

SANDRA SHROFF ROFEL COLLEGE OF NURSING, VAPI



ORGANIZES INTERNATIONAL YOGA DAY CELEBRATION



DATE :
21st JUNE



VENUE :
**MULTIPURPOSE
HALL, SSRN**

THEME : "YOGA FOR VASUDHAIVA KUTUMBAKAM"

Guided By,

Prof. Samule Fernandis

[M.Sc. N], SSRN Vapi

Reported By,

Ms. Vaibhavi Panchal

Nursing tutor, SSRN Vapi

YOGA DAY

On 21st June 2023, We had celebrated this International Yoga Day at multipurpose hall SSRCN, Vapi. In that yoga day , total 50 students and 5 teachers were participated. Yoga were taught by Mrs. Sheetal Manjeet trigotra who is certified yoga coach from Gujarat Rajya yog board, Mahia Patanjali Yog Samhiti, Yoga teacher at Lakulish Yog University and (level-II) AYUSH Mantrayalaya. We were started our day from 7 a.m. to 8.30 a.m. Our chief guest as yoga coach gave a small speech on Vasudhaiva Kutumbakam and started yoga , meditation and pranayama. Lastly, we had rewarded her and enclose the 1st session.

Later, we were arranged a seminar on power of subconscious mind which presented by Ms. Vaibhavi Panchal. Students were enjoyed those activities.

In Nutshell, we would to like to thank our respected principal sir to provide us this vital opportunity.

SANDRA SHROFF ROFEL COLLEGE OF NURSING,
VAPI

CORDIALLY INVITES YOU ALL
FOR
INTERNATIONAL YOGA DAY
ON 21ST JUNE, 2023

THEME:
"YOGA FOR VASUDHAIVA KUTUMBAKAM"

YOGA: TO BOOST IMMUNITY
TIME: 07.30HRS TO 08.30HRS
YOGA SESSION
(SSRCN FRATERNITY)

TIME	EVENT
09.00 am to 11.00 am	SEMINAR : POWER OF SUBCONSCIOUS MIND By MRS. VAIBHAVI PANCHAL , NURSING TUTOR, SSRCN

VENUE:- MULTIPURPOSE HALL, SSRCN

Yoga makes us
find the peace
which lies within
us

