

Integral University, Lucknow
Integral Institute of Allied Health Sciences & Research
College of Nursing Department

Ref. No.: IUL/IIAHS&R/PT/GL/Approval/ 20121/32

Dated: 13/06/2022

To,

The Principal,
Integral Institute of Nursing & Research
Integral University,
Lucknow

(Through Proper Channel)

Subject: Regarding approval for conducting Alumni Guest Lecture

Respected Sir,

With due respect I would like to state that we wish organizing a Alumni Guest Lecture on "Yoga Day" by *Mr. Anuj Singh, HOD of Medical and Surgical Nursing in GCRG College of Nursing, Lucknow* which is scheduled to be held on **21st June 2022** by virtually at **11:00 pm** onwards. Kindly Permit to celebrate the **Yoga Day**.

I request you to kindly give your approval in this regard.

Thanking you in anticipation.


PRINCIPAL
Mr. Farzand Ali
Integral College of Nursing
Principal
First Road, Lucknow-226026
College of Nursing

Ref. No: IUL/IIAHS&R/PT/GL/2021/32

Date: 18/06/2022

To,

Mr. Anuj Singh

HOD of Medical and Surgical Nursing

(GCRG College of Nursing)

Lucknow


Subject: Invitation as a resource person for celebration of "Yoga Day" on 21st June 2022.

Respected Sir,

We are pleased to inform you that Integral institute of Allied Health Sciences & Research (IIAHS&R), College of Nursing Department would like to invite you as a Resource person for celebration of "Yoga Day" on 21st June 2022 at 12:00 pm onwards.

Kindly give your consent in this regards.

Thanking you.


Mr. Farzand Ali
Principal
Integral Institute of Nursing
Kursi Road, Lucknow-226026
College of Nursing

Integral University, Lucknow

Integral College of Nursing

Dated: 16/06/2022

Ref. No.: ICON/Approval/2021/32

Notice

It is a matter of great pleasure that to inform you all that Department College of Nursing is organizing an Online Alumni Interaction Programme on June 21st 2022 at 11:00 am, "Yoga Day" will be delivered by our distinguished Alumni 2018 Batch, **Mr. Anuj Singh**, HOD of Medical and Surgical Nursing in GCRG College of Nursing.

Alumni Name: **Mr. Anuj Singh**
Batch: 2018
Online Interaction Date: 21st June 2022
Online Interaction time: 11:00 am
Zoom Meeting ID: 7359876324
Password: **SL**


Mr. Farzand Ali
Principal
College of Nursing
Integral College of Nursing
Kursi Road, Lucknow-226026

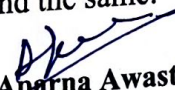
Integral University, Lucknow

Integral College of Nursing

Dated: 18/06/2022

NOTICE

College of Nursing department is organizing an interactive session between alumni and students of B.Sc.(Basic), Post Basic, GNM & ANM Courses virtually on 21st June 2022 at 11:00 am. A distinguished alumnus of the batch -2018, **Mr. Anuj Singh , HOD of Medical and Surgical Nursing in GCRG College of Nursing** has given his consent for the program. All are requested to attend the same.


Mrs. Aparna Awasthi
Coordinator
Alumni Interaction Cell (AIC)
Integral University
College of Nursing
Cursi Road, Lucknow-226026

Copy To,

1. All Faculty Members College of Nursing
2. All HOD, IIMS&R
3. Notice Board
4. Office Copy

Integral University, Lucknow

Integral College of Nursing

Ref. No.: IUL/IIAHS&R/PT/GL/2021/32

Dated: 15/06/2022

Minutes of Meeting for Guest Lecture

A meeting regarding organizing an Online Alumni Interaction Programme on June 21st 2022 at 11:00 am, "Yoga Day". The agenda of the meeting was regarding the nomination and selection of the Guest Speaker.

