



## Response

Indirani College of nursing has distinctive practice as **creating healthier society through holistic 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.