

**GOVERNMENT COLLEGE OF NURSING, KANPUR**

**REPORT**

on

**“INTERNATIONAL YOGA DAY”**

**21.06.2024**

International yoga Day is celebrated annually on June 21<sup>st</sup> to raise awareness about this ancient practice and to celebrate the physical and spiritual prowess that yoga has brought to the world. Yoga is a practice which plays an important role in relaxing the mind and body and boosting people’s immune system.

In this regard the yoga teacher **Mrs Shashi Gupta** organised an Brief session on yoga Day on 21<sup>st</sup> June, 24. For this program **Dr. V. N. Tripathi (Ex DGME)** as the chief guest, **Lt. Col. Dr. Karesh Prasad (principal)**, and **Prof. Naveena JH (vice principal)** , **Mrs Neha Chaurasia (Nursing tutor)** organiser of the program, and all the other faculties and staff , students of College of Nursing were also present in the program. Conduct Rangoli & poster competition on the occasion of International Yoga Day On 20 June 2024

**ACTIVITIES OF THE DAY**

- **Inauguration Ceremony:** The event began with an inaugural ceremony presided over by Dr. V.N Tripathi where the significance of International yoga Day and the importance of this year’s theme “ YOGA FOR SELF & SOCEITY) were highlighted.
- **Yoga sessions Taken By Mrs Sashi Gupta:** Warm up exercises were taken and all the students practiced & performed sitting and standing asanas, importance of these were explained simultaneously.
- The celebration concluded with the speech of our **Dr. V. N. Tripathi (Ex DGME)**. He encouraged students to practice regular yoga to remain fit and
- **.Lt.Col. Dr. Karesh Prasad (principal)** - addressed the participants on the importance of yoga practice in our life.
- All Faculties, Staff and children were taught the importance of Yoga in their life & how to maintain the harmony between body and mind. The students

Mr Nibhul Sharma / Prof Dr Naveena J.H

  
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discussed the importance of yoga and also exhibited yoga postures and promised to introduce this activity in their daily lives.

- Prize Distribution those who are secure First, second , Third Position in Rangoli & Poster Competition
- **Closing Remarks:** The program concluded with a vote of thanks by Pranjal (Student of Bsc. Nsg 5th Semester ) and a reiteration of the importance of health and the right of everyone to access to a wholesome health.

The program witnessed enthusiastic participation from students and faculty members of Govt. College of Nursing, GSVM Kanpur. The interactive sessions and engaging activities helped participants gain valuable knowledge about the International Yoga day. The program successfully raised awareness about the health and the right to health and encouraged participants to adopt healthier lifestyles.

### GLIMPSES OF IINTERNATIONAL YOGA DAY CELEBRATION IN GFATM HALL, CON KANPUR



