

**YOGA  
AND  
WELLNESS**

**REPORT ON  
YOGA & WELLNESS  
ACTIVITIES OBSERVED  
ON  
21 FEBRUARY 2021  
ORGANIZED  
BY  
COMMUNITY HEALTH  
NURSING  
DEPARTMENT**

## YOGA

### **INTRODUCTION:**

YOGA is a science not less than 5000 years old which can help a human life to move towards higher state of harmony and peace both as an individual and a social being.

### **AIMS:**

- To raise the awareness about importance of yoga.
- To educate the student regarding the health benefits of yoga.

### **OBJECTIVE:**

1. To enable the student to have good health.
2. To practice mental hygiene.
3. To possess emotional stability.
4. To attain higher level of consciousness.

## REPORT ON YOGA ACTIVITY

Department of community health nursing conducted YOGA on 21 February 2021 in Godavari college of nursing at 9 am at the college ground. YOGA education could help to equip oneself with basic knowledge about one's personality, to learn to handle oneself well in all life situations.

Institute has a good availability of ground to perform yoga. Mrs. Sarala Madhukar Tayade has been appointed as a Yoga teacher.

Yoga classes has been conducted Third Sunday of every month.

There were 30 students present on 21/02/2021 at 9 AM TO 10 AM In the presence of Mrs.Jacynth Mam , Mr.Nirbhay sir and Miss. Rebecca Mam .



PHOTOS OF EVENT: REPORT ON YOGA

DATE: 21 FEBRUARY

TIME: 9.00AM







# REPORT ON INTERNATIONAL YOGA DAY

Godavari Foundation's  
**GODAVARI COLLEGE OF NURSING, JALGAON**

MUHS


**INTERNATIONAL  
Yoga Day**

**Theme : "Yoga for well-being"**

**Date & Time**  
On Monday, 21th June 2021,  
7.30 am to 9.30 am

**Venue**  
"Kiva Tevan",  
GCON, Jalgaon



**ATTESTED**  
  
**Principal**  
Gadavari College of Nursing  
JALGAON



Godavari Foundation's

**GODAVARI COLLEGE OF NURSING, JALGAON**



## *Invitation*

Cordially invites you to  
"International Yoga Day" celebration

*Theme : "Yoga for well-being"*

### *Date & Time*

On Monday, 21st June 2021,  
7.30 am to 9.30 am

### *Venue*

"Kiva Tevan",  
GCON, Jalgaon



*All are Cordially Invited*  
*Teaching Staff, Non Teaching Staff & Students*



## **REPORT ON 7<sup>TH</sup> INTERNATIONAL YOGA DAY CELEBRATION**

International Yoga day was celebrated at Godavari college of Nursing, Jalgaon on 21<sup>st</sup> June, 2021 under the theme, “Yoga for wellbeing”. The Yoga session was held in our college ground (Kiva Tevan). Students from 4<sup>th</sup> year B.B.Sc., Nursing participated in the program. Students from other batches participated through online mode.

In the keynote address of the Principal, it has been mentioned about the origin of International Yoga day. i.e...Yoga is an ancient physical, mental, and spiritual practice that originated in India. The word “Yoga” derives from Sanskrit and means to join or to unite, symbolizing the union of body and consciousness.

The idea of international Yoga day was first proposed by Our Honorable Prime Minister Narendra Modi on 27, September, 2014, during his speech at UN General Assembly, where a resolution to establish June 21 as International Yoga Day was introduced by India’s Ambassador, Ashoke Kumar Mukerji.

The session started at 7:30am with warmup and Suryanamaskar. Our Yoga teacher Mrs. Sarala Sathe led the session. She has given information regarding Yoga day and the importance of Yoga in our day-to-day life during this pandemic era. She also emphasized the importance and benefits of Pranayama.

The exercises performed were good and useful to the students. All the students participated eagerly. They understood that regular practicing of Yoga helps to improve one’s life physically, mentally and spiritually as well. The session ended at 9:30am.

