



DEPARTMENT OF MENTAL HEALTH NURSING  
REPORT ON INTERNATIONAL YOGA DAY - 2022

The department of mental health nursing, VMCON organized a yoga outreach activity programme in Dr.Ambedkar Government Higher Secondary School, Kirumampakkam, at Puducherry on 29.06.2022. Our VMCON BSc first year nursing students participated in the programme. The programme was started at 11.00 am in the presence of Mr.Vijayaganesh, School Headmaster, Mrs.A. Ayee (HOD) Dept of MHN delivered welcome address & Mr. J. Rajkumar, Physical director VMCON honored the school headmaster. The team of Mr.S.Artchudane, Mrs.Bhuvanewari & Mr.Ganapathy, Yoga therapist, Centre for Yogic Sciences, AVMCH, Puducherry, along with our nursing student's demonstration session was done. The school students were enthusiastically participated and observed a lot of yoga asanas, and exercises. The total 150 nos of school students were benefited from this programme. Mr.J.Rajkumar, Physical director delivered the vote of thanks followed with national anthem

**No of benefeceries**

- Faculties-3 members
- Students- 50 members
- School students and teachers-150 members

**Outcome of the programme**

The school students learned various yoga asanas, and it enhances their cognitive function, mental and physical health etc.



*Ayee.A*  
**ORGANIZING SECRETARY**

Mrs.Ayee.A

*G. Muthamilsevi*  
**PRINCIPAL**

Dr. G. Muthamilsevi

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