

# **ARMY COLLEGE OF NURSING JALANDHAR CANTT**

## **INTERNATIONAL YOGA WEEK**

**Date: - 15-21 June 2023**

**Venue: - Hostel Yoga Hall, Basketball Court, PAP Ground**

**Audience: - ACN Students and Faculty**

**International Yoga week was celebrated by Student Nurses Association, ACN from 15 to 21 June 2023. The theme for International Yoga Day is “Yoga for Vasudhaiva Kutumbakam”, effectively encapsulating our collective aspiration for ‘One Earth, One family, and One Future’. Various activities conducted on International Yoga week are:-**

**On June 15, 2023 The Basic Yoga activity was conducted by the students of ACN in yoga Hall from 6:00-7:00 AM. The students participated with full interest and enthusiasm. The session began by seeking the blessings of the almighty by chanting the Gayatri mantra. Asanas starting with warming up and stretching were followed by a Padmasanas, Sukhasana, Tadasana, Bhujang Asana and ending with Shavasana.**

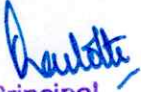
**On June 16, 2023 Yoga Competition was held between students in Yoga hall from 6:00-7:00 PM. There was a spectacular and beautiful display of talent, confidence, strength and flexibility by the Yoga performers which left the students and teachers spell bound. The participants were adjudged by Miss Sofiya (CI) & Miss Pragya (CI) on the basis of flexibility, co-ordination, grace and correctness of postures. Jyoti student of BSc (N) IV<sup>th</sup> year bagged 1<sup>st</sup> position, Neetu student of BSc (N) IV<sup>th</sup> year bagged 2<sup>nd</sup> position and Riya Mishra student of BSc (N) Sem-1 bagged 3<sup>rd</sup> position.**

**On June 17, 2023 Students of Yoga Club practically demonstrated various ‘asanas’ like utkatasana, Balasana, Suryanamaskar, Kapal bhaati etc from 6:30-7:30 PM in Yoga Hall . And also highlighted their benefits to human life. Thus, the session was useful and beneficial to all the participants.**