PHOTOS –





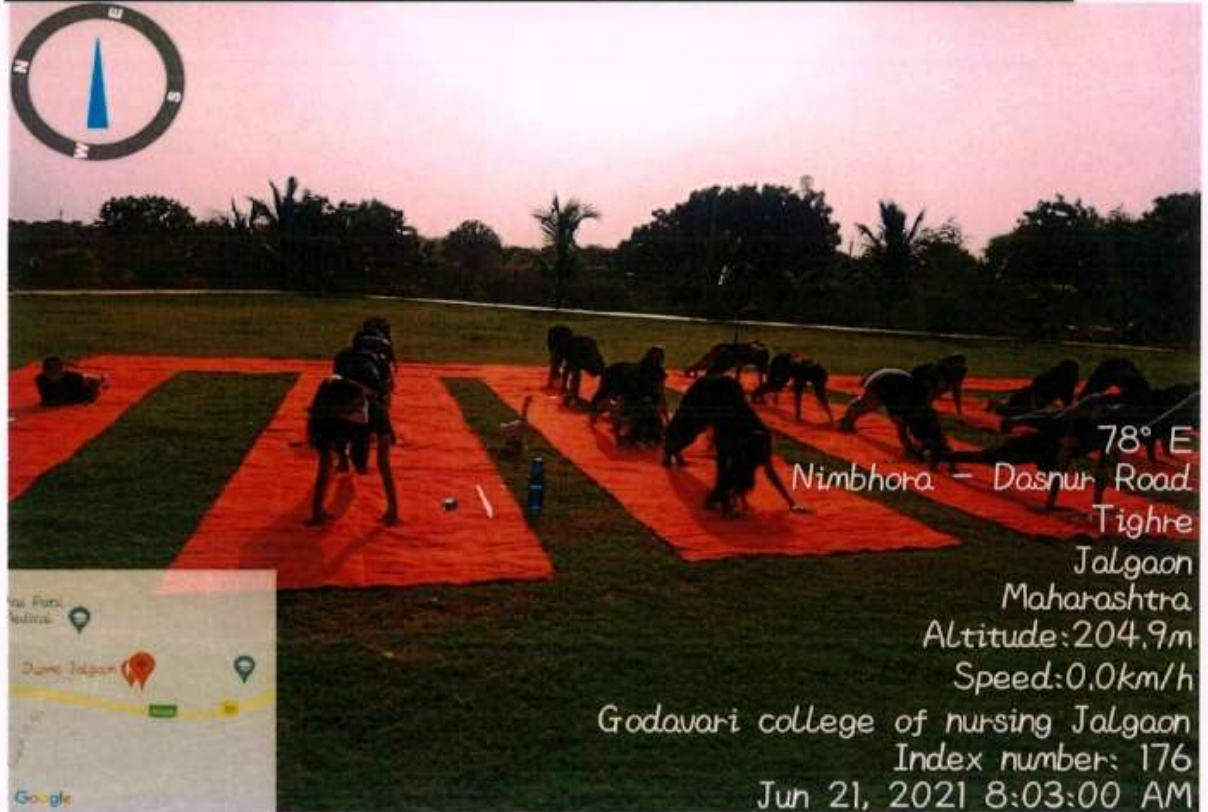
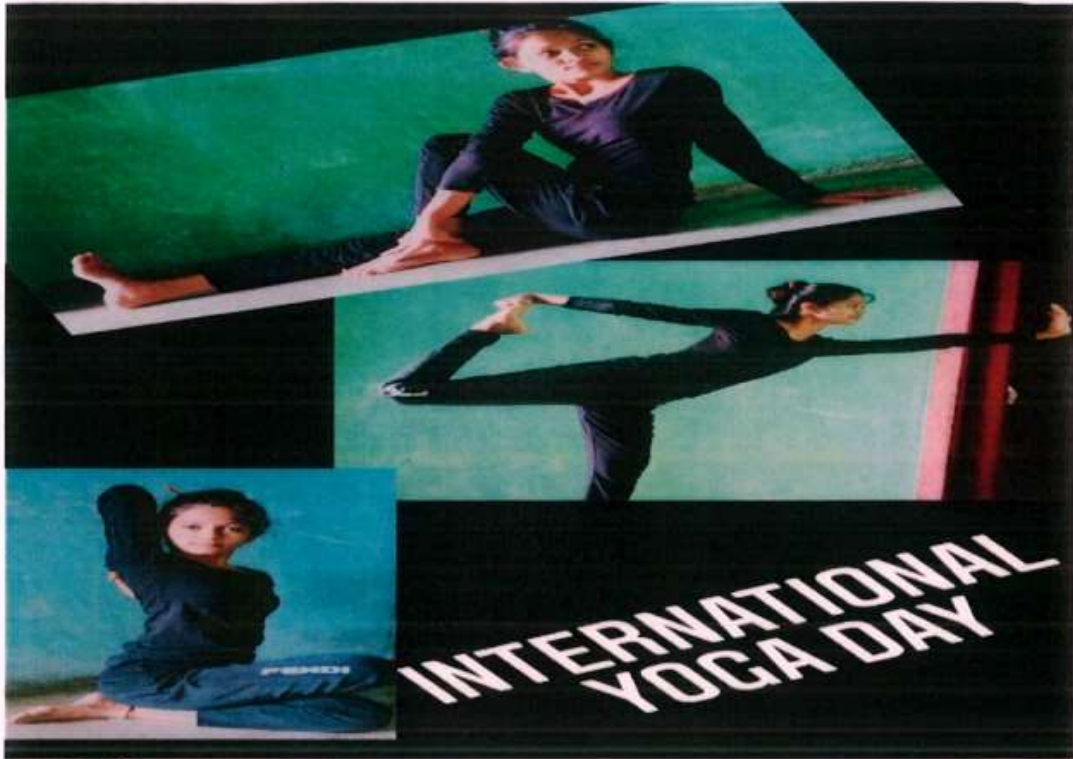


