

SHRI SAI INSTITUTE OF NURSING & MEDICAL SCIENCE,
GADCHIROLI

REPORT

ON

"INTERNATIONAL YOGA DAY"

Date: 21/06/2024



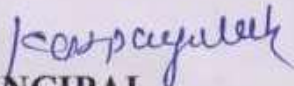
This year we celebrated International yoga day on 21/06/2024 at multipurpose hall, to create the awareness and importance of this day. The programme was started at 10:00 AM by the welcoming of guests followed by lamp lighting, prayer song. The Guests of the honour was Ms. Madhuri Dahikar (Yoga Instructor, Art of living) and the team. The session was started with prayer song sung by team member then the session was carried out by overall team members one by one , they instructed about the various types of "yogassan"- Sukhasana, Naukasana, Vakrasana, Kakasana, Bhujangasan, Halasana and many more . In this programme, teaching faculty and the students were performed all these asanas, and enjoyed well. They showed

K. S. Prakash
PRINCIPAL

SHRI SAI INSTITUTE OF NURSING
& MEDICAL SCIENCE, WAKADI
GADCHIROLI - 442605

enthusiasm towards this programme. Overall session was took by total 4 team member and ended by Guest Speaker Ms. Madhuri Dahikar.

Overall the programme was organized well by all dept. Of College. The programme was ended by vote of thanks.


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