



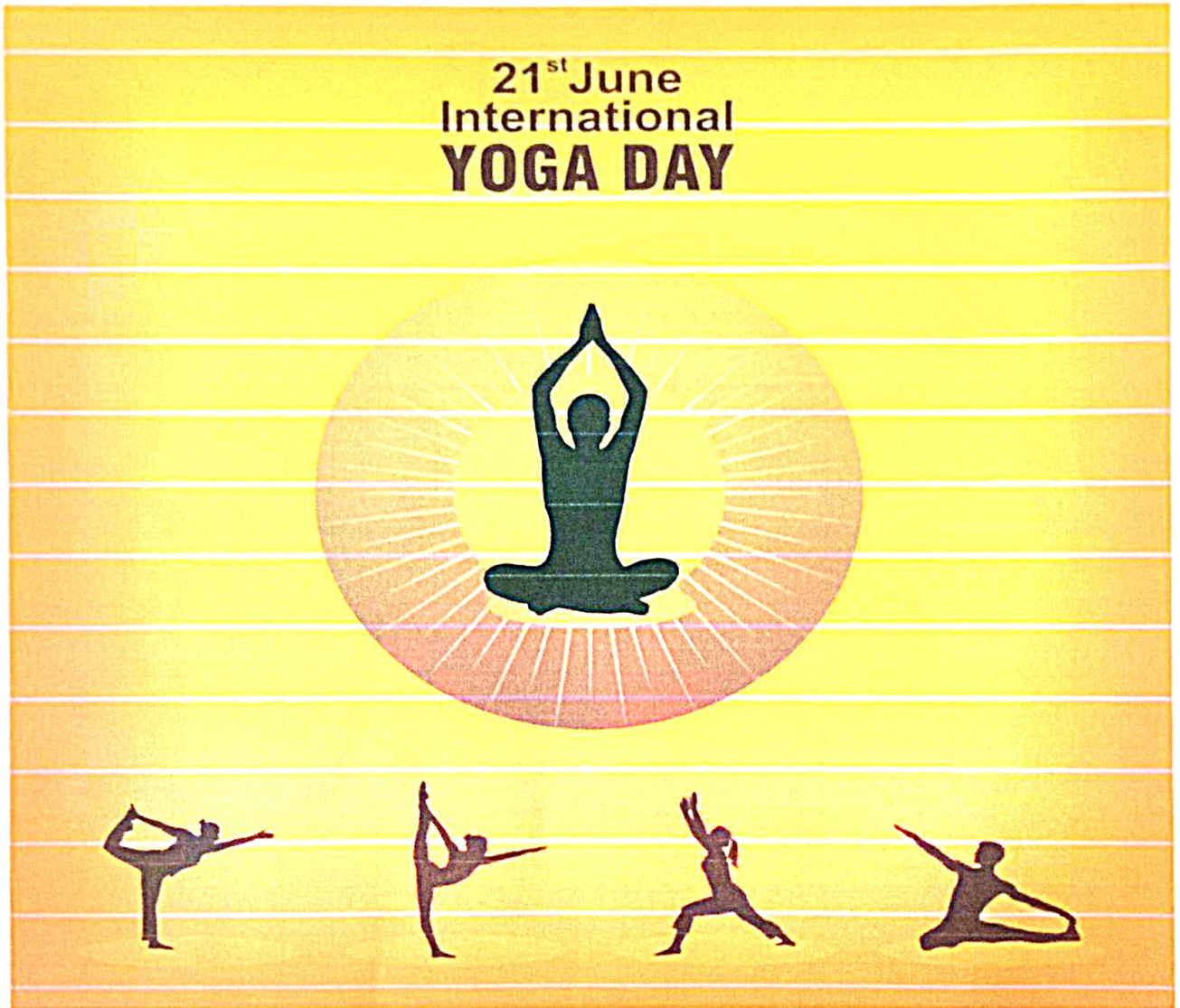
YOGA AND  
WELLNESS

Godavari foundation

Godavari college of nursing, Jalgaon

Wishing you a Happy International Yoga Day.

21<sup>ST</sup> JUNE 2024



**THEME: YOGA FOR SELF AND SOCIETY**

**GODAVARI FOUNDATION  
GODAVARI COLLEGE OF NURSING  
JALGAON MAHARASHTRA  
[ISO-9001:2015 CERTIFIED INSTITUTE]**

**REPORT ON**

**“INTERNATIONAL YOGA DAY”**

**21<sup>ST</sup> JUNE 2024**

**ORGANIZED BY**

**GODAVARI COLLEGE OF NURSING , JALGAON**



# REPORT ON INTERNATIONAL YOGA DAY CELEBRATION

International Yoga Day is observed every year on June 21<sup>ST</sup> to raise awareness about this ancient practice and to celebrate the physical and spiritual power that yoga has brought to the world.

Today, on 21<sup>st</sup> June 2024 10<sup>th</sup> International Yoga Day celebrated at Godavari college of nursing, Jalgaon under the theme "Yoga for self and society". The yoga day session was held in our Seminar Hall. All students of B.sc Nursing participated in the program.

The session started at 7:00 am with warm welcome of the chief guest professor Mrs.vishakha wagh mam (principal of Godavari college of nursing,jalgaon). And at 7.20 am yoga session started with warm up exercise and all students practiced and performed sitting and standing asanas and importance of these were explained simultaneously. All faculties and students were taught the importance of Yoga in their life and how to maintain the harmony between body and mind. The exercise performed were good and useful to the students and faculty. They understood that regular practicing of Yoga helps to improve one's life physically, mentally, and spiritually as well.

