

# ARMY COLLEGE OF NURSING JALANDHAR CANTT, PUNJAB

## International Yoga Day Celebration

**Date:** -19 June 2025 & 21 June 2025

**Time:** - 6:00 AM- 7:00 AM & 6:30 AM -7:30 AM

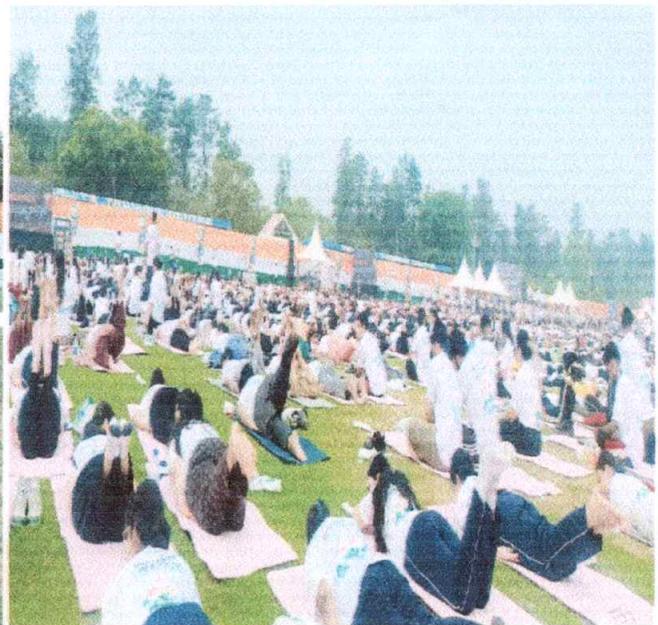
**Venue:** - Punjab Armed Police Ground, Military Hospital Jalandhar Cantt, Army College of Nursing

International Yoga Day was celebrated with great enthusiasm and spirit at various locations by the Students of Army College of Nursing. The events highlighted the importance of Yoga in promoting physical and mental well-being, with active participation from the students of Army College of Nursing (ACN), Jalandhar Cantt.

On **19th June 2025**, a grand Yoga session was organized at **PAP Ground, Jalandhar Cantt**. The event witnessed the enthusiastic participation of the public, officials, and students of ACN. The students performed various yoga asanas and breathing exercises with dedication and discipline, reflecting their awareness of the importance of a healthy lifestyle. Their presence added youthful energy to the session.

The celebrations continued on **21st June 2025** at **Military Hospital (MH), Jalandhar Cantt**, where the staff and students came together to mark the day. The students of ACN once again played a key role in the program by performing yoga sequences and leading several activities under the supervision of trained instructors. Their confident participation and graceful execution highlighted their preparation and commitment to the cause of promoting wellness through yoga.

On the same day, a special event was organized at the **Army College of Nursing (ACN)** campus. The program was graced by **Col Jasbir Singh Registrar ACN**, who served as the **Chief Guest**. He applauded the efforts of the institution in fostering health and wellness through yoga. The students of ACN gave a remarkable performance, demonstrating various asanas with precision and poise. Their disciplined participation was a highlight of the event and earned appreciation from the Chief Guest.



*Harbottle*

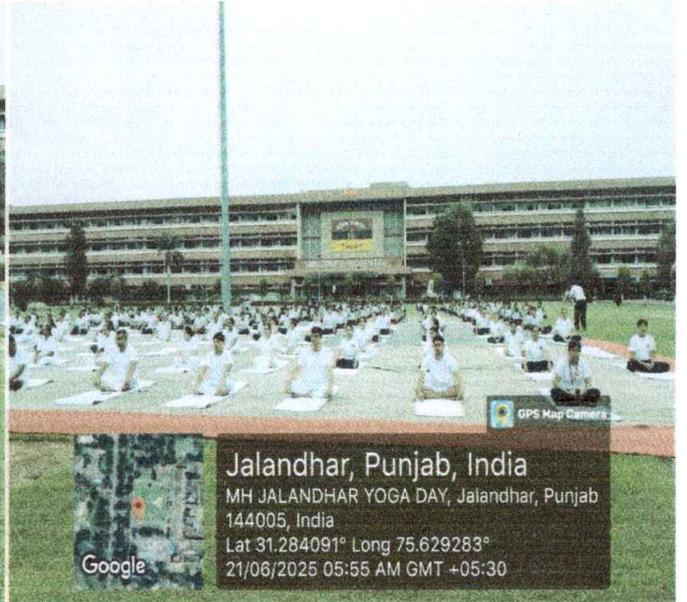


GPS Map Camera



Google

**Jalandhar, Punjab, India**  
MH JALANDHAR YOGA DAY, Jalandhar, Punjab  
144005, India  
Lat 31.284091° Long 75.629283°  
21/06/2025 06:37 AM GMT +05:30

