**International Yoga Day Activity Report**

**Date: 21st JUNE 2025**

**Theme: - (“yoga for one earth one health”)**

We will be celebrating the international yoga day on Saturday, June 21st 2025 the international yoga day is celebrated on the every year. This day very important as it above its ability to unite people from diverse background under a common pursuit of health well-being and self-discovery.

This day highlights the ancient Indian tradition of yoga & promote mental, physical, & spiritual well-being across the world. Various Asans such as surya namskar, tadasana, & pranayam techniques were perform. The instructor also explain the benefits of each pose & how yoga helps reduce stress into concentration & enhance immunity.

On 21st June 2025 Shalinitai Meghe college of nursing salod (hi),Wardha had organize international yoga day with the theme of **(“yoga for one earth one health”)** inauguration program at SMCON salod (hi), Wardha Mrs. Akhatribao sheikh principal of SMCON, & Mrs leena pahune vice principal of SMCON.

Mr.Sagar Bhoware, Ms.Aruna Maheshgauri, Ms.Karishma Dod, Ms.Dhanshree Sekukar, Mr.Abhilash Satone, Ms.Vaibhavi Yeunrkar ,Ms.Kanchan Gulhane Nursing Tuotor Of SMCON Along With GNM 1ST Year Nursing Students Attend The Programe.