



**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.

MGM/NBCON/ADM/18/2021

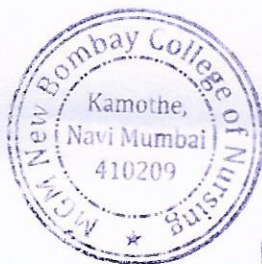
Date :- 08.06.2021

**CIRCULAR**

**International Yoga Day 2021** will be observed on 9<sup>th</sup> June 2021 to 21<sup>st</sup> June 2021.

Online Yoga sessions will be conducted by Mrs. Sonali Banerjee for First year and Second year B.Sc. Nursing students

Signature of Organizer



Signature of Principal

PROFESSOR & DIRECTOR  
MGM New Bombay College of Nursing  
Kamothe, Navi Mumbai - 410209



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**International Yoga Day (Academic Year 2020-21)**  
**Activity Plan**

**Theme:-** International Yoga Day

**Venue:-** MGM Hospital, Kamothe

**Date:-** 09.06.2021

**Time:-** 10.30 am to 12.30 pm

**Name of the Faculty:-**

1. Ms. Vandana Kumbhar - Associate professor

**Students participating-** 1<sup>st</sup> year and 2<sup>nd</sup> year B.Sc. Nursing (73 Students)

**Schedule of activities**

S.No	Date	Time	Activity
1	09.06.2021	10.30 am- 10. 45 am	Introduction of the Yoga and its Importance by Ms. Sonali Banerjee
2		10.45 am- 12. 30am	Yoga session by Ms. Sonali Banerjee
3	21.06.2021	10.00 am -11.00am	Yoga session by Ms. Sonali Banerjee

  
Sign of organizer



  
Signature of Director  
PROFESSOR & DIRECTOR  
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**Report of Activity**

Date : 21/06/20 21 Duration: Two days  
Name of the activity : International yoga day  
Organizing Institute : MGM New Bombay College of Nursing, Kamothe.  
Collaborating agency : NA  
Name of the scheme : - Yoga at Home, Yoga with Family  
No of Teachers Participated : 02  
No of Students Participated : 78

**Brief of the Activity.**

On the occasion of international yoga day MGM New Bombay College of Nursing has initiated yoga sessions from 9th June 2021 with introduction of yoga with demonstration of 'Aasnas and Mudras' which students have practiced at home with family members throughout the month . On the 21st of June 2021 at 9am revised online yoga session of Yoga is conducted by Dr.Sonali Banerjee Yoga Expert for students and their family by considering theme of international yoga day 2021 - Yoga at Home ,Yoga with Family. Also chair yoga including chair Surya Namaskar also demonstrated for staff by Dr.Sonali Banerjee

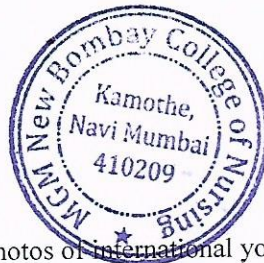
It was very informative and motivating sessions for healthy life; it was very useful for maintaining students for mental and physical health.


**Organizer** 

Ms. Vandana Kumbhar

Associate professor

MGM New Bombay College of Nursing



  
16/2/2022

Note - Kindly find below attached photos of international yoga day





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(Deemed to be University u/s 3 of UGC Act, 1956)

