JUNE EVENTS 2023

REPORT ON WORLD ENVIRONMENT DAY

DATE : 05/06/2023

TIME : 3pm – 4pm

VENUE : Community Posting (Kondhawa)

THEME : Beat Plastic Pollution.

NO. OF PARTICIPANTS : 30

The NSS Unit of Sinhgad College of Nursing, Narhe organized World Environment Day to increase awareness among students and community about the importance of the environment and the need to protect it. Students was performed skit with Environment Day (Beat Plastic Pollution) as the theme. A small Tree plantation event was organized by the students on the occasion of Environment Day at Kondhwa and 10 trees were planted. Celebration was hosted by teachers of Sinhgad College of Nursing (Mrs. Sadhana Shinde, Mr. Yogesh Pol) and ended up with Vote of Thanks.

INTERNATIONAL YOGA DAY REPORT

DATE :: -   21/06/2023

VENUE: - UHTC KONDWA, Pune

TIME : -   9 am to 10am

NO. OF PARTICIPANTS: 30

International yoga day was celebrated by the students and the teachers with great enthusiasm. The function began at 8:30am with a brief introduction of Yoga Day by Yoga Teacher Mrs. Prajakta S. Students demonstrated various asanas followed by Pratiksha. Warm up exercises were done and all the students performed sitting and standing asanas. The benefits of the postures were narrated by the Yoga teacher side by side as student performed with the instructions e.g. the importance of meditation and pranayama, in day to day life to keeps one mentally, physically, psychologically healthy was highlighted.

The celebration concluded with some breathing techniques and exercises like Pranayams, Anuloma and Viloma, Meditation and Relaxation. The students were encouraged to practice regular yoga to remain fit and improve concentration as they showcased a very energetic and spirited performance. The function ended with a vote of thanks by Mr. Yogesh Pol.