



**VINAYAKA MISSION'S COLLEGE OF NURSING**  
**Kirumampakkam, Puducherry**  
**A Constituent College of**  
**VINAYAKA MISSION'S RESEARCH FOUNDATION**  
**(Deemed to be University)**



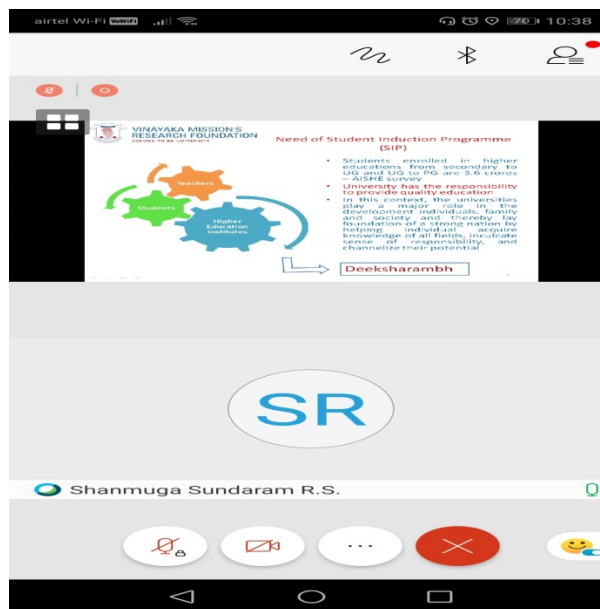
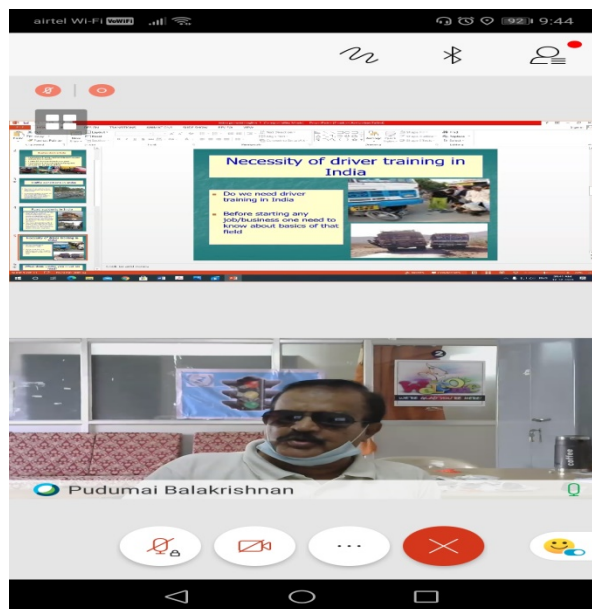
**REPORT ON STUDENT INDUCTION PROGRAMME – 17.12.2020**

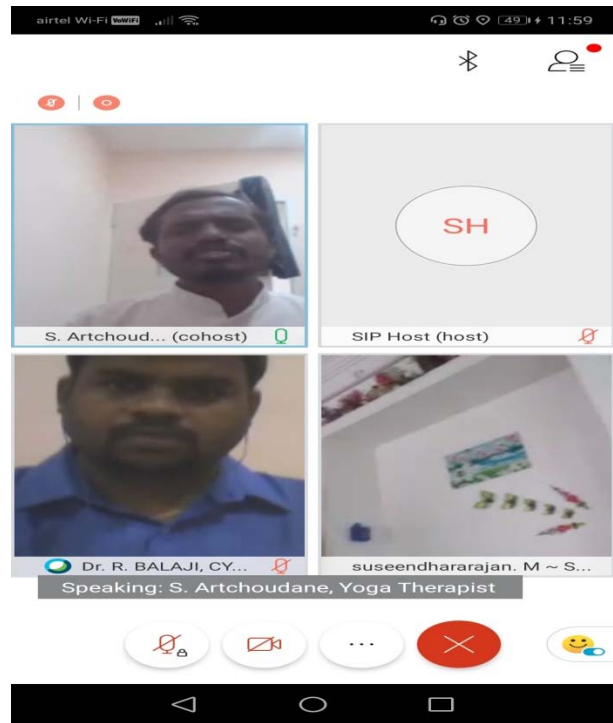
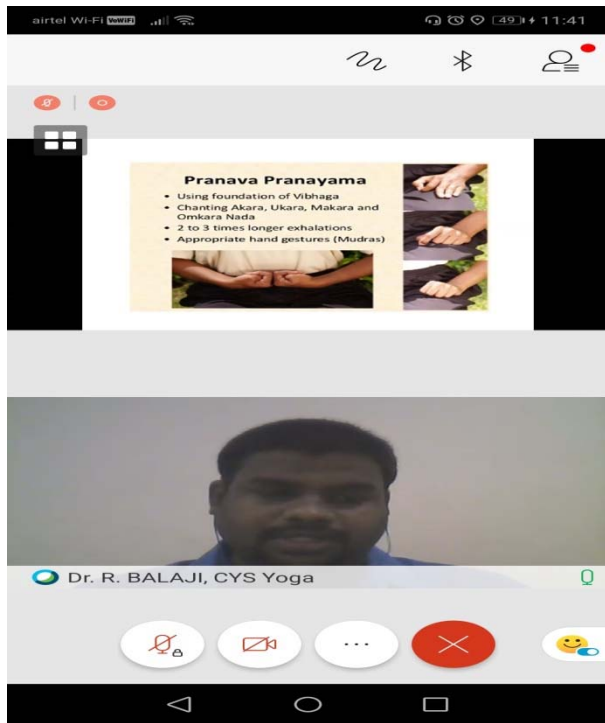
Vinayaka Mission's College of Nursing, Puducherry organized the 10<sup>th</sup> day of Student Induction Programme on 17.12.2020. The programme was started at 9.30am.

The first session was started at 9.30am by Mr. Balakrishnan, Chief Traffic Warden, Puducherry on "Road safety and Drug Abuse". He explained about different kinds of road users, safety rules, meaning of symbols in roads, how to drive safely in difficult & dangerous situations. The session was completed at 10.30am.

The next session was handled by Dr. R. S. Shanmuga Sundaram, Director Student Welfare, VMRF at 10.30am on "VMRF an equal opportunity environment". He explained about the need of Student Induction Programme, problems of equality in Educational opportunities, measures taken for equalization of educational opportunity at government & Higher Education Institution level and the availability of equal opportunity environment at VMRF, and so on. The session was ended at 11.30am.

The final session was handled by Dr. R. Balaji, Assistant Professor, Centre for Yogic Sciences, AVMC& H on "Pranava Pranayama" at 11.30am. He explained about pranava pranayama, Mudras involved in it & the benefits of pranava pranayama. He & Mr. Artchoudane, Yoga Therapist were demonstrated Pranava Pranayama to the students. The programme of day 10 ended at 12.30pm. Totally 74 students were participated in this programme.





*[Signature]*  
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