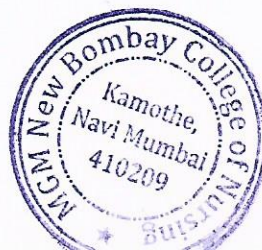
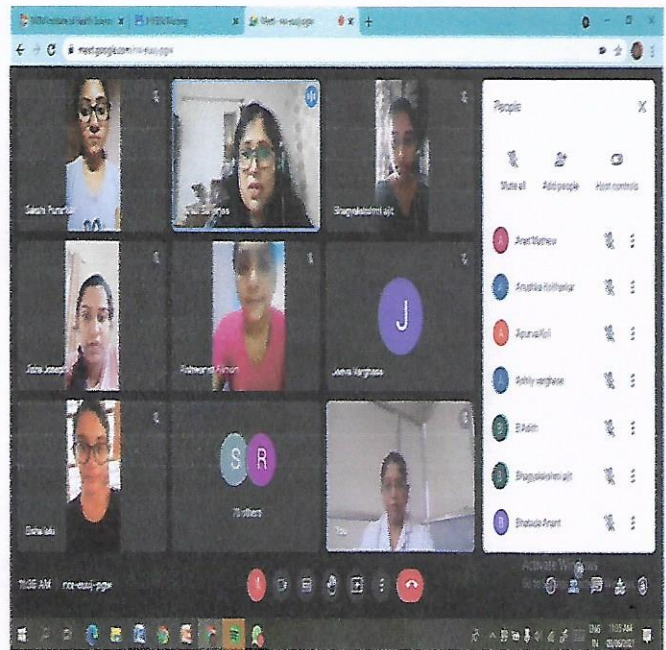
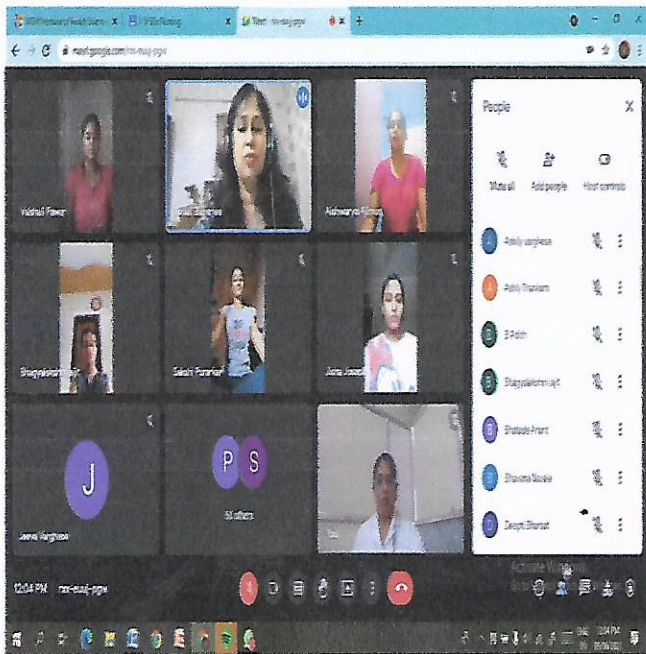
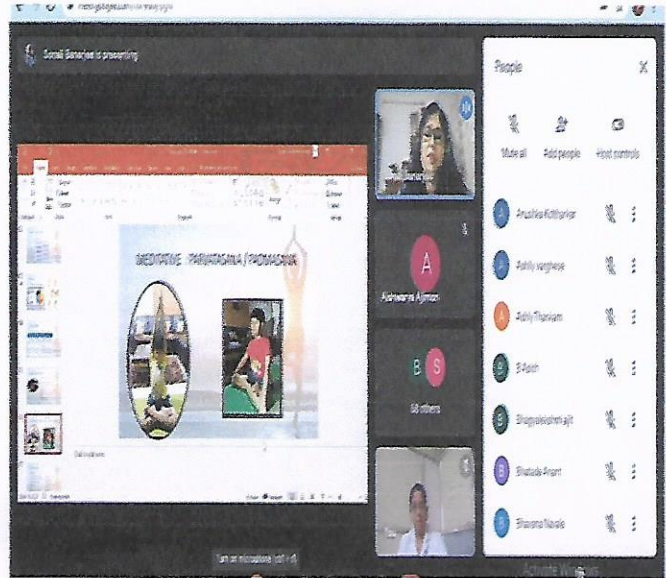
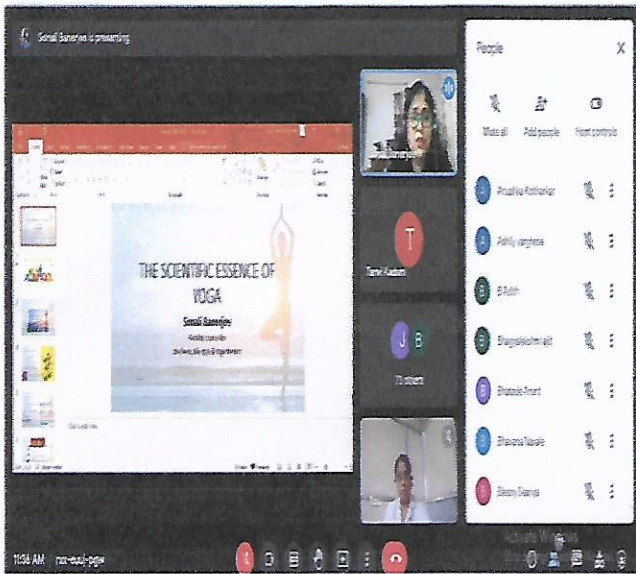
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### International Yoga Day 2021(09.06.2021 to 21.06.2021)



*[Handwritten Signature]*  
16/2/2022