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## **YOGA AND WELLNESS**

The idea of international Yoga day was first proposed by Our Honorable Prime Minister Narendra Modi on 27, September ,2014, during his speech at UN General Assembly, where a resolution to establish June 21 as International Yoga Day was introduced by India's Ambassador, Ashoke Kumar Mukerji.

- Yoga and meditation is considered as a healthy way of life a sound activity of stress free living. Institute promotes health benefits among the faculty members and students through yoga and meditation.
- These platform hugely contribute in creating stress free positive environment and healthy way of thinking and living.
- Yoga center is available for students and staff of the institution.
- Institute celebrates international YOGA day. Techniques of meditation and various postures are Perform to lead a healthy and stress free life.

### **YOGA BREAK AT WORKPLACE (5 MIN YOGA PROTOCOL)**

**POSITION 1 – TADASANA URDHAV HASTOTTANSANNA TADASANA**

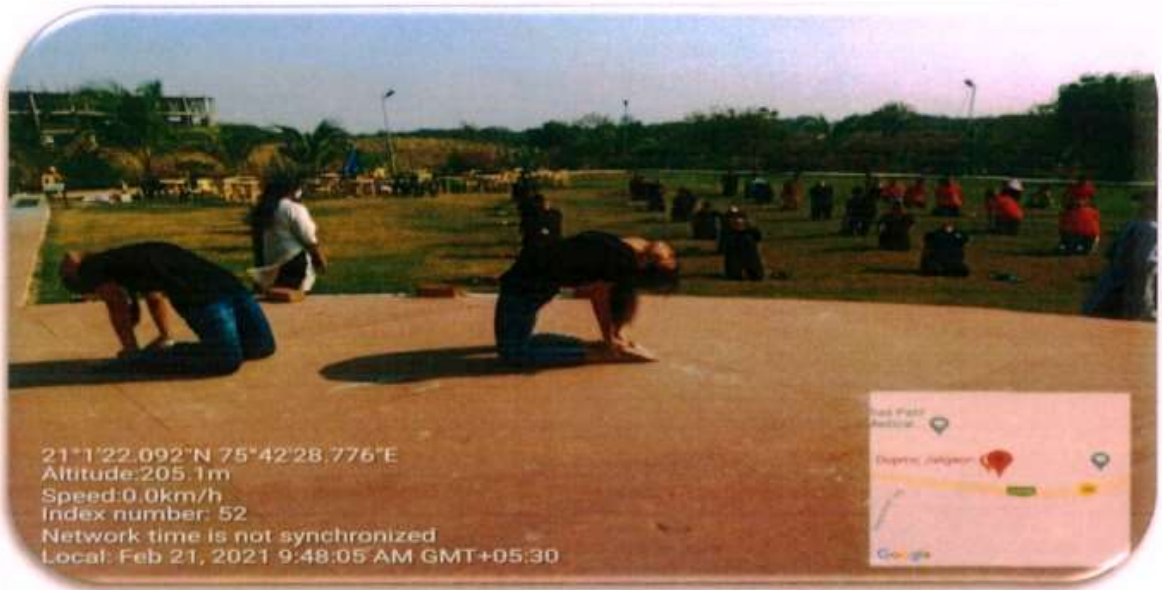
**POSITION2–SKANDHA CAKRA UTTAM MANDUKASANA KATI CAKRASANA**

**POSITION 3 -- ARDHA CAKRASANA DEEP BREATHING**

**POSITION 4 – PRANAYAMA**

**POSITION 5 – BHRAMARI PRANAYAMA DHYANA**





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**2017-2018**

**GODAVARI FOUNDATIONS**  
**GODAVARI COLLEGE OF NURSING, JALGAON**

**REPORT OF YOGA CLASSES 2017-18**

As part of our academic activities of Godavari college of Nursing the teaching faculty organised yoga classes once in week for the student's wellness on every 3<sup>rd</sup> Sunday 2017-18.