International Yoga Day celebration ended at 9:00 am with a huge success under the supervision of Professor Mrs. Vishakha Wagh [principal of godavari college of nursing, jalgaon] and NSS unit. And the Session ended with vote of thanks given by Mr. Suraj khawate .Thank you.

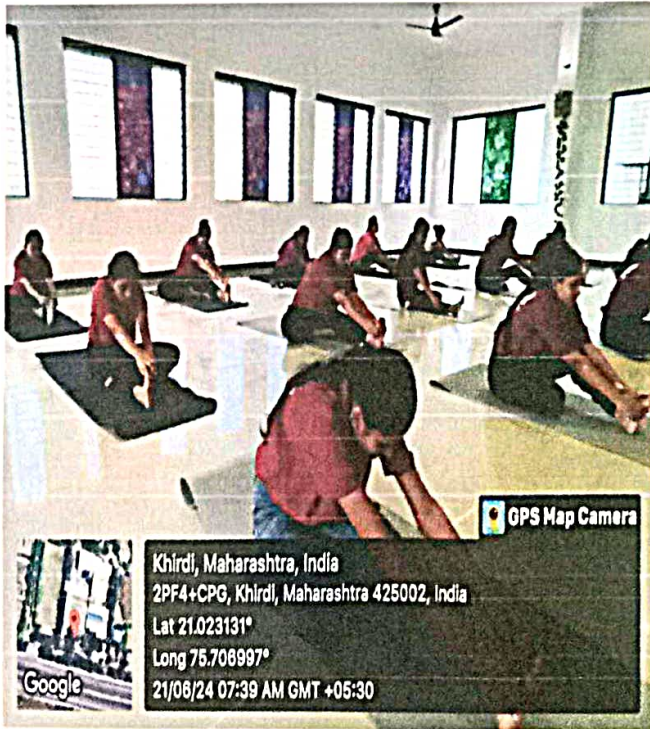




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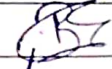

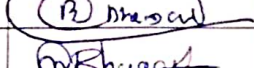
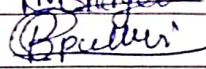
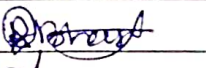
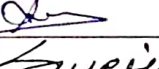
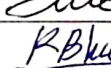
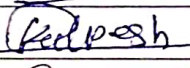
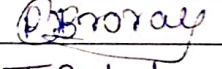
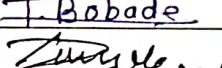
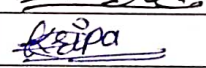
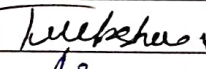
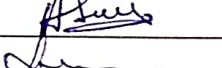
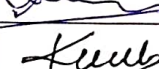
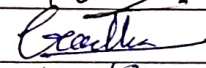
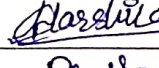
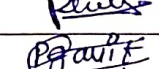
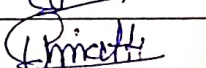
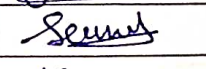





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GODAVARI FOUNDATION'S  
GODAVAFRI COLLEGE OF NURSING, JALGAON  
INTERNATIONAL YOGA DAY PROGRAM  
STUDENT PARTICIPANTS LIST

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3	BARELA SAVITA JAGAN	
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5	BHAGAT PALLAVI SANDIP	
6	BHAGAT RANI MANOJ	
7	BHAGAT SEJAL MAHADEV	
8	BHAGAT SWEJAL PRAKASH	
9	BHALSHANKAR KARUNA SOPAN	
10	BHAVE KALPESH JAYANT	
11	BHOYAR PRATIKSHA PRASHANT	
12	BOBADE TANUJA KISHOR	
13	DHALE SHRUTIKA PRAKASHRAO	
14	DHAWALE KRIPA PRAVIN	
15	DHONAGDE TRIKSHA JITENDRA	
16	DURUGWAR ASHWINI CHANDUJI	
17	DURVE SAROJ BUDDHULAL	
18	GADHE KALYANI BHIKARI	
19	GADHE NISHA ANIL	
20	GAVIT HARSHILA SUNIL	
21	GAVIT PRATIKSHA DILIP	
22	GAVIT PRIYA PANAJI	
23	GAVIT UNNATI RAVINDRA	
24	GAWAI SANJIVANI SUDHAKAR	
25	GHANMODE PALAK RAJKUMAR	

26	GONDANE KRUTIKA BHUJANG	K Gondane
27	HIWARKAR ARADHANA SANTOSH	Ashwadekar
28	JADHAV NIKITA MANOHAR	Nikita J
29	JARONDE ISHIKA VINOD	
30	JUMNAKE KHUSHI SUBHASHRAO	K Jumnake
31	KAMBLE PRANJALI PRAFUL	K Kamble
32	KANNAKE PAYAL SANJAYRAO	Kannal
33	KARNAKE SAMIKSHA BANDUJI	Karnake
34	KHAIRKAR SANJANA ARVIND	Sanj.
35	KOLI TEJAS RAMESH	Koli
36	KOLI KAVITA TUSHAR	K Koli
37	KUNBI HARSHADA PUNDALIK	K Koli
38	LOKHANDE ROHAN SANJAY	H. B. Kunbi
39	MAHADOLE SANIKA RAMESH	M
40	MAHALE KHUSHI VINOD	Khushi
41	MASARAM ANJALI SHIVKUMAR	Masaram
42	MOON JANHAVI DILIP	Moon
43	MOON PRACHI SUNILRAO	Moon
44	Moon Poonam Pramod	Moon



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