

**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

