



SANDRA SHROFF COLLEGE OF NURSING, VAPI
REPORT ON INTERNATIONAL YOGA DAY CELEBRATION
PROGRAM

DATE: 22ND JUNE 2024

THEME: YOGA FOR SELF AND SOCIETY

VENUE: COMMUNITY HEALTH NURSING LAB AT SSCN COLLEGE

REPORT

On June 22, 2024, we celebrated International Yoga Day at the Community Health Nursing Lab, SSRCN in Vapi. A total of 80 students and 3 teachers participated in the event. The yoga session was conducted by Mrs. Sheetal Manjeet Trigotra, a certified yoga coach from the Gujarat Rajya Yog Board, Mahia Patanjali Yog Samithi, and a yoga teacher at Lakulish Yog University (level-II) AYUSH Mantra Alaya.

The session began at 7:30 a.m. and continued until 8:30 a.m. Our esteemed guest, Mrs. Sheetal Manjeet Trigotra, delivered a brief speech on the importance of yoga for self and society empowerment before leading the participants through yoga, meditation, and pranayama exercises. As a token of appreciation, Dr. Anita Nawale presented Mrs. Trigotra with a rose.

It's wonderful to see such active participation in promoting health and well-being through yoga!



PHOTOGRAPHS

