# Report of International Yoga Week (15.06.2023 to 21.06.2023) of College of Nursing. SGPGIMS, Lucknow

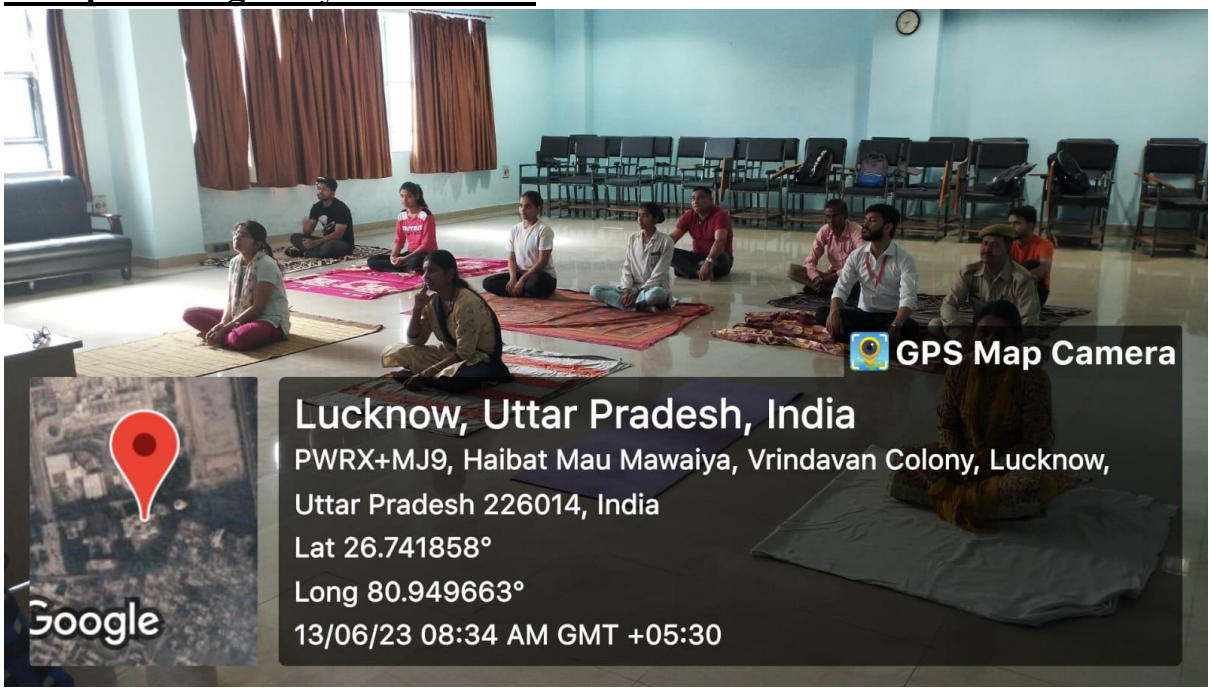
Yoga is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India and aim to control (yoke) and still the, recognizing a detached witness consciousness untouched by the mind and mundane suffering. Regular yoga practice has been shown to improve heart health, reduce blood pressure, enhance flexibility, and