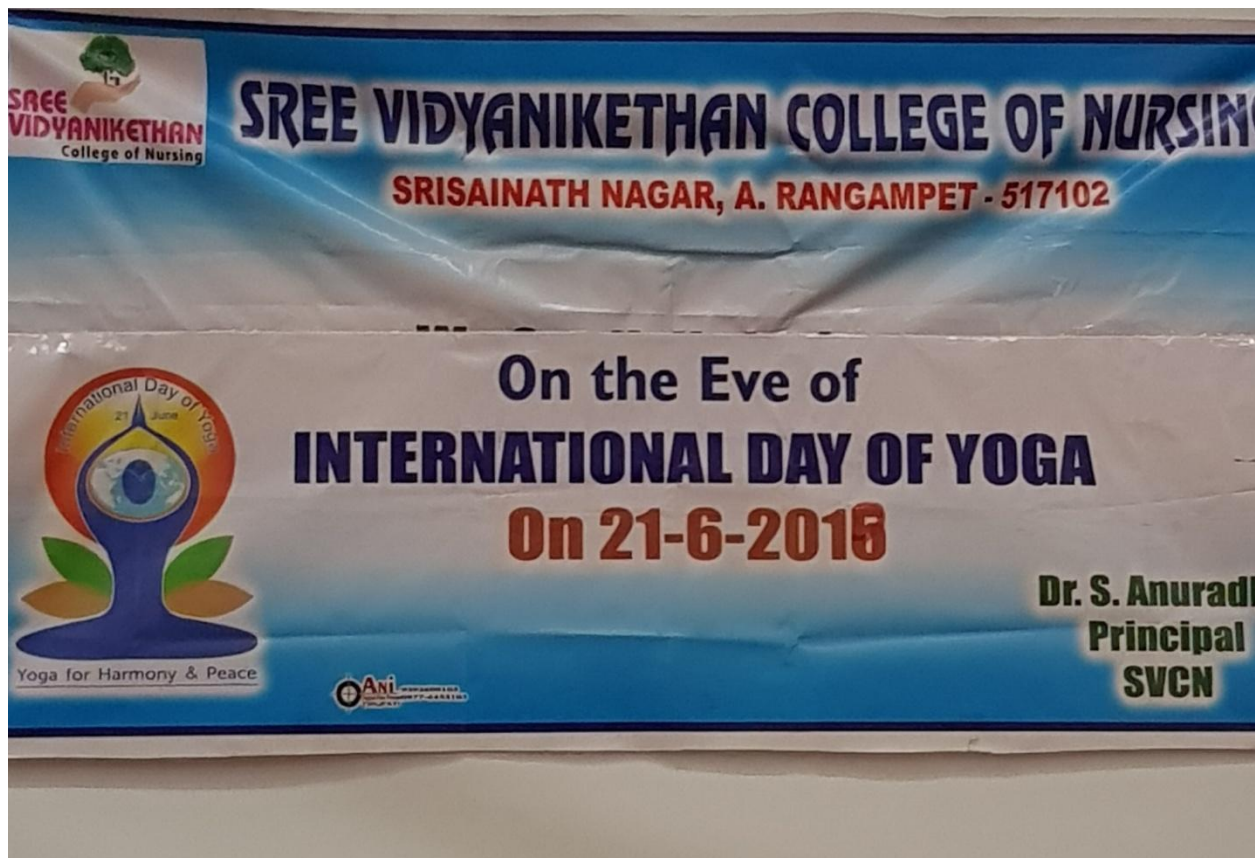


Report on IV International Day of Yoga

Sree Vidyanikethan College of Nursing has organized A three day workshop on “ **Meditation – Learn to meditate- A Skill for life**” at Dasari Auditorium, Sree Vidyanikethan Educational Institutions, A.Rangampet, Andhra Pradesh from 18-06-2018 to 20-06-2018 on the occasion of **IV International Day of Yoga** in collaboration with Heartfulness Institute, Shri Ram Chandra Mission .The B.Sc nursing & pharmacy students along with faculty members have participated in the workshop.





Dr. M.S. Sujatha, professor, EEE department, Sree Vidyanikethan Engineering College and Art of Living Trainee welcomed the guests and addressed the gathering.



On Day –I Dr.K. Vijaya Chandra Reddy, Assistant Professor, Pharmacology Department, SVIMS and Heartfulness Institute trainer presented the advantages ,procedure of meditation and yogic transmission. All the faculty members and students have practiced the steps of meditation.



On Day –II Dr. K. Vijaya Chandra Reddy explained process to rejuvenate at the end of the day –‘Cleaning’.



Dr. K.Vijaya Chandra Reddy has conducted practical session on cleaning process.



All the faculty members and students have practiced the steps of “**cleaning**”.



On Day – III Dr.K.Vijaya Chandra Reddy has spoken on how to connect with our inner Self-
‘prayer’.



All faculty members and students practiced meditation, cleaning and heartfulness prayer.



Dr. S.Anuradha, Principal and faculty Felicitated Dr.K Vijaya Chandra Reddy and heartfulness team members on behalf of Management.



Dr. S. Anuradha, Principal, Sree Vidyanikethan College of Nursing conveyed vote of thanks



On 21-06-2018 Dr. M.S. Sujatha, Professor, EEE Department , Sree Vidyanikethan Engineering College and Art of Living Trainee demonstrated on various yogasanas and explained the advantages of Yoga.



All Faculty members and students practicing yogasanas

The programme adjourned with National Anthem at 1PM.