



**MGM INSTITUTE OF HEALTH SCIENCES**  
(Deemed to be University) Grade 'A' Accredited by NAAC

**MGM NEW BOMBAY COLLEGE OF NURSING**

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

Ref.No:- MGMNBCON/7A/06/2022

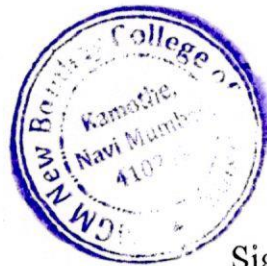
Date: 09/06/2022

## CIRCULAR

On the occasion of **International Yoga Day: Theme - "Yoga for Humanity"** dated 21.06.2022, MGM New Bombay College of Nursing will be organizing following activities for UG & PG students in the First year B.Sc. Nursing classroom, on the 4<sup>th</sup> floor at 9.30 am. All the Students and faculties are invited to attend the programme.

- 1) Yoga Session
- 2) Competition on Yoga Assana and postures.

Signature of Organizer



Signature of Director



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### International Yoga Day Celebration (Academic Year 2021-22) Activity Plan

**Theme:** "Yoga for Humanity"

**Venue :** First Year B.Sc. Nursing Classroom, 4<sup>th</sup> Floor, MGMNBCON

**Date:** 21.06.2022

**Time:** From 9.30 am

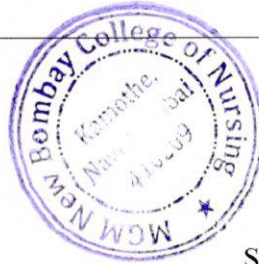
**Name of the organizing faculty:** Mrs. Sanjukta Mohanty

**Students Participating:** All UG & PG students

#### Schedule of activities

S.No	Time	Activity
1	9.30 am to 10.30 am	Yoga Competition on the theme 1) Suryanamskar 2) Yoga Assan for Healthy Respiratory System 3) Yoga Assan for Healthy female reproductive System
2	10.30 am onwards	Live session on Yoga Day by imminent speakers Dr. Sonali Banerjee

Signature of Organizer



Signature of Director





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**Yoga Day Report**

**Date-**21/06/2022

**Time-**9.30pm- 12.30pm **Duration:** 3 hrs.

**Activity-**1) Yoga competition .

2) A session on importance of yoga

**Venue:** Fourth floor First year class room of MGM New Bombay College of Nursing, Kamothe.

**Name of the Organizing Faculty:** Mrs. Sanjukta Mohanty.

**Students Organizing:** Student council

**Students Participating:** All UG and PG students.

**Brief of the World: International yoga day**

MGM New Bombay College of Nursing has observed International Yoga Day on 21/06/2022. The theme for Day is, 'Yoga for Humanity.' All UG and PG students has performed yoga assanas and postures in yoga day competition followed by a session on importance of yoga by the eminent speaker Dr Sonali Banerjee in the session madam told about Importants of yoga and showed demonstration on pranayam and omkar. Yoga day competition based on the theme suryanamaskar, assans for healthy respiratory system and female reproductive system. There are large number of students participated in that competition and dr sonali madam evaluate the competition and shortlist the winners list for appreciation. Students also projected various Posters with slogans to aware about the day and was ended by thanking the speaker and audiences.

