

GODAVARI FOUNDATIONS

GODAVARI COLLEGE OF NURSING, JALGAON

(ISO-2009-2015 CERTIFIED INSTITUTION)

REPORT ON

INTERNATIONAL YOGA DAY



**ORGANIZED BY,
FUNDAMENTAL OF NURSING DEPARTMENT**

2024

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- **DATE:** 21/06/2024
- **TIME:** 07:00 AM
- **VENUE:** Seminar Hall
- **INTRODUCTION:**

Today, on the 21st of June 2024, the Department of Fundamental of Nursing at Godavari College of Nursing, Jalgaon, enthusiastically celebrated International Yoga Day. The event took place at 7:00 AM in the Seminar Hall of GCON, uniting teaching faculty and students in a spirit of health, wellness, and mindfulness.

- **OBJECTIVE:**

The primary objectives of this celebration were to promote the practice of yoga among the faculty and students, emphasizing its benefits for physical and mental well-being. Additionally, the event aimed to raise awareness about the significance of yoga in maintaining a healthy lifestyle and managing stress effectively.

- **DESCRIPTION:**

The International Yoga Day celebration commenced punctually at 7:00 AM with a brief introduction by the Head of the Department. The program included various yoga asanas (postures) and pranayama (breathing exercises) led by experienced yoga instructors. Participants engaged wholeheartedly in the sessions, demonstrating their commitment to embracing yoga as a part of their daily routine.

The atmosphere in the Seminar Hall was serene, with soothing instrumental music playing in the background to enhance the meditative experience. The instructors guided the participants through a series of poses, focusing on correct alignment and breathing techniques. The session concluded with a guided meditation, promoting relaxation and inner peace.

In addition to the physical aspects, the program also highlighted the philosophical foundations of yoga, emphasizing its role in achieving harmony between mind, body, and spirit. Participants gained insights into the holistic benefits of yoga, which extend beyond physical fitness to encompass mental clarity and emotional balance.

- **CONCLUSION:**

The International Yoga Day celebration at Godavari College of Nursing was a resounding success, fostering a sense of unity and well-being among the faculty and students. Through this event, participants not only experienced the physical benefits of yoga but also deepened their understanding of its spiritual and mental dimensions. The enthusiasm and active participation demonstrated the growing recognition of yoga as a powerful tool for holistic health and wellness.

Moving forward, the Department of Fundamental of Nursing remains committed to promoting yoga as an integral part of nursing education, recognizing its potential to enhance the quality of life and care provided by future nurses. The success of today's event underscores the importance of integrating yoga into daily routines, empowering individuals to lead healthier, balanced lives.

In conclusion, we extend our gratitude to all participants and organizers for their dedication to making this International Yoga Day celebration a memorable and enriching experience. Together, we celebrate the timeless wisdom of yoga and its transformative impact on our lives.

PHOTOS