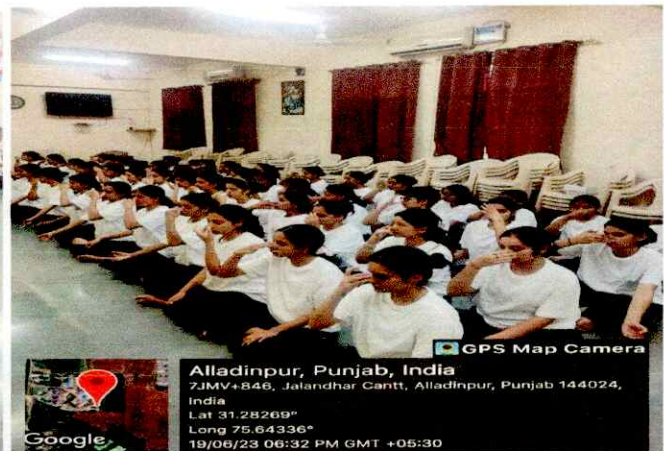
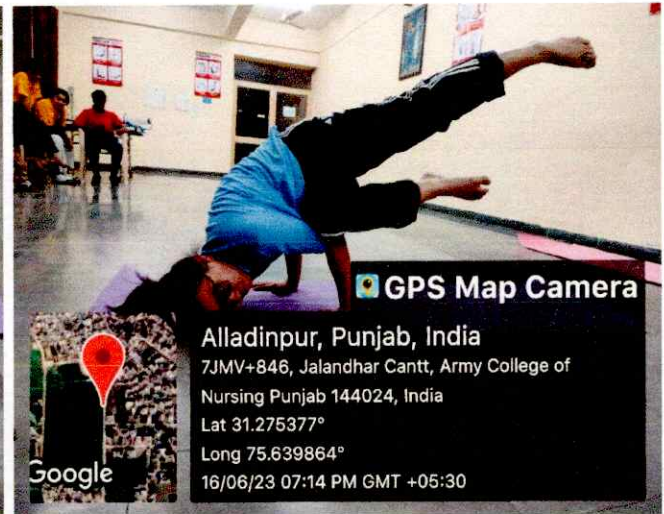
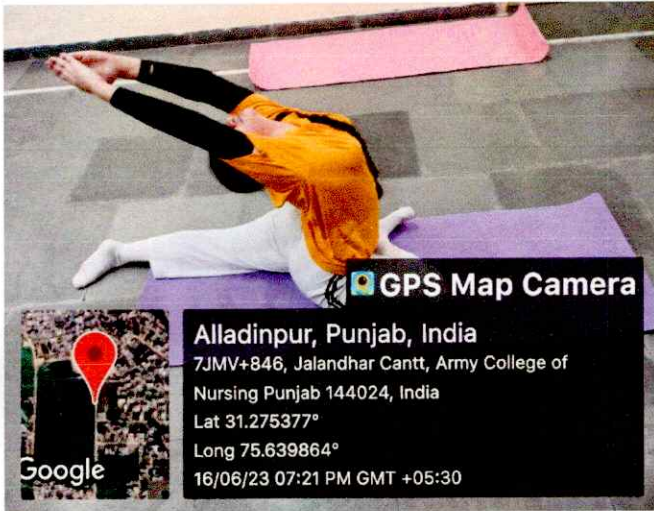
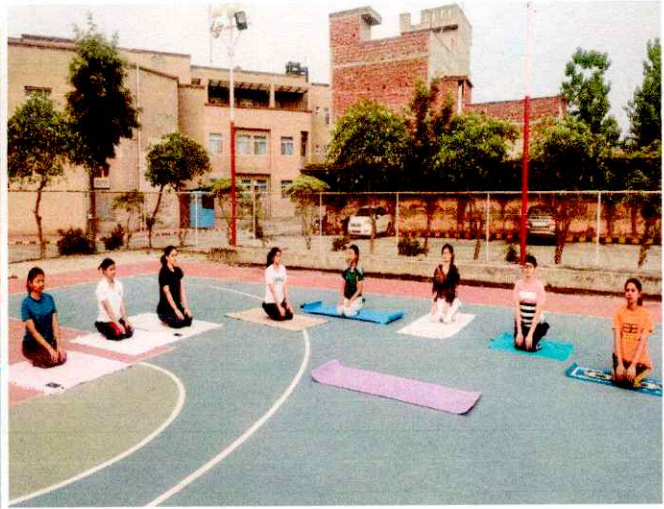
**On 19 June 2023 Session on Mindfulness and Meditation was conducted by Miss Pragya (CI) in Yoga Hall from 6:00-6:30 PM. She explained to the students that meditation can reduce stress, improve sleep, and help focus the mind. In this session wide- ranging physical benefits of mindfulness and meditation were discussed and highlighted the importance for overall well-being.**

**On June 20, 2023 More than 15,000 people participated in a mega Yoga session organized by the Punjab Government in PAP ground, Jalandhar from 5:30-7:30 AM. Army College of Nursing also joined a workshop (CM’s Yogshala). 107 Students along with 02 Teachers were the part of Mega Yoga Session. The event was graced by (Chief Minister) Bhagwant Maan and Raghav Chadha AAP leader & other Political leaders. It was the refreshing and exhilarating experience for the students of ACN.**

**On June 21, 2023 Yoga Session was conducted by Honorary Captain Retd. Ajay Shankar from 6:00-7:30 AM in Basket Ball Court. He demonstrated many yoga asanas. All the students and in-house faculty participated in the session. Further Guest Lecture by Mr Manu Saini (Yogacharya) on Yoga was organised in Ashoka Multipurpose Hall from 10:00-11:00 AM. He emphasis on History, Scientific basis of yoga, its numerous health benefits etc. He also explained about the application of Yogic principles with the objective of achieving a particular spiritual, psychological, or physiological goal. Students participated with full enthusiasm and learned all these techniques.**