**Annexure:**

1. Photos : Yes
2. Attendances: yes



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21/6/2022

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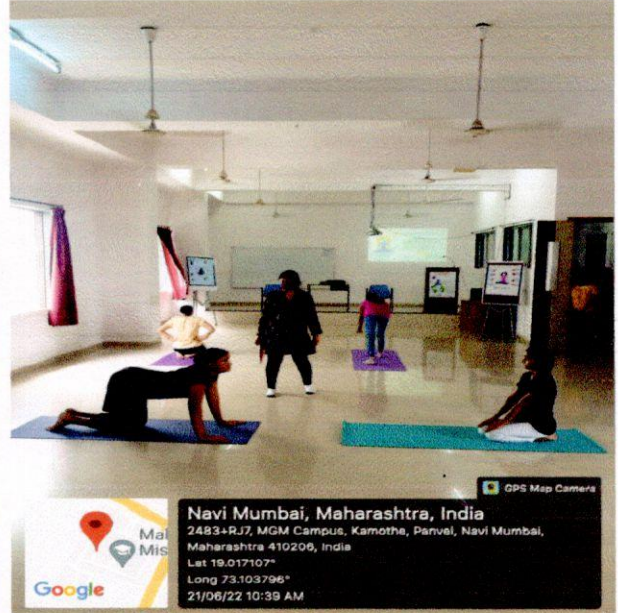
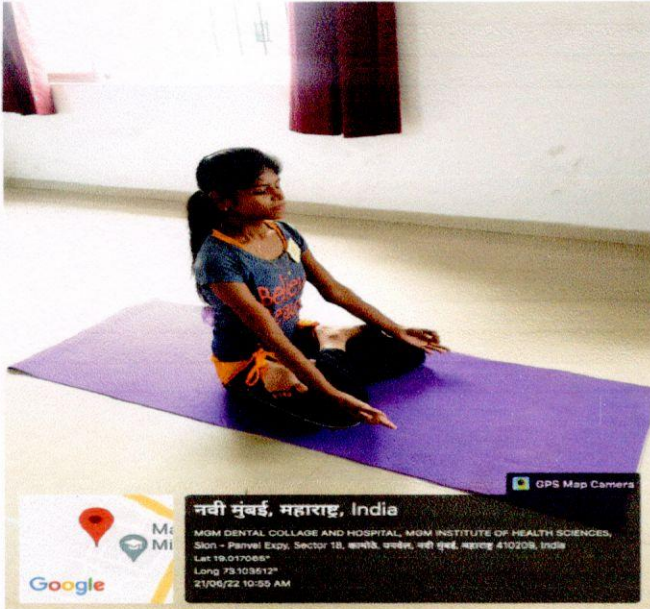




