

DISTINCTIVE PRACTICE

Kriya Yoga Centre - Centre of Excellence

Kriya Yoga Centre is a distinctive practice initiated at Indirani college of Nursing. It is expanded as a Centre of excellence through its enriched activities. KRIYA healing center 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 center 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 health awareness to the public in order to create a healthier society. Envision the evidenced based practice on yoga and acupuncture.

OBJECTIVES:

The objectives of KRIYA center are

- Centre of Excellence - yoga therapy for minor ailments and collaborative research
- 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 well being.
- to promote evidence based activities through research on alternative therapies.

ACTIVITIES OF KRIYA CENTRE

PUBLIC:

- Initiated interdisciplinary research on “effectiveness of breathing exercise on level of anxiety among the 3rd molar extraction clients at Sri Venkateshwara dental college hospital, Ariyur, Puducherry”
- Free Consultation and treatment session for the public between 10.30-12.30 pm from Tuesday to Friday.
- Individualized focused treatment was prescribed to the needy.
- Health awareness sessions conducted to the public at Sivaranthakam in commemoration
International women’s day 2021.

STUDENTS:

- Conducted research on “Effectiveness of meditation on level of anxiety before the examination among B.Sc.Nursing I year 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:

- Initiated research on Effectiveness of hip rotational exercise on hip waist ratio among obese females with waist circumference >90cm.
- Conducting yoga sessions 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:

- Conducted research at the community about “Yoga mudra on HR” at Anandapuram.
- 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.