



SANDRA SHROFF COLLEGE OF NURSING, VAPI



REPORT ON INTERNATIONAL YOGA DAY 2025

SUBMITTED BY

NATIONAL SERVICE SCHEME TEAM

SSCN, VAPI

Aparna
21/6/25

SIGNATURE OF INCHARGE PRINCIPAL

SANDRA SHROFF COLLEGE OF NURSING, VAPI

IN CHARGE PRINCIPAL



INTERNATIONAL YOGA DAY 2025

Date of Event: 21st June 2025

Venue: Sandra Shroff College of Nursing, Vapi & Pardi Rural Area

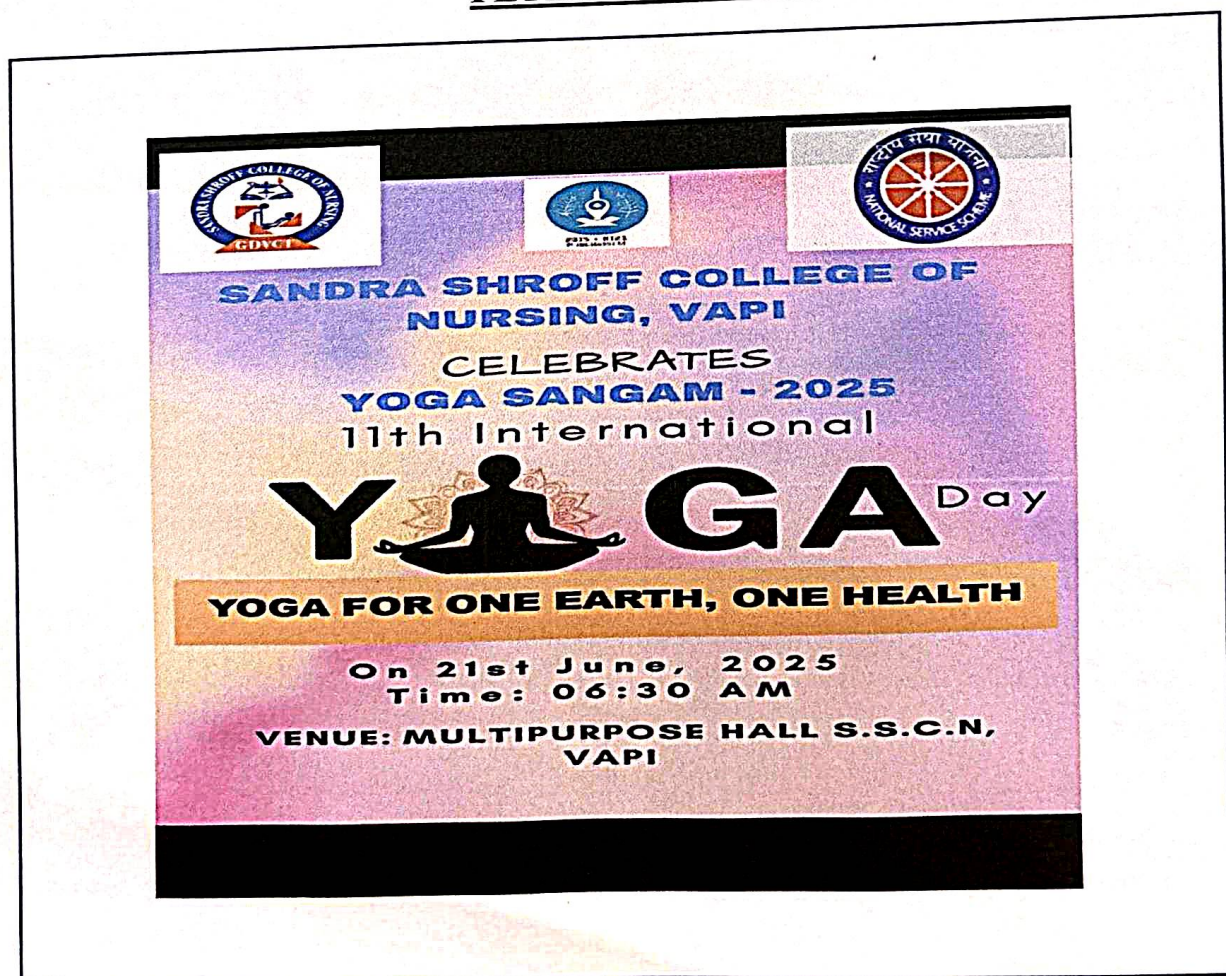
Occasion: International Yoga Day (Yog Sangam)