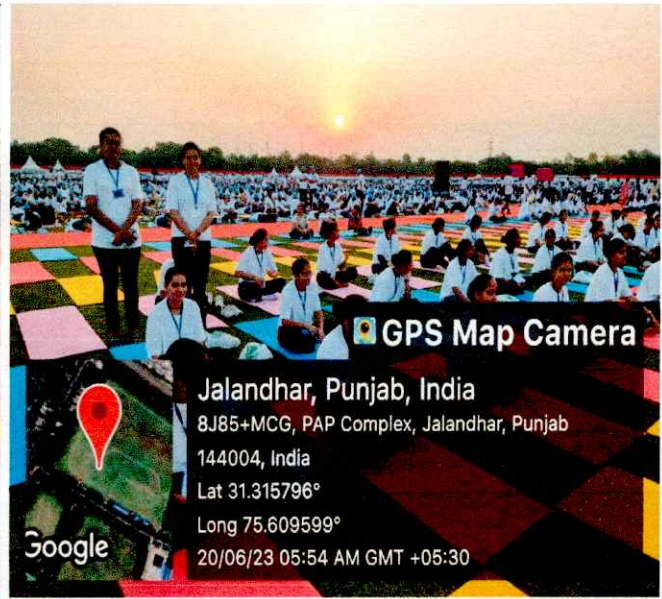
  
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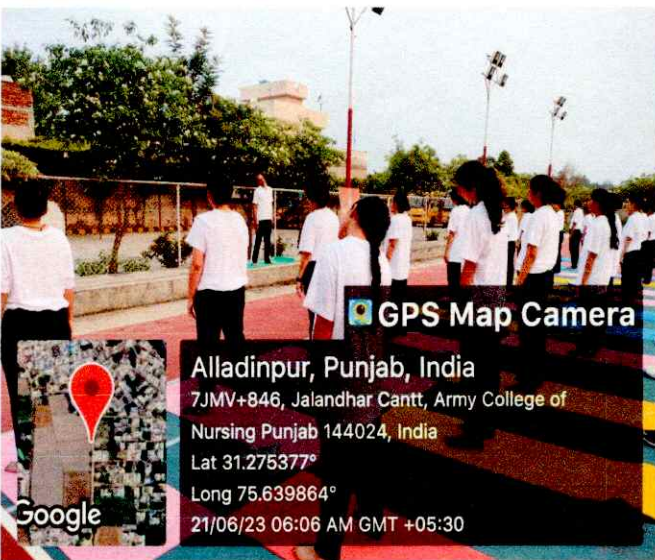




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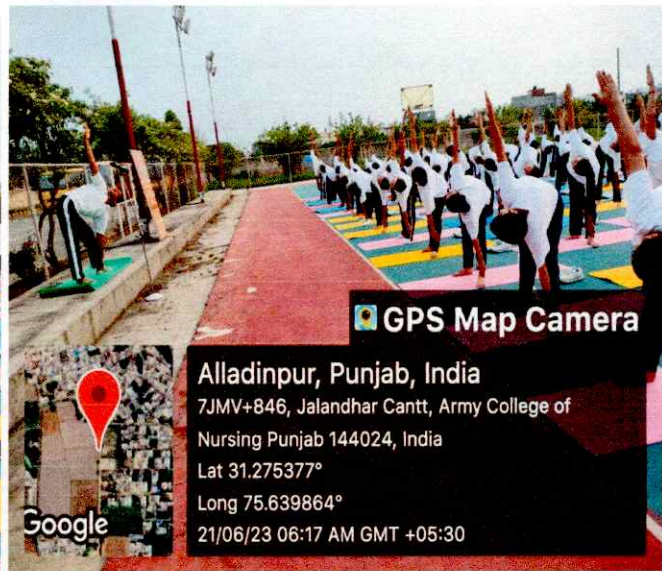
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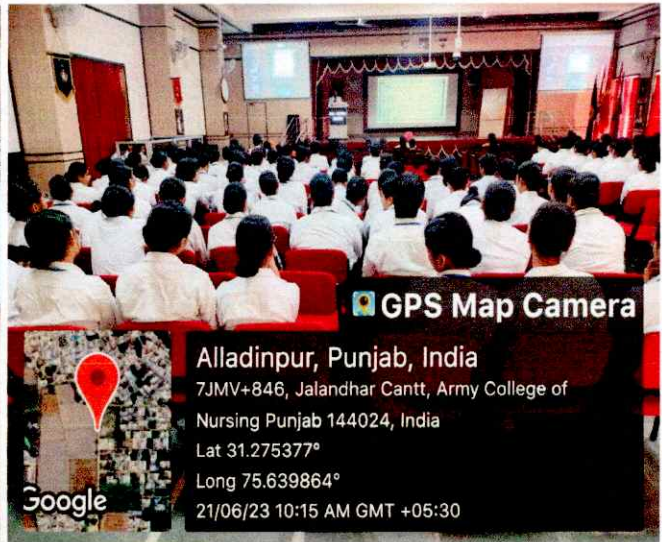
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