



Cancer Research Institute
An associated hospital of Himalayan Hospital
Report of International Yoga Day 2023

Theme: “Vasudhaiva Kutumbakam”

International Yoga Day 2023 is celebrated every year on **June 21st** to promote the numerous benefits of practicing yoga. The chosen date coincides with the summer solstice, the longest day of the year in the Northern Hemisphere. This day serves as a platform to raise awareness about the holistic approach to well-being that yoga offers.

In CRI this day observed which was organized by palliative and supportive care, department of nursing. The programme is inaugurated by Dr. Sunil Saini, Director CRI, Mrs.Reena Habil Nursing superintendent, Himalayan Hospital and Dr. Abhishek Kandwal HOD, dental department. After inauguration Dr. Sunil Saini gave a motivational speech and talked about the importance of yoga .Different department of CRI, SRHU were participated in yoga session under the instruction of Dr. Niku Yadav.

The Session Started At: - 10:00 AM to 1:00 PM

Represent by: - Palliative care Nurse - Mrs. Sukhwinder Kaur
Quality Nurse – Mrs. Tanuja

Feedback: - Responses were good. Some of the participants suggested that yoga session will be organized in regular intervals for patients also.

At Last program was ended with vote of thanks which was proposed by Palliative care team.

Thanking You

Ms. Tanuja
CNE and Quality Department
Date: - 21st June 2023



Event Photographs

Celebrating International Yoga day 2023, at CRI, HIMS SRHU on 21st June, 2023

