SURETECH COLLEGE OF NURSING, NAGPUR

REPORT

ON

INTERNATIONAL YOGA DAY

DATE: 22/07/2021

Every year we celebrate International yoga day on 21/07/2021 to create the awareness and importance of this day. This year also we were celebrated this day at AUDITORIUM, SURETECH COLLEGE OF NURSING. The programme was started at 10.00 AM by the welcoming of guests followed by lamp lighting, preyar song. The Guests of the honour was Mrs. Khandekar Madam and the team. The session was started with prayer song and that sung by team member then the session was carried out by overall team members one by one, they instructed about the various types of "yogassan" – Sukhasana, Naukasana, Vakrasana Kakasana, Bhujangasan, Halasana and many more. In this programme, teaching faculty and the students were performed all theses asanas, and enjoyed well. They showed enthusiasm towards this programme. Overall session was took by total 7 team members and ended by Guest Speaker Mrs. Khandekar Madam.

Overall the programme was organized well by MUHS Council Dept. and SNA dept. of SCON. The programme was ended by vote of thanks.

PRINCIPAL

Suretech College of Nursing

Magpur.







Principal
Suretech College of Nursing





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Nagpur.