The following members are attended the meeting:

- | | |
|------------------------|----------------|
| 1. Dr. Ashfaque Khan | Chair Person |
| 2. Mr. Farzand Ali | Principal |
| 3. Ms. Sony Verma | Vice-Principal |
| 4. Mrs. Pragya Awasthi | Member |
| 5. Mrs. Anjali Shukla | Member |
| 6. Mr. Salman Khan | Member |
| 7. Mrs. Aparna Awasth | Member |
| 8. Mrs. Pooja Chhetri | Member |

The following aspects were discussed and accordingly following decisions were taken:

1. The lecture date is proposed on 21st June 2022 by Head, College of Nursing at 11:00 am onwards.
2. The guest faculty proposed for the lecture was **Mr. Anuj Singh, HOD of Medical and Surgical Nursing in GCRG College of Nursing**. The nomination was given by **Mrs. Anjali Shukla**.
3. The topic of presentation confirmation from speaker & faculty and members was "Yogs Day". The responsibility for arrangement of lecture theatre by Virtually was allotted to **Mrs. Anjali Shukla**.
4. Welcome speech will be given by **Mr. Farzand Ali, Principal ICON**
5. Vote of thanks will be given by **Mrs. Aparna Awasthi**.
6. All students from B.Sc. Nursing & GNM Nursing would be allowed for attending the lecture.

The meeting conducted with the vote of thanks.

PRINCIPAL
Integral College of Nursing
Kirti Bldg. Lucknow-226
Mr. Farzand Ali
Principal
College of Nursing



INTEGRAL UNIVERSITY

INTEGRAL INSTITUTE OF NURSING SCIENCES & RESEARCH

REPORT ON YOGA DAY

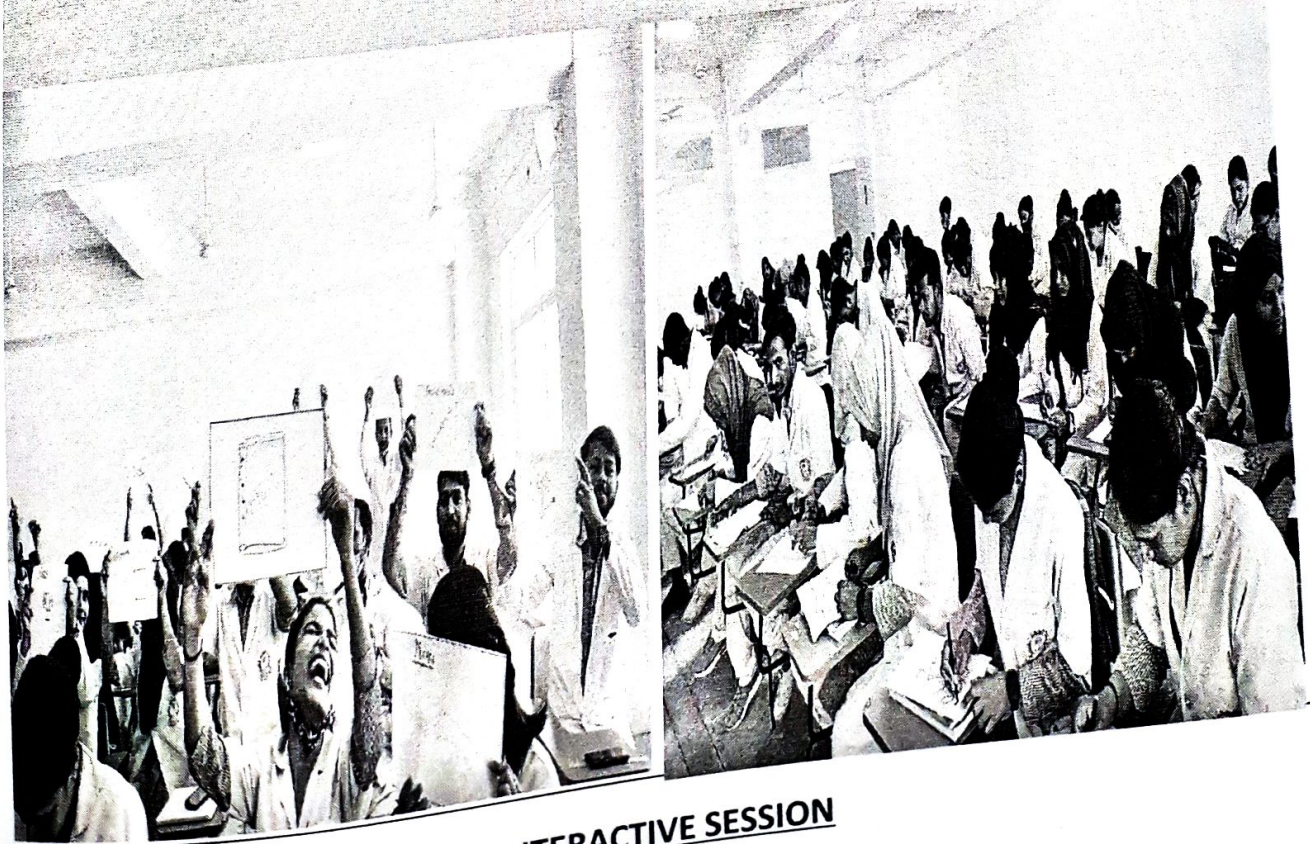
The department of Nursing has organized an event for the celebration of ***Yoga Day on 21st June 2022***. The event was under guidance of departmental premises by the **Director IIAHS&R Dr. Ashfaq Khan, Principal IINS&R Mr. Farzand Ali, Vice Principal Ms. Sony Verma**, all faculty members and our chief guest **Mr. Anuj Singh, HOD of Medical and Surgical Nursing in GCRG College of Nursing**. The students of all final year session B.Sc. nursing, GNM and ANM participated in this event. The function was held on **21st June 2022** and the **theme for the Yoga Day 2022 was "Yoga for Humanity"**. The programme was started with welcome of dignitaries and our chief guest.

