

ARMY COLLEGE OF NURSING JALANDHAR CANTT

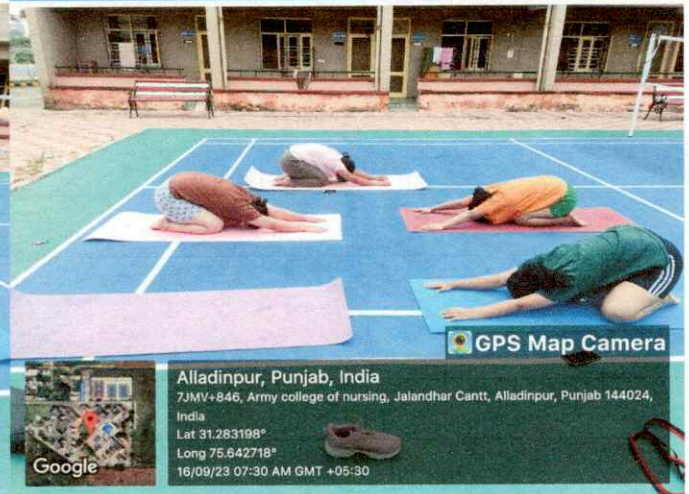
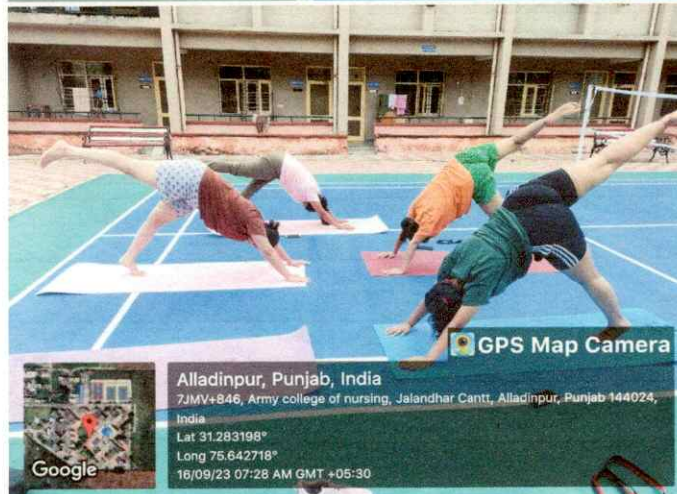
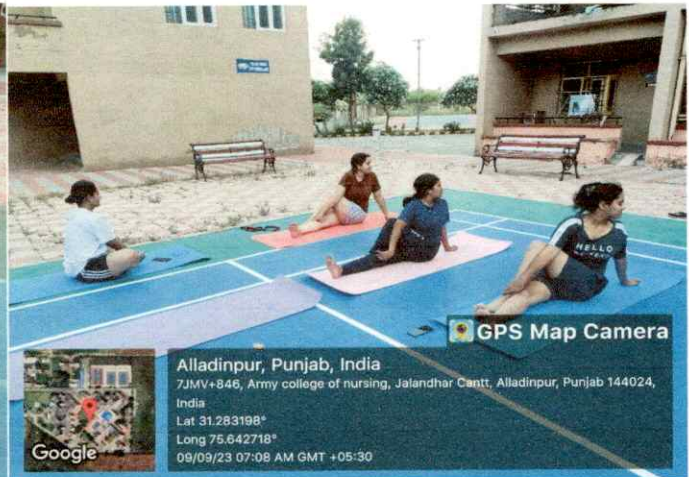
HOBBY CLUB ACTIVITY

Date: -30 Sep 2023

Time: - 6:00-7:00 AM

Venue: - Badminton Court

YOGA SESSION: -The Yoga Session was conducted by Hobby Club in the month of September at Badminton Court. Yoga is an ancient physical, mental and spiritual practice that originated in India. Students enthusiastically performed various “Asanas” under the supervision of Miss Pooja Sharma (Hobby Club Advisor). A few minutes of yoga during the day can be a great way to get rid of stress that accumulates daily in both the body and mind.



Pooja Sharma
Principal
Army College of Nursing
Jalandhar Cantt