

# **Sree Narayana Nursing College**

**Chinthareddypalem, Stonehousepet (PO), Nellore.**

**Report: Celebration of 4th International Yoga Day on 21st June 2018**

**Theme: "Yoga for wellness"**

With the concept of *yoga is skill in action. the skill is to see how to keep your spirit uplifted*, Narayana College of Nursing NSS unit had celebrated 4th International Yoga Day on 21st June 2018 in the campus. NSS volunteers and students, faculties were performed with much interest and practiced various of Yoga '*asanas*'.

The programme started with prayer song and lamp lighting by, Mrs. V. Jayanthi, Principal Sree Narayana Nursing College, Mrs. Kalpana Vice-Principal and all the HODs. Principal coated few words of Gurudev

*“accomplishing the task is by energy and this comes only by yoga it should not misunderstood as just exercise it is a holistic development of human life”*. Dignitaries gave speech on yoga and its importance to the gathering.

The session started at 6.30am, benefits of yoga was explained to all by the student yoga trainer the yoga asanas were performed by the students. Students performed all the yoga positions *like vajrasana, pranayama, kaphalabhati, bhujangasana, pavanamukthasana bhujangasana*, and so on, very enthusiastically.

The programme was organized with 50 students and volunteers, instructions were given to them to perform the asanas.

**Enclosures:**

Action photograph