International Yoga Day is celebrated on the **21st of June** every year. The first international yoga day was observed on **21st June 2015**. The initiative of the international Yoga Day was proposed by the Prime Minister of India Narendra Modi during his speech at the United Nations General Assembly on **27th September 2014**.

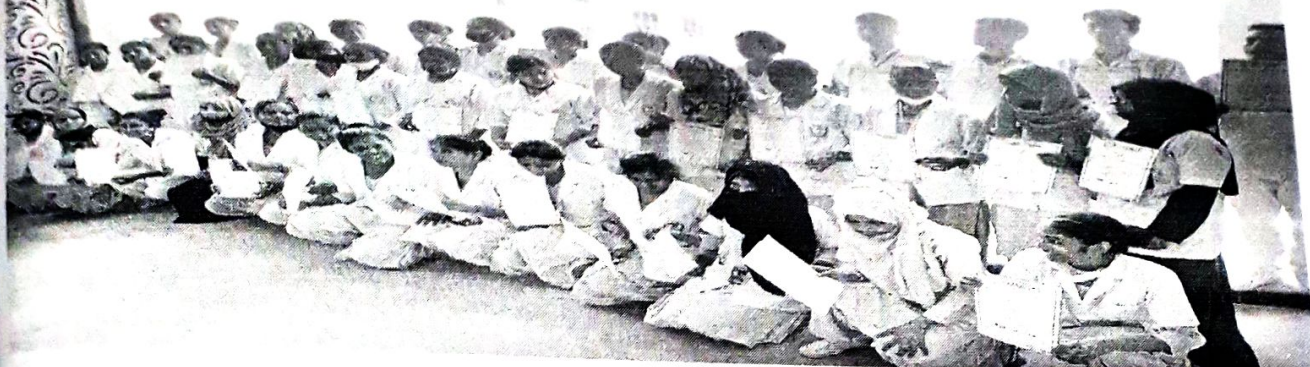
More than 200 students participated in this event. The workshop was organized in lecturer hall from **11:00 am**. All B.Sc.Nursing, GNM, ANM students got certificates.



INTEGRAL INSTITUTE OF NURSING SCIENCES RESEARCH




INTERACTIVE SESSION



Event Details:

Its a high impact event by Mr. Anuj Singh, HOD of Medical and Surgical Nursing in GCRG College of Nursing , topics are mentioned below:

YOGA DAY EVENT		
Main Topic	Sub Topic	Objectives
Introduction	Introduction of Yoga	What is Yoga?
Objectives	Yoga Postures	Includes different asanas or postures such as standing forward bend , bound ankle pose, extended side angle pose ,camel pose, etc.
	Benefits of Yoga	Weight reduction, increased flexibility , increased muscle strength , increased blood flow, improves sleep , protects spine.

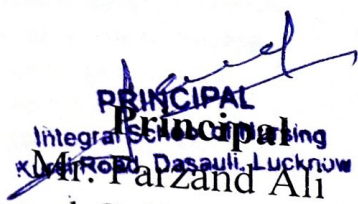

Mr. Farzand Ali
 Principal
 Integral College of Nursing
 IINS&R
 Lucknow-226026

INTEGRAL UNIVERSITY, LUCKNOW
Integral Institute of Allied Health Sciences & Research
Integral College Of Nursing

Dated: 11/01/2021

NOTICE

This is inform to all the students of Nursing that poster competition will be conducted on 12th January 2021 at 10:00am-12 pm, on "**National Youth Day**" in the department of College of Nursing.


