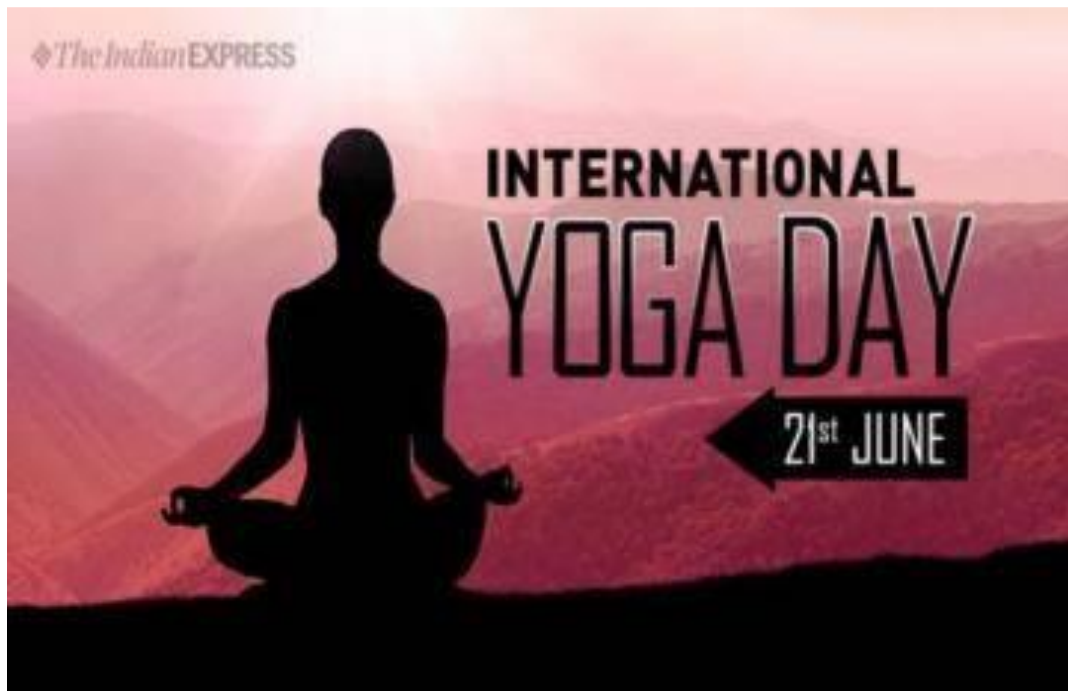


# **SURETECH COLLEGE OF NURSING , NAGPUR**

## **INTERNATIONAL YOGA DAY 2021**

**21 JUNE 2021**

**THEME : YOGA FOR WELL-BEING**



International Yoga Day or International Day of Yoga is celebrated every year on 21<sup>th</sup> June. Since 2015, International Yoga Day is observed to spread awareness among the masses about the importance of Yoga and its effects upon human health.

The United Nations has marked the day to raise awareness about the many benefits of practising Yoga for people all over the world. Apart from physical and mental relaxation, Yoga also helps develop strength, flexibility and resilience. The unique combination of all these factors and benefits makes Yoga a popular practice for people across the globe. This is especially important in times of the pandemic when the mental and physical health of individuals has come under dire stress.

**INCHARGE**

**SNA ADVISOR**

**PRINCIPAL**

(STUDENT NURSING COUNCIL)

**SURETECH COLLEGE OF NURSING , NAGPUR**

**NOTICE**

**INTERNATIONAL YOGA DAY**

We are cordially invites all the teaching, non teaching staff and students for celebrating international yoga day. So, you to come bend , stretch and relax at our college ( AUDITORIUM HALL ) on  
21<sup>st</sup> June 2021 at 9:30 am .

**If you can pose for photograph,  
You can pose for yoga also,  
Be motivated, stay healthy.**

Note : Be ready with your yoga mat and comfort cloth.