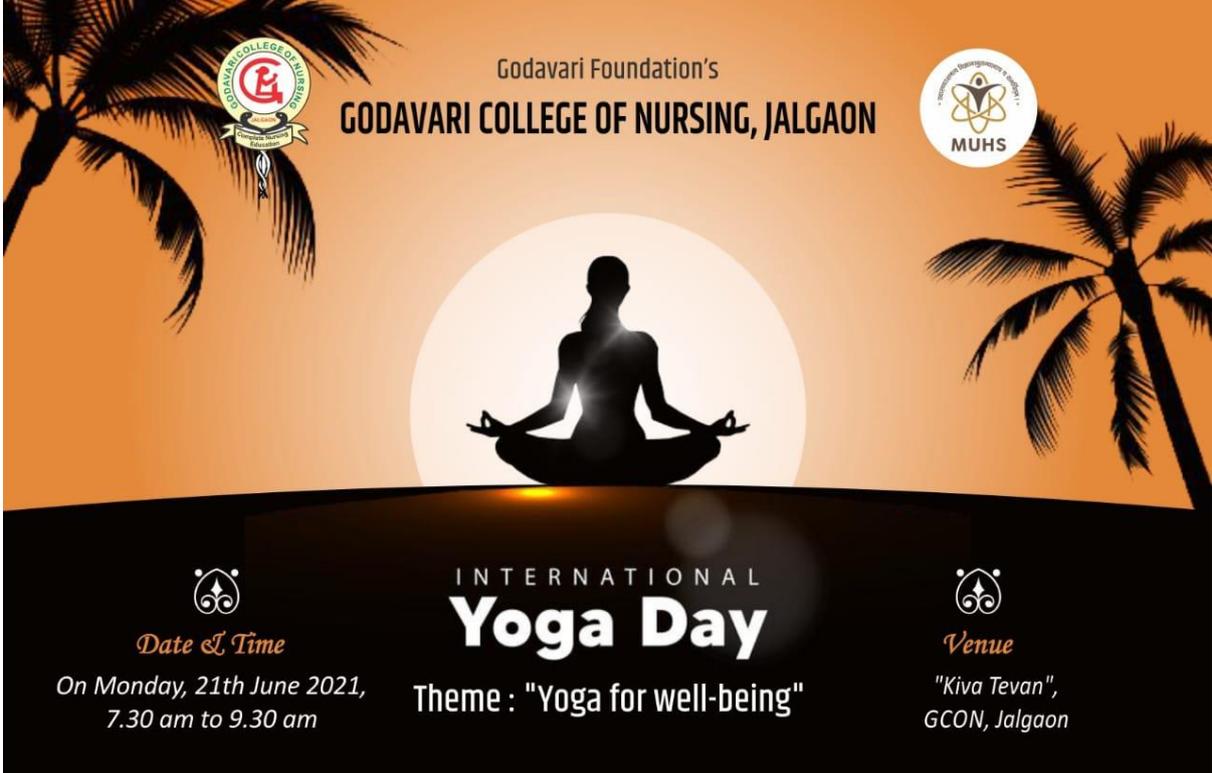


REPORT ON INTERNATIONAL YOGA DAY



Godavari Foundation's
GODAVARI COLLEGE OF NURSING, JALGAON

MUHS

 **INTERNATIONAL
Yoga Day** 

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

Venue
"Kiva Tevan",
GCON, Jalgaon

Theme : "Yoga for well-being"



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, 21th 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 7TH INTERNATIONAL YOGA DAY CELEBRATION

International Yoga day was celebrated at Godavari college of Nursing, Jalgaon on 21st June,2021 under the theme, “Yoga for wellbeing”. The Yoga session was held in our college ground (Kiva Tevan). Students from 4th 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 leaded the session. She has given information regarding Yoga day and the importance of Yoga in our day-to-day lifeduring 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.

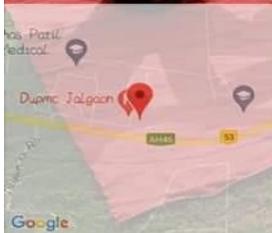
PHOTOS –





99° E
 Nimbhora - Dasnur Road
 Tighe
 Jalgaon
 Maharashtra
 Altitude: 203.4m
 Speed: 1.4km/h

Godavari college of nursing Jalgaon
 Index number: 172
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Godavari college of nursing Jalgaon
 Index number: 193
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 Godavari college of nursing Jalgaon
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