**GOVERNMENT COLLEGE OF NURSING, KANPUR**

**REPORT**

on

**“INTERNATIONAL YOGA DAY”**

**21.06.02023**

International Yoga Day is celebrated throughout the world to celebrate the physical and spiritual prowess that yoga has brought to the world stage.

On this occasion, College of Nursing, GSVM Medical College, Kanpur organised the Yoga Day programme on 21.6.2023. For this program Dr. V.N. Tripathi (Ex-DGME) as the chief guest, Mr. Shyam Sunder Gupta, yoga trainer (Arogya Bharti, Kanpur) and Yoga trainer Mrs. Shashi Gupta was also present. Lt.Col. Dr. Karesh Prasad, principal and Prof. Naveena JH vice principal, nursing tutor Mrs. Pushpa Yadav, and all the other faculties and staff were also present in the program.

**Activities of the Day:**

* **Yoga performance** by the students
* **Talk sessions in seminar:**
  + Prof. Dr. V.N. Tripathi. (Ex-Principal, GSVM, Kanpur)
    - Topic: Yoga and Health
  + Mrs. Shashi Gupta (Yoga trainer)
    - Topic: Importance of Yoga and meditation in day to day life
  + Mr. Shyam Sunder Gupta (Yoga trainer)
    - Topic: Stress management.
* **Slogan Competition:** students actively performed in the slogan competition and on that basis the 1st, 2nd and 3rd position holders were awarded with certificates, certificate of participation was also given for rest of the participants.

The entire program was a great motivator for the students and faculties to be more proactive in their lives and adapt yoga as the way for healthier living.

**GLIMPSES OF INTERNATIONAL YOGA DAY CELEBRATIONN IN WAC HALL, CON KANPUR**

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