PRINCIPAL
Integral College of Nursing
*Uttam Road, Dasauli, Lucknow
Mr. Farzand Ali
Integral College Of Nursing

INTEGRAL UNIVERSITY , LUCKNOW
INTEGRAL COLLEGE OF NURSING
POSTER COMPETITION ON NATIONAL YOUTH DAY

Venue- College of Nursing , Lucknow

Date- 12/01/ 2021

Time-10AM – 12PM


Organized by-College of Nursing

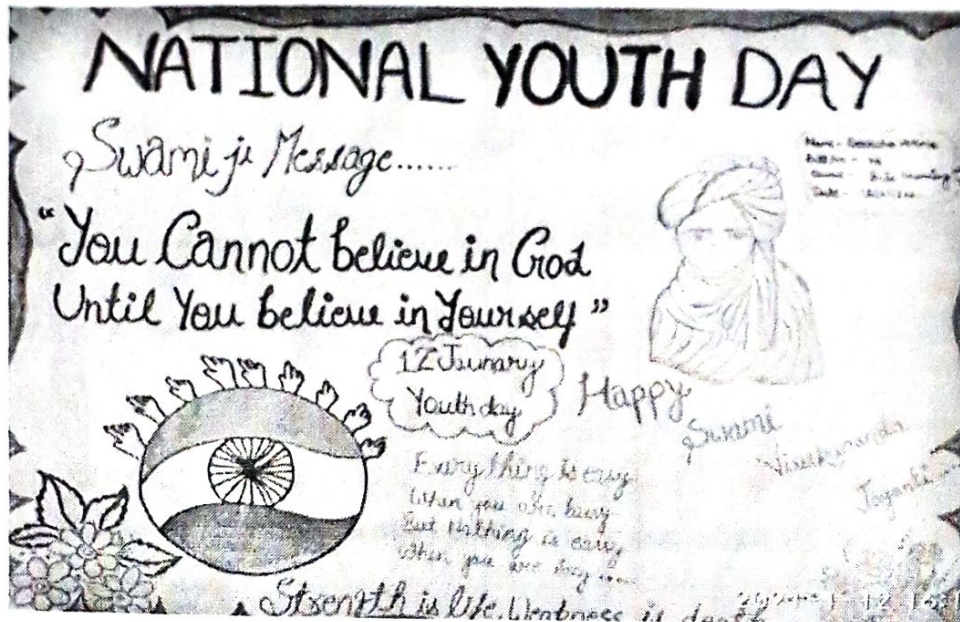
Beneficiaries-All students

National Youth Day , also known as Vivekananda Jyanti , is celebrated on 12 january the birthday of Swami Vivekananda . In the 1984 the Government of India declared this day as National Youth Day and since 1985 the event is celebrated in India every year to create a great awareness amongst the people of India to get them every knowledge about the Importance of the Right in India . It is used to generate a positive attitude towards the people to provide them with every knowledge about how to behave in a proper way in the country .

The theme of the NYF 2020 is 'FIT YOUTH FIT INDIA' .The programme started at 10 am till 12 pm . Then welcome address had been given by Professor Ashfaq Khan , HOD , Department of Physiotherapy and Mr. . Frazand Ali , Principal of Integral College of Nursing , Ms. Sony Verma , Vice Principal of Integral college of nursing and Mrs. Pragya Awasthi class coordinator also addressed the gathering by putting emphasis on National Youth Day .