increase muscular strength. It can also improve respiratory function, reduce inflammation, and improve overall mental wellbeing

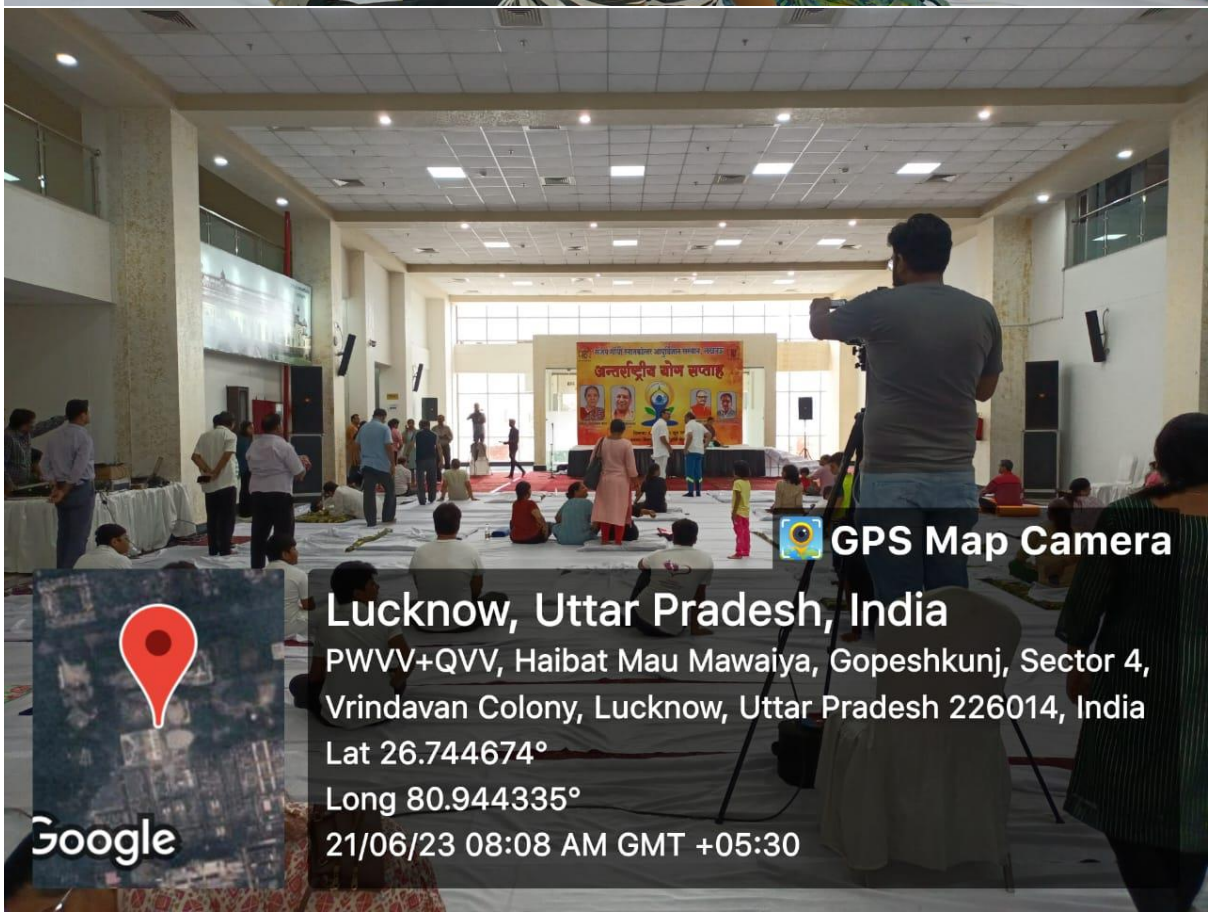
Yoga week celebrated in the institute from 15th July 2023 to 21st June 2023. 21st June 2023 was celebrated as International Yog Day worldwide in SGPGIMS, Lucknow to spread awareness. This year Yoga Day is celebrated with the International Yoga Day 2023 theme of **"Vasudhaiv Kutumbakam"**.

