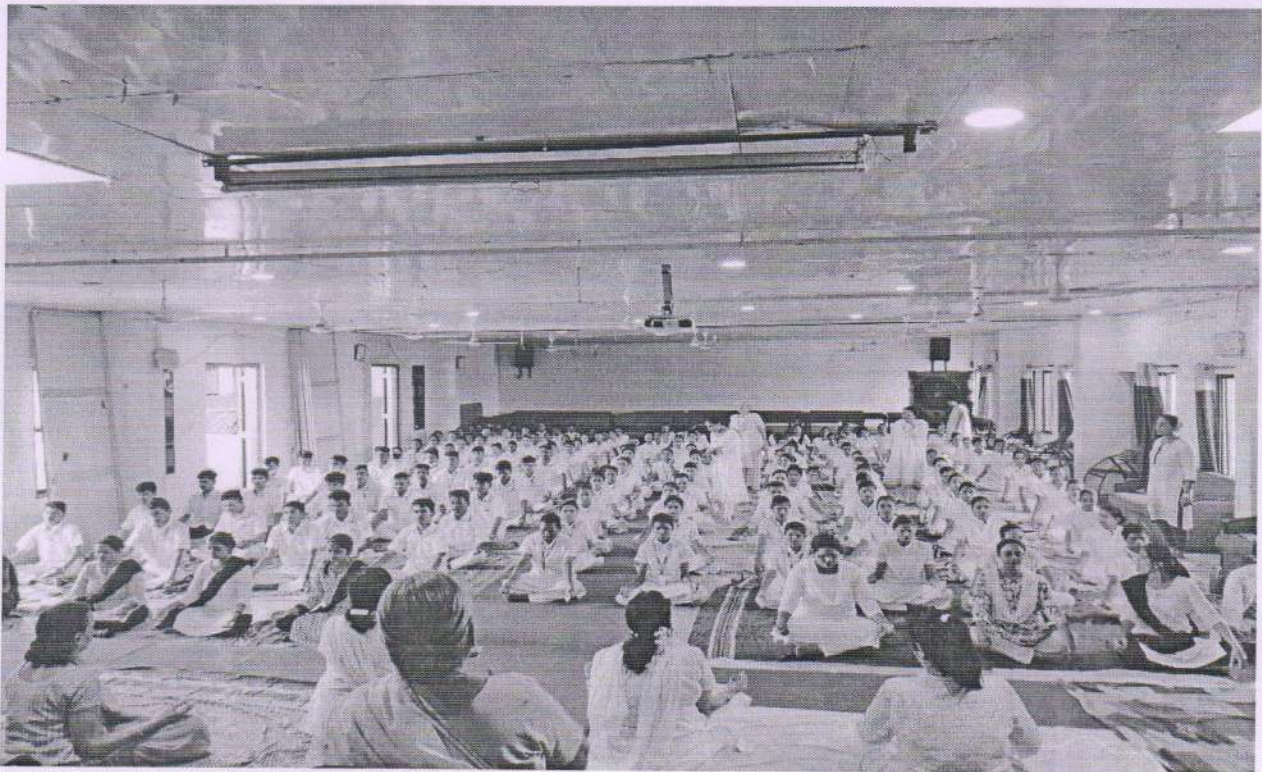


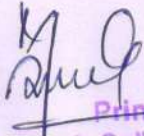
INTERNATIONAL YOGA DAY CELEBRATION AT SURETECH COLLEGE OF NURSING

21st June 2023, Suretech College of Nursing celebrated International Yoga Day. It was attended by all staff and Students with great enthusiasm.

The event began with a brief introduction on Yoga Day by 4th year BSc. Nursing student that Yoga is a practice which plays an important role in relaxing the mind and body and boosting people's immune system, and by welcoming the guest of honor Mrs. Mai khandekar (Yog Guru), Mrs. Ranjana Deshmukh, (Director and Trasurer of SCON) Mrs. Mercy Anjore (Principal) and Mrs. Savita Dhoble (Vice Principal).

Warm up exercises were taken and all the students practiced & performed sitting and standing asanas, suryanamaskar, importance of these were explained simultaneously. She encouraged students to practice regular yoga to remain fit and improve concentration.




Principal
Suretech College of Nursing
Nagpur.