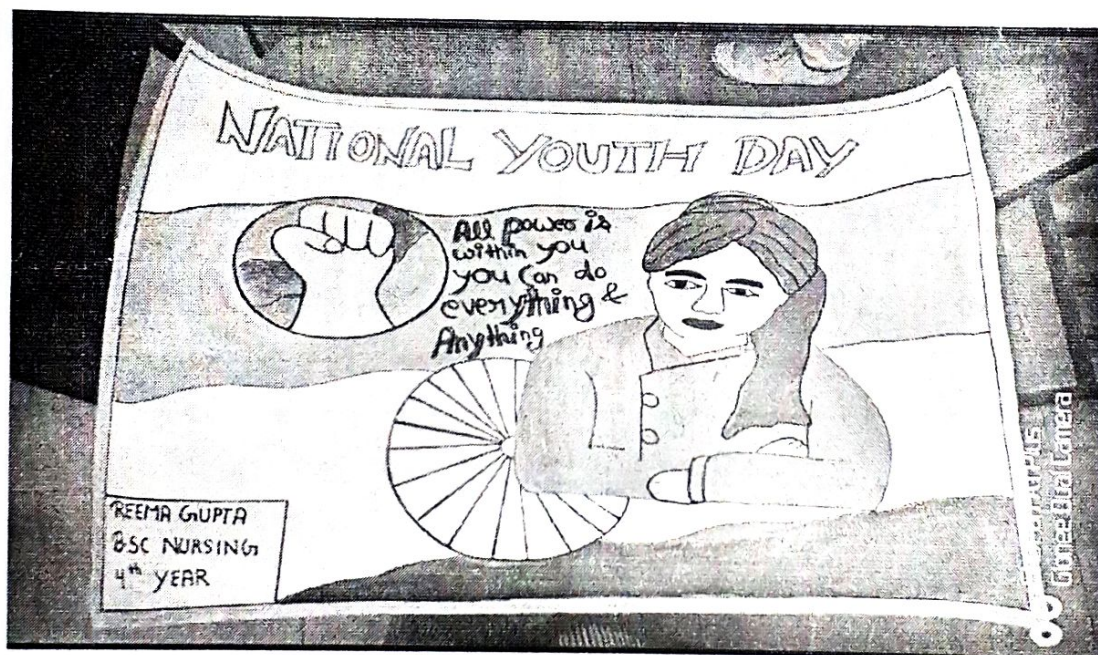
The first prize has given to Ms. REEMA GUPTA and second prize Ms. Anchal Gupta B.SC. IVth year student . The certificates has given to all the students who participated in poster making competition . The programme was over at 12pm.


PRINCIPAL
Integral College of Nursing
Kursi Road, Lucknow-226026



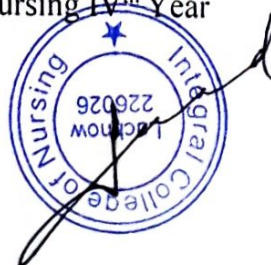
FIRST RUNNER : REEMA GUPTA

B.Sc. Nursing IVth Year



SECOND RUNNER : ANCHAL GUPTA

B.Sc. Nursing IVth Year



Integral University, Lucknow
Integral College Of Nursing

"NATIONAL YOUTH DAY"

12th January 2021

List of the Students for participating in poster competition on National Youth Day

S.No.	Name	Year	Signature	S.No.	Name	Year	Signature
1.	Adarsh	2021	Adarsh	35			
2.	Rujail	2021	Rujail	36			
3.	Shalu Singh	2021	Shalu	37			
4.	Reema Gupta	2021	Reema	38			
5.	Swagril	2021	Swagril	39			
6.	Sarvagor	2021	Sarvagor	40			
7.	Kansameer	2021	Kansameer	41			
8.	Adyan Saini	2021	Adyan	42			
9.	Shamim Ahmed	2021	Shamim	43			
10.	Sana	2021	Sana	44			
11.	Anam Farima	2021	Anam	45			
12.	Anchal Gupta	2021	Anchal	46			
13.	Anshika	2021	Anshika	47			
14.	Karishma Bharti	2021	Karishma	48			
15.	Priya Verma	2021	Priya	49			
16.	Pooja Devi	2021	Pooja	50			
17.	Shobu Singh	2021	Shobu	51			
18.	Sayee Bano	2021	Sayee	52			
19.	Dhanya Shukla	2021	Dhanya	53			
20.	Ashish	2021	Ashish	54			
21.	Radha	2021	Radha	55			
22.	Suman	2021	Suman	56			
23.	ASHUTOSH KUMAR	2021	ASHUTOSH	57			
24.	Shikha	2021	Shikha	58			
25.	Poozima Chaudhary	2021	Poozima	59			
26.	monika Devi	2021	monika	60			
27.	Ratan Singh	2021	Ratan	61			
28.	Arif Rasool	2021	Arif	62			
29.	Nandani	2021	Nandani	63			
30.	Aisha Begam	2021	Aisha	64			
31.				65			
32.				66			
33.				67			
34.				68			