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*21/6/22*

MGM New Bombay College of Nursing  
Kamothe, Navi Mumbai  
410209

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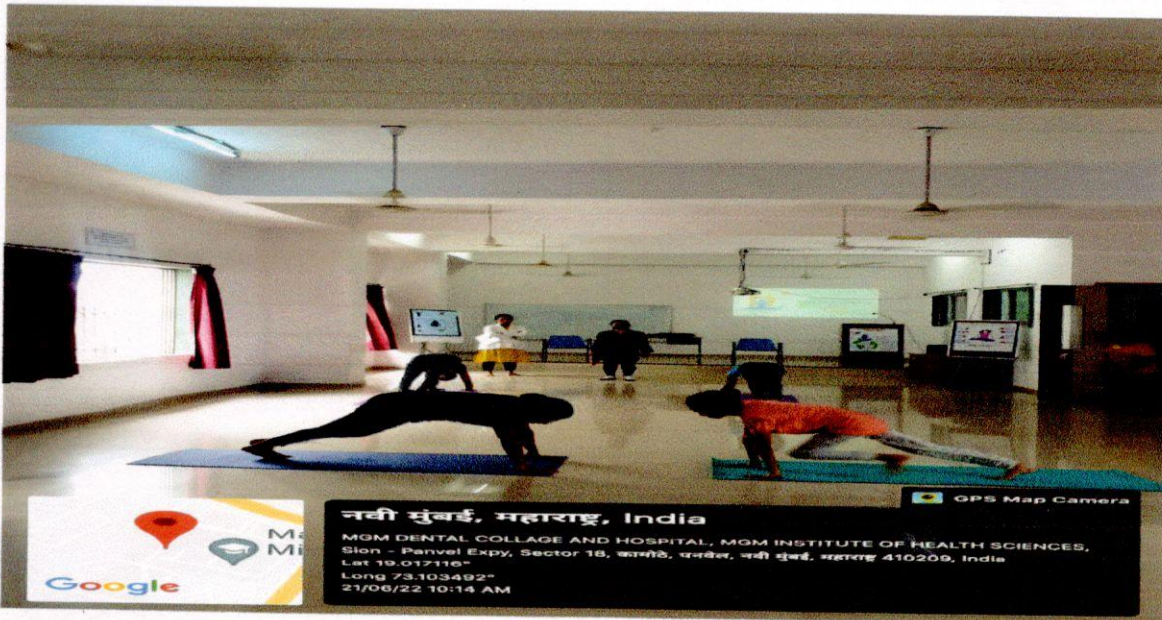
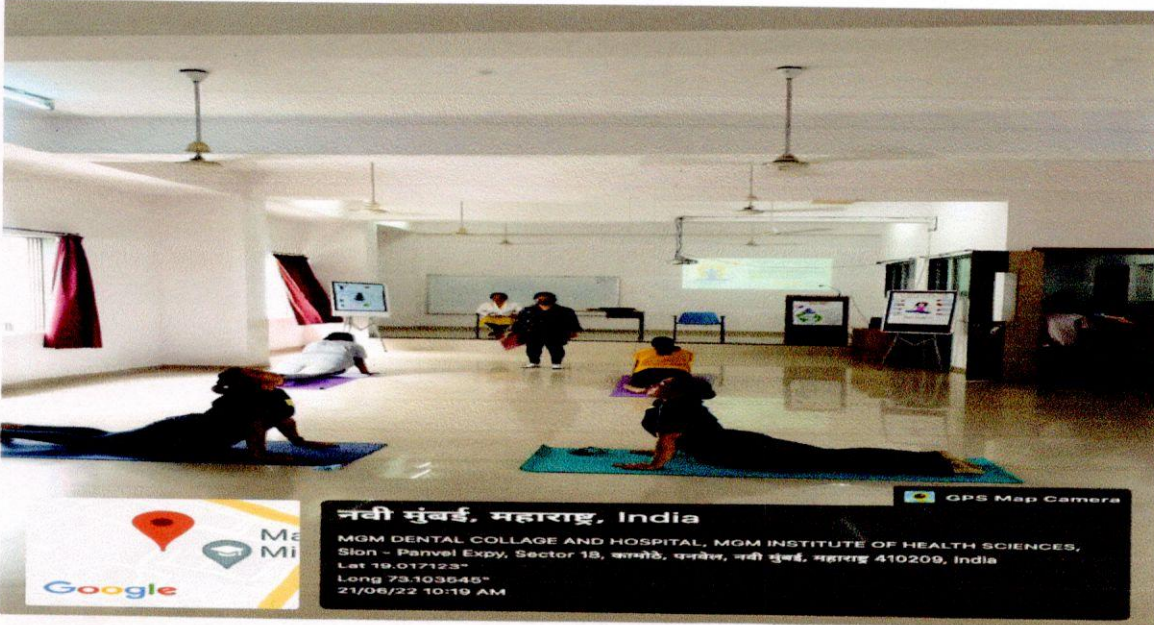




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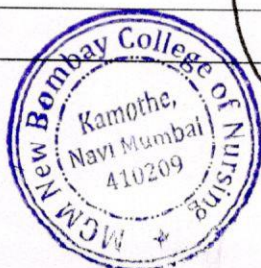
**Attendance Sheet**

Date: 21/6/22

Name of the Programme : INTERNATIONAL YOGA DAY COMPETITION

Venue : 4<sup>th</sup> Floor 1<sup>st</sup> Year class room.

Sr. No.	Name	Designation	Signature
1			
2	Mrs. Pruthi Heather	Assoc Prof	[Signature]
3	MS Sanjivka Mohanti	Tutor	[Signature]
4	Mrs. Snehal Lakade	Tutor	[Signature]
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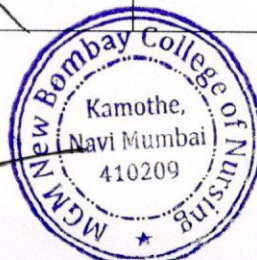
**Attendance Sheet**

Date: 21/6/2022

Name of the Programme : YOGA DAY COMPETITION

Venue : 4<sup>th</sup> Floor 1<sup>st</sup> Year Class Room.