Participants: 97 NSS Volunteers from 2nd semester, 4th semester, 5th Semester, 7th Semester B.Sc. Nursing, Teaching and Non-Teaching Staff of SSCN

INTRODUCTION

International Yoga Day is celebrated every year on 21st June to raise awareness about the many benefits of practicing yoga. In line with this global initiative, Sandra Shroff College of Nursing (S.S.C.N.), Vapi, organized various events and activities to mark the occasion with enthusiasm and active participation from NSS Volunteers and faculty members. The aim was to promote physical and mental well-being through the ancient practice of yoga.

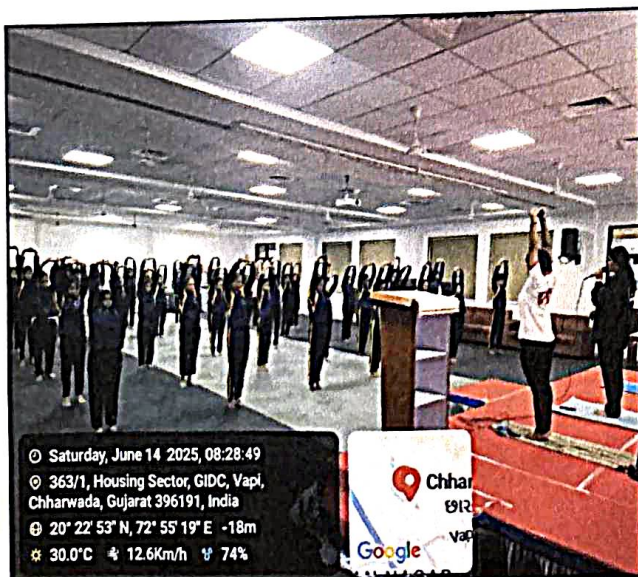
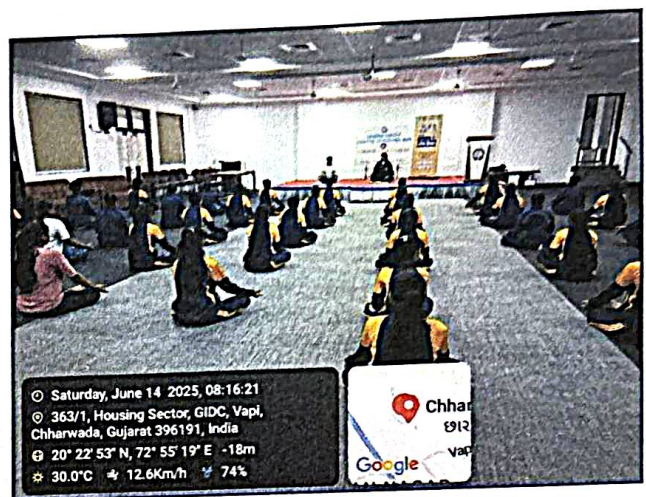
FLYER OF THE DAY



