

## **INTERNATIONAL DAY OF YOGA-2020**

**Sree Vidyanikethan College of Nursing** organized a two day '**ONLINE WORK SHOP ON YOGA**' on the occasion of **International day of yoga – 2020** in association with **Art of living** teachers Ms. J. Jahnavi, Sydney, Australia and Mrs. C. S. Vijayalakshmi, Tirupati from 20-6-2020 to 21-06-2020.



Ms. J. Jahnavi, started the session with prayer



On 20-6-2020 Mrs. C. S. Vijayalakshmi started the session with prayer and explained the importance of yoga in day to day life and Ms. J. Jahnvi demonstrated various yoga asanas.





Ms. J. Jahnvi demonstrating the yogaasanas

On 21-6-2020 Mrs. C. S. Vijayalakshmi explained the relaxation techniques and cleaning process. She also stressed on **Pranayanam** to improve the immunity to combat with COVID- 19 CORONA VIRUS infection.



J. Jahnvi explaining the relaxation techniques

Dr. S. Anuradha, Principal, SVCN shared the personal experiences by doing the yoga in daily life. Students also shared their experiences during the yoga. About fifteen faculty members and 87 students had participated and practiced the yoga and they have been rejuvenated.