Sr. No.	Name	Designation	Signature
1	Anushka Santosh Kolthankar	3 <sup>rd</sup> yr BSc (N)	
2	Apurva R. Koli	3 <sup>rd</sup> yr BSc (N)	
3	Shruti Laxman Talekar	3 <sup>rd</sup> yr BSc N.	
4	Sanskriti R. Gompoti	3 <sup>rd</sup> yr BSc N.	
5	Bhagyalekshmi Ajit	3 <sup>rd</sup> year BSc N	
6	Vaibhavi Mhatre	3 <sup>rd</sup> year BSc N.	
7	Namrata P. Pachore	2 <sup>nd</sup> yr. P.B	
8	Sayali Acharekar	2 <sup>nd</sup> yr P.B BSc	
9	Rutuja Ganacharya	—  —	
10	Sonal Kanaskar	—  —	
11	Mayank Santhwar	—  —	
12	Ms. Zayed Khan	2 <sup>nd</sup> yr MSc	
13	Ms. Anita B. Khandekar	2 <sup>nd</sup> yr. Msc.	
14	Ms. Mahima Yadav	2 <sup>nd</sup> yr. msc	
15	Mr. Suel Alwan	1 <sup>st</sup> Msc	
16	Mr. Atharv M. Walimbe	1 <sup>st</sup> BSc	
17	Ms Aishwarya Ajmer	3 <sup>rd</sup> BSc N	
18	Ms Jisha Joseph	3 <sup>rd</sup> BSc N	
19			
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21/6/22





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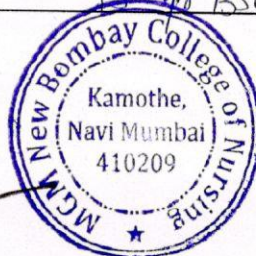
Attendance Sheet

Date: 21/6/2022

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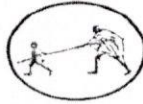
Venue : 4<sup>th</sup> Floor 1<sup>st</sup> year class room

Sr. No.	Name	Designation	Signature
1	Bhavika pati	1st yr BSc (N)	
2	Akhila Sebastian	1 <sup>st</sup> yr BSc (N)	
3	Akila Uthaman		
4	Nandana P.		
5	Sneha Joseph	1 <sup>st</sup> yr BSc (N)	
6	Christina Jose	1 <sup>st</sup> yr BSc (N)	
7	Vanessa Thomas	2 <sup>nd</sup> yr BSc (N)	
8	Maluika Nair	2 <sup>nd</sup> yr BSc (N)	
9	Bandra Deepak	2 <sup>nd</sup> yr BSc (N)	
10	Dona Joseph	2 <sup>nd</sup> yr BSc (N)	
11	Shivani Verma	2 <sup>nd</sup> yr BSc (N)	
12	Vaishnavi Jaraedan Bhoir	2 <sup>nd</sup> yr BSc (N)	
13	Bhavana Shankar Navale	2 <sup>nd</sup> yr BSc (N)	
14	Neha C. patil	2 <sup>nd</sup> yr BSc (N)	
15	Kajal Gupta	2 <sup>nd</sup> yr BSc (N)	
16	Sakshi pokharkar	2 <sup>nd</sup> yr BSc (N)	
17	Harshala bhapankar	2 <sup>nd</sup> yr BSc (N)	
18	Diksha S. pati	2 <sup>nd</sup> yr BSc (N)	D.S. PATIL
19	Rina Elizabeth Vasughese	2 <sup>nd</sup> yr BSc (N)	
20	Acty Jaison	2 <sup>nd</sup> yr BSc (N)	
21	Christy Shajan	2 <sup>nd</sup> yr BSc (N)	
22	Deepthi Bharsat	3 <sup>rd</sup> yr BSc (N)	



21/6/22





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## YOGA COMPETITION EVALUATION FORM

CODE NO	STEPS TO DO	MARK		TOTAL
	✓ Completion of steps	5		
	✓ Coordination to breath	5		
	✓ Smoothness of position	5		
	✓ Holding the position	5		
	✓ Knowledge about the asana	5		
	✓ Completion of steps	5		
	✓ Coordination to breath	5		
	✓ Smoothness of position	5		
	✓ Holding the position	5		
	✓ Knowledge about the asana	5		
	✓ Completion of steps	5		
	✓ Coordination to breath	5		
	✓ Smoothness of position	5		
	✓ Holding the position	5		
	✓ Knowledge about the asana	5		
	✓ Completion of steps	5		
	✓ Coordination to breath	5		
	✓ Smoothness of position	5		
	✓ Holding the position	5		
	✓ Knowledge about the asana	5		

Signature of Evaluator with Date