ACTIVITIES OF THE DAY

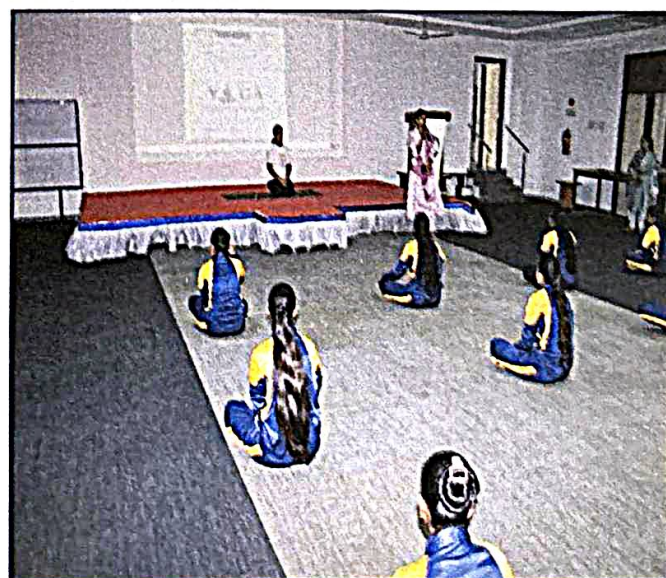
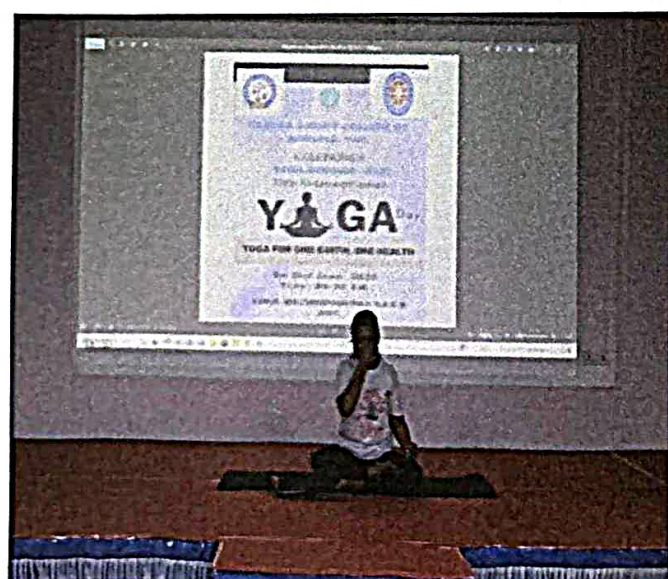
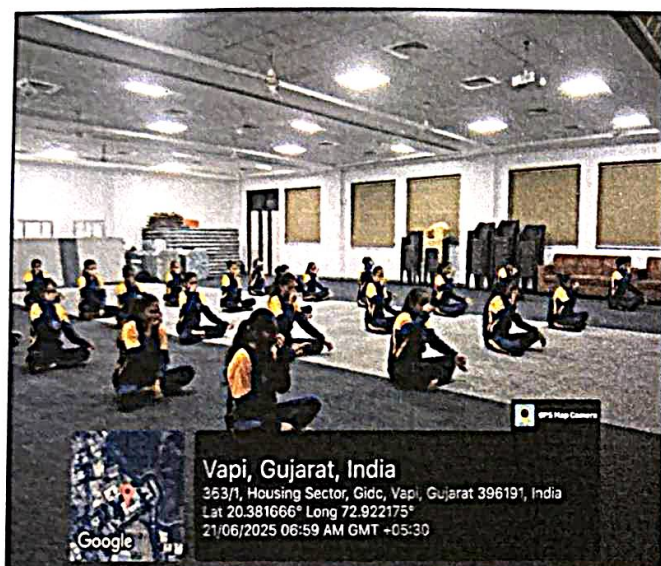
PRE-YOGA DAY ACTIVITY – YOGA PRACTICE SESSION

On 14th June 2025, a preparatory yoga practice session was conducted under the guidance of expert yoga trainer Ms. Pallavi at Sandra Shroff College of Nursing, Vapi. NSS Volunteers from the 2nd, 4th, and 5th semesters actively participated in the session. The practice focused on basic **asanas**, **breathing techniques**, and **relaxation methods**, which helped students prepare physically and mentally for the upcoming main celebration.



MAIN CELEBRATION – YOGA SANGAM

The main celebration, titled "Yoga Sangam", was held on 21st June 2025 at the college campus, starting from 6:30 AM onwards. The event commenced with a live telecast of Hon'ble Prime Minister Shri Narendra Modi's address, emphasizing the global importance of yoga. Following this, a guided yoga session was conducted by expert yoga trainer Mrs. Sheema, involving active participation from both students and faculty. The celebration also featured a motivational speech by Dr. Anita Nawale, Incharge Principal of S.S.C.N., who spoke about the significance of adopting yoga for overall well-being and a healthy lifestyle.





COMMUNITY OUTREACH ACTIVITY – RURAL YOGA CELEBRATION

In addition to on-campus celebrations, a community outreach program was conducted in the **rural area of Pardi** on 21st June 2025 in association with the **Department of Community Health Nursing**. As part of this initiative, a rally with slogans was organized to create awareness about the benefits of yoga among the local population. The outreach also included a **yoga practice session with school children**, aiming to cultivate healthy habits and a positive lifestyle through yoga from a young age.





CONCLUSION

The celebration of International Yoga Day 2025 at Sandra Shroff College of Nursing was a great success, marked by enthusiastic participation, meaningful activities, and community outreach. The event not only emphasized the physical benefits of yoga but also inspired students and the local community to embrace it as a way of life. With the continued efforts of the faculty and students, the spirit of yoga will remain alive and thriving in the institution and beyond.

THANK YOU