**SCHEDULE OF YOGA CLASSES**

Sr no.	CLASS	DATE	TIME	TOPIC
1	1st to 4th YEAR	15/1 /2017	7 to 8AM	History of yoga
2	1st to 4th YEAR	19/2/2017	7 to 8AM	Importance of yoga
3	1st to 4th YEAR	19/3/2017	7 to 8AM	Benefits of yoga
4	1st to 4th YEAR	16/4/2017	7 to 8AM	Suryanamaskar
5	1st to 4th YEAR	21/5/2017	7 to 8AM	Types of yoga
6	1st to 4th YEAR	18/6/2017	7 to 8AM	Types of yoga
7	1st to 4th YEAR	16/7/2017	7 to 8AM	Meditation
8	1st to 4th YEAR	20/8/2017	7 to 8AM	Balance diet education
9	1st to 4th YEAR	17/9/2017	7 to 8AM	Exercise helps in concentration of mind
10	1st to 4th YEAR	19/10/2017	7 to 8AM	Pranayama
12	1st to 4th YEAR	17/12/2017	7 to 8AM	Exercise for controlling diabetes
13	1st to 4th YEAR	21/1/2018	7 to 8AM	Exercise for control obesity
14	1st to 4th YEAR	18/2/2018	7 to 8AM	Bhakti yoga
15	1st to 4th YEAR	18/3/2018	7 to 8AM	Karma yoga
16	1st to 4th YEAR	15/4/2018	7 to 8AM	Balance diet education
17	1st to 4th YEAR	20/05/2018	7 to 8AM	Meditation





ATTESTED

A handwritten signature in purple ink, appearing to be "M. A.", written over a horizontal line.

Principal  
Gadavari College of Nursing  
JALGAON

**2018 -2019**

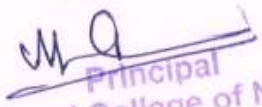
**GODAVARI FOUNDATIONS**  
**GODAVARI COLLEGE OF NURSING, JALGAON**  
**REPORT OF YOGA CLASSES 2018-2019**

As part of our academic activities of Godavari college of Nursing the teaching faculty organised yoga classes once in week for the student's wellness on every 3<sup>rd</sup> Sunday 2018-19.

