



# College of Nursing

(A constituent College of Adesh University, Bathinda)

NH-7, Darnala Road, Bathinda – 151101 Punjab (India)

Ph: 0164-5055066, 5055064 Fax: 0164-5055255, 2742902 E-mail: [con@adeshuniversity.ac.in](mailto:con@adeshuniversity.ac.in), Website: [www.adeshuniversity.ac.in](http://www.adeshuniversity.ac.in)



## ACTION TAKEN REPORT ON

### INTERNATIONAL DAY OF YOGA – 2018

As per the guidelines stipulated by Indian Nursing Council, Statutory Body under the Ministry of Health and Family Welfare, Government of India, College of Nursing, Adesh University, Bathinda celebrated the 'International Day of Yoga – 2018' on 21<sup>st</sup> June 2018.

The ministry of AYUSH has taken up the preparation for celebration of International Day of Yoga with greater and more active participation of youth during the current year celebration.

Accordingly, College of Nursing and other constituent colleges of Adesh University, Bathinda, observed the 4<sup>th</sup> International Day of Yoga on 21<sup>st</sup> June 2018 by conducting the following activities.

On 12<sup>th</sup> June, common yoga protocol (Hindi and English) developed by some of the most accomplished yoga gurus of India was circulated among staffs, students and their friends and family members

On 12<sup>th</sup> June 2018, to support International Day of Yoga, staffs, students and their friends and family members were requested to give a missed call on 97118-55005.

On 21<sup>st</sup> June 2018, Sports Committee, Adesh University, Bathinda, organised and celebrated International Day of Yoga at Adesh University Auditorium.

Staffs and students of College of Nursing and other constituent colleges of Adesh University were participated in the IDY.

Mr. Radhe Shyam Bansal, Yoga Guru, Yoga Seva Samittee, Bathinda invited as chief guests for the IDY.



# College of Nursing

(A constituent College of Adesh University, Bathinda)

NH-7, Darnala Road, Bathinda – 151101 Punjab (India)

Ph: 0164-5055066, 5055064 Fax: 0164-5055255, 2742902 E-mail: [con@adeshuniversity.ac.in](mailto:con@adeshuniversity.ac.in), Website: [www.adeshuniversity.ac.in](http://www.adeshuniversity.ac.in)



Ms. Moon Bansal, Yoga instructor, Ms. Simran, Yoga Instructor, Mr. Gurwinder Sharma, Social Worker, Mr. Manish Pandey, Social Worker, Master Vansh Bansal, Junior Yoga Guru were invited as guests for IDY.

Col. Jagdev Singh, Registrar, Adesh University, Bathinda, was invited as guest for IYD.

Mr. Radhe Shyam Bansal, Yoga Guru and his accompanying members demonstrated Yoga Asanas as per Common Yoga Protocol for 45 minutes duration.

The Registrar, Adesh University, Staffs, Students of College of Nursing and other Constituent colleges of Adesh University, Bathinda took yoga pledge “I Pledge to make YOGA, an integral part of my daily life” and practiced yoga as per the instructions of Yoga Guru.

At the end of the session the staffs and students felt, yoga as a way to yield the maximum health and wellbeing rewards. Yoga has the ability to change our perspectives of life. More keenness for life, genuine and natural sense of feel good.

All Faculty members and students participated in the ‘International Day of Yoga – 2018’ with lots of interest and enthusiasm.



# College of Nursing

(A constituent College of Adesh University, Bathinda)

NH-7, Darnala Road, Bathinda - 151101 Punjab (India)

Ph: 0164-5055066, 5055064 Fax: 0164-5055255, 2742902 E-mail: [con@adeshuniversity.ac.in](mailto:con@adeshuniversity.ac.in), Website: [www.adeshuniversity.ac.in](http://www.adeshuniversity.ac.in)



## INTERNATIONAL DAY OF YOGA CELEBRATION ON 21<sup>ST</sup> JUNE, 2018







# College of Nursing

(A constituent College of Adesh University, Bathinda)

NH-7, Darnala Road, Bathinda - 151101 Punjab (India)

Ph: 0164-5055066, 5055064 Fax: 0164-5055255, 2742902 E-mail: [con@adeshuniversity.ac.in](mailto:con@adeshuniversity.ac.in), Website: [www.adeshuniversity.ac.in](http://www.adeshuniversity.ac.in)





# College of Nursing

(A constituent College of Adesh University, Bathinda)

NH-7, Darnala Road, Bathinda - 151101 Punjab (India)

Ph: 0164-5055066, 5055064 Fax: 0164-5055255, 2742902 E-mail: [con@adeshuniversity.ac.in](mailto:con@adeshuniversity.ac.in), Website: [www.adeshuniversity.ac.in](http://www.adeshuniversity.ac.in)







# College of Nursing

(A constituent College of Adesh University, Bathinda)

NH-7, Darnala Road, Bathinda - 151101 Punjab (India)

Ph: 0164-5055066, 5055064 Fax: 0164-5055255, 2742902 E-mail: [con@adeshuniversity.ac.in](mailto:con@adeshuniversity.ac.in), Website: [www.adeshuniversity.ac.in](http://www.adeshuniversity.ac.in)





# College of Nursing

(A constituent College of Adesh University, Bathinda)

*NH-7, Darnala Road, Bathinda — 151101 Punjab (India)*



Ph: 0164-5055066, 5055064 Fax: 0164-5055255, 2742902 E-mail: [con@adeshuniversity.ac.in](mailto:con@adeshuniversity.ac.in), Website: [www.adeshuniversity.ac.in](http://www.adeshuniversity.ac.in)





# College of Nursing

(A constituent College of Adesh University, Bathinda)

NH-7, Darnala Road, Bathinda - 151101 Punjab (India)

Ph: 0164-5055066, 5055064 Fax: 0164-5055255, 2742902 E-mail: [con@adeshuniversity.ac.in](mailto:con@adeshuniversity.ac.in), Website: [www.adeshuniversity.ac.in](http://www.adeshuniversity.ac.in)







# College of Nursing

(A constituent College of Adesh University, Bathinda)

NH-7, Darnala Road, Bathinda - 151101 Punjab (India)

Ph: 0164-5055066, 5055064 Fax: 0164-5055255, 2742902 E-mail: [con@adeshuniversity.ac.in](mailto:con@adeshuniversity.ac.in), Website: [www.adeshuniversity.ac.in](http://www.adeshuniversity.ac.in)

