



MGM INSTITUTE OF HEALTH SCIENCES

(Deemed to be University u/s 3 of UGC Act, 1956)

Grade 'A' Accredited by NAAC

MGM NEW BOMBAY COLLEGE OF NURSING

5th Floor, MGM Educational Campus, Plot No. 1 & 2, Sector-1
Kamothe, Navi Mumbai – 410 209.

Date: - 11.05.2022

Circular

On the Occasion of International Yoga Day, yoga training sessions by Mr. Girish Nehte for Under Graduate & Post Graduate Nursing students is organized on 13th May, 2022.

Signature of Organizer



Signature of Director



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Date: 11.05.2022

International Yoga Day (Academic Year 2021-22)

Activity plan

Venue: 4th floor class room, MGMNBCON

Date: 13.05.2022

Time: 9.00 a.m. to 10.a.m

S.No	Date	Time	Activity
1.	13.05.2022	9.00 a.m. to 10.a.m	<ul style="list-style-type: none">• Introduction on Yoga and its importance• Guidelines on general yoga protocols• Demonstration of Common Yoga asana



Signature of Organizer





Signature of Director



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Report of Activity

Date : 13/05/2022 to 20/05/2022 Duration: One week
Name of the activity : Training session on common Yoga Protocol
Organizing Institute : MGM New Bombay College of Nursing, Kamothe.
Collaborating agency : Private
No of Teachers Participated : 2
No of Students Participated : 30
Brief of the Activity :

On occasion of **International Yoga Day 21.06.2022** MGM New Bombay College of Nursing has organized one-week yoga session for Undergraduate and Post Graduate Nursing students to raise awareness on benefits of Yoga in daily life.

An introduction on **Common Yoga Protocol** was delivered by *Mr. Girish Nehete* a certified Yoga trainer. He also demonstrated different yoga Asana (standing posture, supine posture, prone and seating postures) and pranayama along with meditation. He has shared the PDF on general Yoga protocol initiated by Ministry of AYUSH.

The students practiced the demonstrated Yoga Asana for a week from 13.05.2022 to 20.05.2022 for one hour.

The session was very informative and motivating for the students.

Annexure:

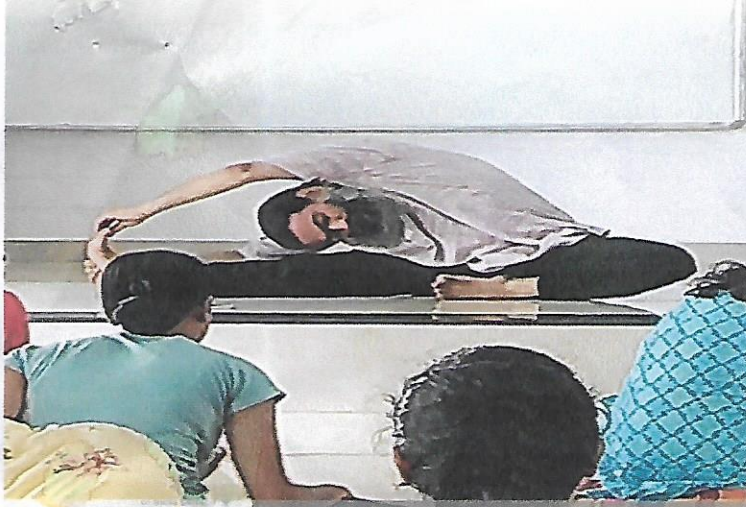
1. List of students participated : Yes
2. List of Teachers Participated : Yes
3. Photos : Yes

Signature of Organizer

Date:



Signature of Director



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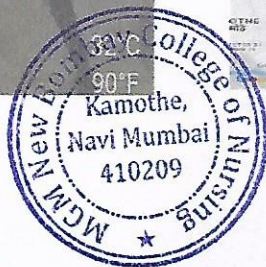
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