**Details of Program Celebration for Yoga Day-15th to 21st June, 2023**

| Name of College | No. of Students Participants | No. of Faculties and their relatives Participants | Program Organized for Yoga Day | | |
|---|---|---|---|---|---|
| | | | **Program** | **Venue** | **Participants** |
| College of Nursing, SGPGIMS, Lucknow | 60 | 15 | Yoga Training Program on 12.06.23-14.06.23 | Organized in the College of Nursing, SGPGIMS, Lucknow | 60 |
| | | | Yoga Training Program on 15.06.23-19.06.23 | Central Library Hall by SGPGIMS, Lucknow | 50 |
| | | | Poster Competition on topic "**Humanity"** on 19.06.23 | Central Library Hall, SGPGIMS, Lucknow | 06 (01, Consolation Prize under category 2 Ms. Kirti Lata B.Sc. Nursing 2nd Semester student |
| | | | Yoga Training Celebration on 21.06.2023 | Central Library Hall, SGPGIMS, Lucknow | 55 |

## Glimpse of Yoga Day Celebration




अन्तर्राष्ट्रीय योग सप्ताह
GPS Map Camera
Lucknow, Uttar Pradesh, India
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Lat 26.744674°
Long 80.944335°
21/06/23 08:08 AM GMT +05:30
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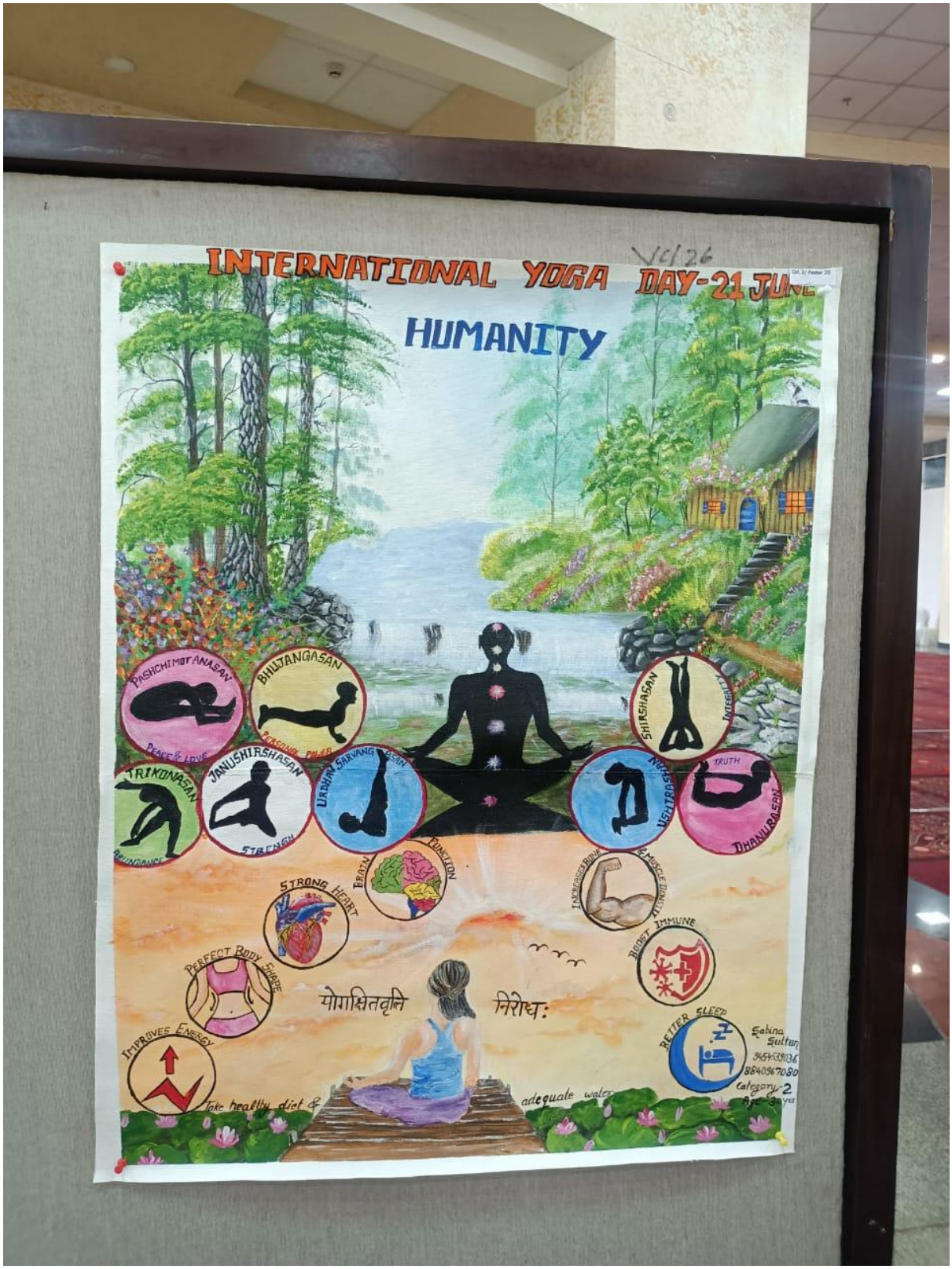
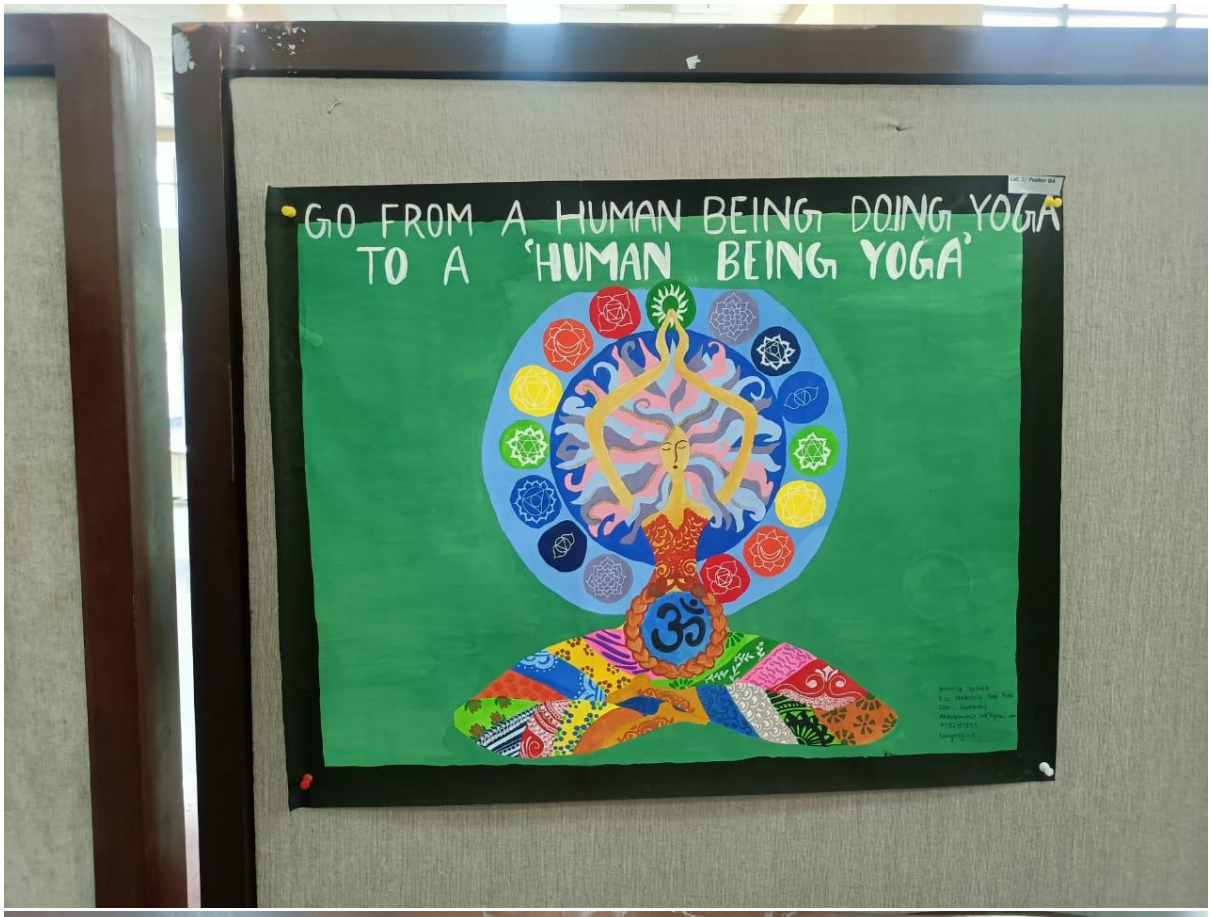
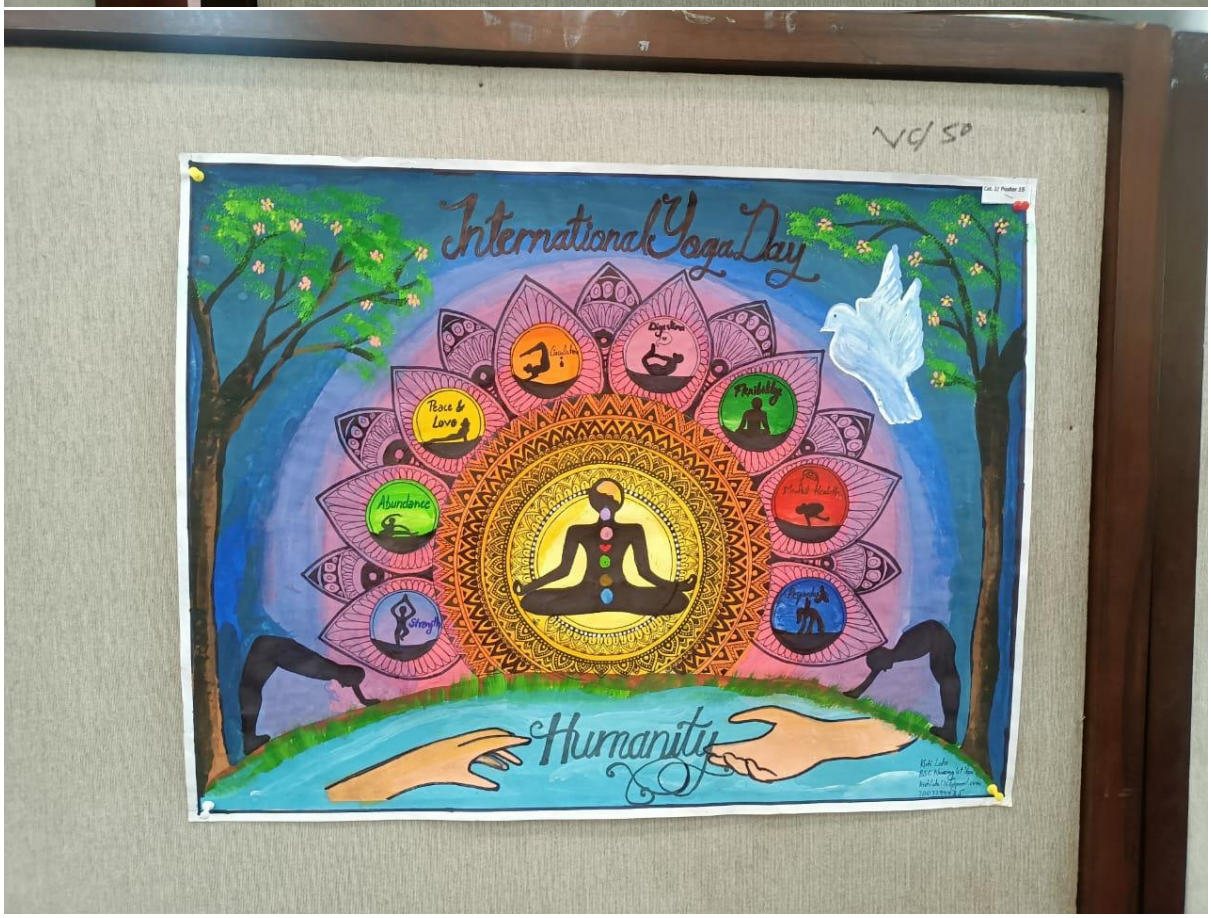
# POSTER PRESENTATION



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