

## REPORT ON YOGA DAY CELEBERATION-2015



International yoga day was celebrated on 18 June 2015 at 10: 00 am in Vinayaka Mission's College of Nursing premises, Karaikal. The programme started with prayer song by the B.Sc., (N) students followed by the welcome address by the SNA adviser Mr. Saravanan. The dignitaries lit the kuthuvilaku. International yoga day theme **“Yoga for Harmony and Peace”** was unfolded by Dr.K.Kamala Ph.D., (N) Principal, VMCON, Karaikal. A guest lecture was given by Mr. Selvaraj, M.A (Yoga), Professor and Mr. Jeeva, M.A (Yoga), Professor. They highlighted the goals of yoga and human excellence .The Principal distributed gifts to winners of the essay competition .The programme came to an end with vote of thanks by Mrs. G.Raji. Lecturer, Dept. of Medical Surgical Nursing followed by the National Anthem.