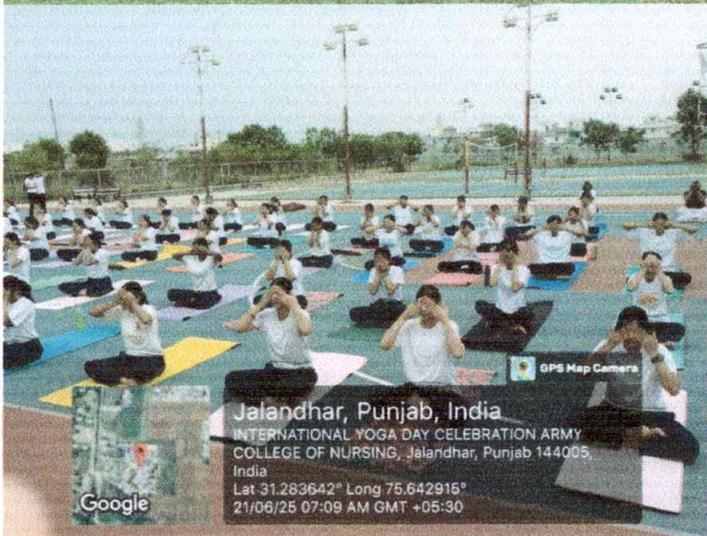


GPS Map Camera

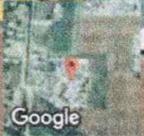


Google

**Jalandhar, Punjab, India**  
MH JALANDHAR YOGA DAY, Jalandhar, Punjab  
144005, India  
Lat 31.284091° Long 75.629283°  
21/06/2025 05:55 AM GMT +05:30

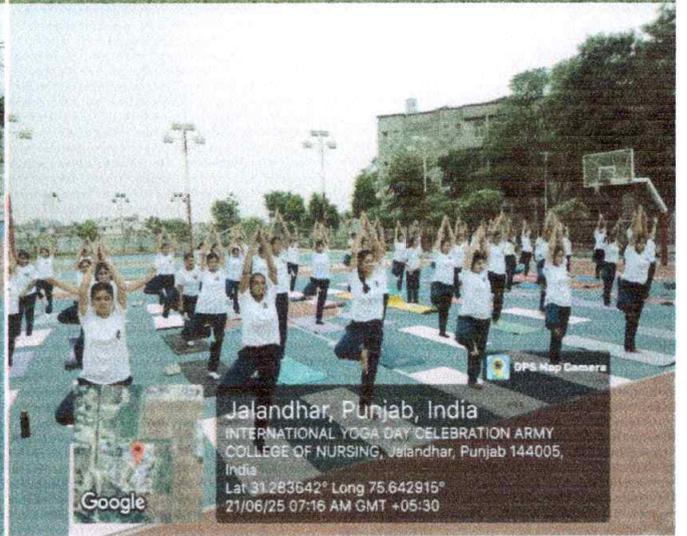


GPS Map Camera



Google

**Jalandhar, Punjab, India**  
INTERNATIONAL YOGA DAY CELEBRATION ARMY  
COLLEGE OF NURSING, Jalandhar, Punjab 144005,  
India  
Lat 31.283642° Long 75.642915°  
21/06/25 07:09 AM GMT +05:30



GPS Map Camera



Google

**Jalandhar, Punjab, India**  
INTERNATIONAL YOGA DAY CELEBRATION ARMY  
COLLEGE OF NURSING, Jalandhar, Punjab 144005,  
India  
Lat 31.283642° Long 75.642915°  
21/06/25 07:16 AM GMT +05:30

*Barbette*