

MSSPM

PATHRIKAR NURSING SCHOOL

REPORT ON 7TH INTERNATIONAL YOGA DAY CELEBRATION

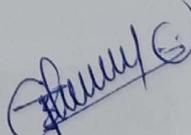
International Yoga day was celebrated at pathrikar nursing school Pathri on 21st June, 2025 under the theme, "yoga for one earth, one health". The Yoga session was held in our college ground. Students from 1st yr GNM., Nursing participated in the program. Students from other batches participated through online mode.

In the keynote address of the Principal, it has been mentioned about the origin of International Yoga day. i.e...Yoga is an ancient physical, mental, and spiritual practice that originated in India. The word "Yoga" derives from Sanskrit and means to join or to unite, symbolizing the union of body and consciousness.

The idea of international Yoga day was first proposed by Our Honorable Prime Minister Narendra Modi on 27, September, 2014, during his speech at UN General Assembly, where a resolution to establish June 21 as International Yoga Day was introduced by India's Ambassador, Ashoke Kumar Mukerji.

The session started at 7:30am with warm-up and Suryanamaskar. Our Yoga teacher Mr. Satish dokhale led the session. He has given information regarding Yoga day and the importance of Yoga in our day-to-day life during this pandemic era. he also emphasized the importance and benefits of Pranayama.

The exercises performed were good and useful to the students. All the students participated eagerly. They understood that regular practicing of Yoga helps to improve one's life physically, mentally and spiritually as well. The session ended at 9:30am.


PRINCIPAL

Principal
Pathrikar Nursing School
Pathri, Tq. Phulambri,
Dist. Chh. trapati Sambhalingar





Mitra Sadhana Shikshan Prasarak Mandal's
PATHRIKAR NURSING SCHOOL (GNM)
Pathri, Tq. Phulambri, Dist. Chh. Sambhajinagar.

Mitra Sadhana Shikshan Prasarak Mandal's
Pathrikar College of Nursing
Pathri, Tq. Phulambri, Dist. Chhatrapati Sambhajinagar.

:: Celebrates ::
INTERNATIONAL YOGA DAY

Theme : *yoga for one earth, one health*
Venue : *MULTIPURPOSE HALL*
Date : *21/06/2025*
Time : *9AM to 11AM*



