

**GOVERNMENT COLLEGE OF NURSING, KANPUR**  
**REPORT**  
**On**  
**“INTERNATIONAL YOGA DAY”**  
**Theme:-“Yoga for One Earth, One Health”**  
**Date :- 21.06.02025**

The College of Nursing, Kanpur celebrated the International Yoga Day on 21st June 2025 with great enthusiasm. The event aimed to promote awareness about the importance of yoga in maintaining physical and mental well-being.

The event was gracious with the presence of Shri Surendra Maithili (Member of Parliament, Govind Nagar, Kanpur) as the chief guest, Prof. Dr. Sanjay Kala (Principal, GSVM Medical College, Kanpur) as Guest of Honor, Dr. Rahul Dev (Associate Professor, Department of Forensic Medicine) as special guest and Mrs. Shashi Gupta, Yoga trainer.

The organizing committee of International Yoga Day 2025 were  
Prof. Dr. Naveena J.H (Organizing Chairperson )

Mr. Anil Prajapat (Organizing Secretary)

Miss. Anjali (Organizing Co- Secretary)

Miss. Shilpi Massih (Organizing Co-Secretary )

The faculties and non teaching staffs were also present in this program.

### **Program Highlight:-**

The event commenced with the lamp lighting ceremony in front of goddess Saraswati at WAC Hall in College of Nursing, Kanpur.



The yoga session started with Surya Namaskar at 7:00 AM under Guidance of Mrs. Shashi Gupta (Yoga Trainer).



Following the Yoga Session a gathering was organized to aware students regarding the benefits of Yoga in day to day life. The Welcome address was delivered by respected I/C Principal Prof. Dr. Naveena J.H. Who emphasized the importance of yoga and motivated everyone to practice yoga everyday.



Our great dignitaries Shri Surendra Maithani, Prof. Dr. Sanjay Kala, Dr. Rahul Dev also addressed gatherings and motivated everyone to incorporate the yoga in to daily life.



The poster competition also was held on 15<sup>th</sup> June 2025. The prize & certificates for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> winners and certificate for the participant's were distributed by dignitaries.



The students of the College of Nursing, Kanpur were benefited from the programme. The programme was end with Vote of Thanks given by Miss Ritika (B.Sc.4th semester) who express gratitude to all dignitaries, faculty, everyone, united sing the National Anthem, bringing the event to a proud and patriotic close.

