

Response

Indirani College of nursing has distinctive practice as **creating healthier society through holisic nursing practice with the complementary therapies**. In align with the fulfillment, **KRIYA** healing centre is created inside the campus with the aim to promote health through regular yoga practice and acupuncture therapy.

VISION

The KRIYA Centre has the vision "to create holistic development among students, faculties & public through education, service and research"

MISSION

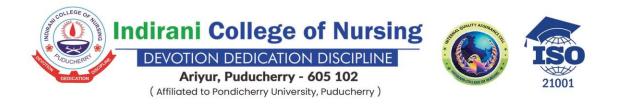
The mission statements of the Kriya centre are

- Focus on all round development of students through alternative and complementary therapy.
- Health promotion by elaborative demonstrations and practice on alternative therapies viz., yoga, acupuncture in the health care setting
- Create the health awareness to the public in order to create the healthier society.
- Envision the evidenced based practice on yoga and acupuncture.

OBJECTIVES:

The objectives of KRIYA centre are

- to enrich and strengthen the academic performance of the students
- to stimulate & motivate the students to participate in the co-curricular activities
- to promote the health status of the students, faculties, and public
- to treat acute & chronic illness through yoga and acupuncture
- to bring harmony with the mind & body interaction
- to activate the acupuncture points for promoting the well being.
- to promote evidence based activities through research on alternative therapies.



ACTIVITIES OF KRIYA CENTRE

PUBLIC:

- Free Consultation and treatment session for the public between 10.30-12.30 pm from Tuesday to Friday.
- Individualized focused treatment were prescribed to the needy.
- Health awareness sessions conducted to the public at Sivaranthakam in commemoration international womens day 2021.

STUDENTS:

- Regularly insisting the students to practice the concentrated breathing every morning before commencement of classes at 8.30 am.
- Incorporating the practices of alternative therapies along with the routine nursing care at the hospital and community setting during the clinical posting.
- Conducting the awareness program to the students as per the schedule once in a month.

FACULTIES:

- Conducting yoga session for the faculties of Indirani college of Nursing regularly before going to lunch from 12.30pm to 1pm.
- Conduct awareness program for the SVGI faculties and students once in a month.

RESEARCH:

- Initiated interdisciplinary research with the Sri Venkateshwara Dental College, Puducherry on yoga and patient management.
- Dissemination of knowledge through conducting conferences, workshops and skill training periodically about alternative and complementary therapies.
- Promote publication and grants for research about yoga and acupuncture.