**SCHEDULE OF YOGA CLASSES**

Sr no.	CLASS	DATE	TIME	TOPIC
1	1st	21/01/2018	7 to 8AM	History of yoga
2	1st YEAR	18/02/2018	7 to 8AM	Importance of yoga
3	1st YEAR	18/03/2018	7 to 8AM	Benefits of yoga
4	1st YEAR	15/04/2018	7 to 8AM	Suryanamaskar
5	1st YEAR	20/05/2018	7 to 8AM	Types of yoga
6	1st YEAR	17/06/2018	7 to 8AM	Types of yoga
7	1st YEAR	15/7/2018	7 to 8AM	Meditation
8	1st YEAR	19/08/2018	7 to 8AM	Balance diet education
9	1st YEAR	16/09/2018	7 to 8AM	Exercise helps in concentration of mind
10	1st YEAR	21/10/2018	7 to 8AM	Pranayama
12	1st YEAR	18/11/2018	7 to 8AM	Exercise for controlling diabetes
13	1st YEAR	16/12/2018	7 to 8AM	Exercise for control obesity



ATTESTED  
  
Principal  
Gadavari College of Nursing  
JALGAON



**ACADEMIC YEAR  
2019-2020**

**YOGA SCHEDULE WAS  
DISTURBED  
DUE TO PANDEMIC  
SITUATION**

**2020-2021**

**GODAVARI FOUNDATIONS**  
**GODAVARI COLLEGE OF NURSING, JALGAON**

**REPORT OF YOGA CLASSES 2020**

As part of our academic activities of Godavari college of Nursing the teaching faculty organised yoga classes once in week for the student's wellness on every 3<sup>rd</sup> Sunday 2020-21.

**SCHEDULE OF YOGA CLASSES**

Sr no.	CLASS	DATE	TIME	TOPIC
1	1st to 4th YEAR	4/01/2020	7 to 8AM	History of yoga
2	1st to 4th YEAR	11/01/2020	7 to 8AM	Importance of yoga
3	1st to 4th YEAR	18/01/2020	7 to 8AM	Benefits of yoga
4	1st to 4th YEAR	25/01/2020	7 to 8AM	Suryanamaskar
5	1st to 4th YEAR	1/02/2020	7 to 8AM	Types of yoga
6	1st to 4th YEAR	7/02/2020	7 to 8AM	Types of yoga
7	1st to 4th YEAR	8/08/2020	7 to 8AM	Meditation
8	1st to 4th YEAR	14/08/2020	7 to 8AM	Balance diet education
9	1st to 4th YEAR	22/08/2020	7 to 8AM	Exercise helps in concentration of mind
10	1st to 4th YEAR	29/08/2020	7 to 8AM	Pranayama
12	1st to 4th YEAR	5/09/2020	7 to 8AM	Exercise for controlling diabetes
13	1st to 4th YEAR	12/09/2020	7 to 8AM	Exercise for control obesity
14	1st to 4th YEAR	19/09/2020	7 to 8AM	Bhakti yoga
15	1st to 4th YEAR	26/09/2020	7 to 8AM	Karma yoga
16	1st to 4th YEAR	03/09/2020	7 to 8AM	Balance diet education
17	1st to 4th YEAR	10/10/2020	7 to 8AM	Meditation
18	1st to 4th YEAR	17/10/2020	7 to 8AM	Types of yoga
19	1st to 4th YEAR	24/10/2020	7 to 8AM	Bhakti yoga
20	1st to 4th YEAR	31/10/2020	7 to 8AM	Karma yoga
21	1st to 4th YEAR	07/11/2020	7 to 8AM	Balance diet education
22	1st to 4th YEAR	14/11/2020	7 to 8AM	Meditation

23	1st to 4th YEAR	21/11/2020	7 to 8AM	Types of yoga
24	1st to 4th YEAR	28/11/2020	7 to 8AM	Bhakti yoga
25	1st to 4th YEAR	21/02/2021	7 to 8AM	International yoga day importance



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ATTESTED

*[Handwritten Signature]*

Principal  
 Gadavari College of Nursing  
 JALGAON

