



VINAYAKA MISSION'S COLLEGE OF NURSING, KARAİKAL

YOGA DAY -2022



Vinayaka Mission's College of Nursing, Karaikal has conducted the Yoga classes (10 Hours) as per INC guidelines for 1 year B.Sc.,(N) students. Mr. Anand, M.Sc., M.phill (Yoga) invited as a resource person. The Yoga classes conducted from 04.05.2023 to 10.06.2023. He taught various Yoga exercises to the students and he explained about the benefits of regular Yoga Practices. 1 year B.Sc(N) 100 students benefited for this Yoga classes and students given positive feedback about the Yoga classes.

