



Teachers' Training College, Bhagalpur

A College offering D.El.Ed., B.Ed. & Courses in Yogic Science

Recognised by ERC, NCTE, Bhubaneshwar and
Affiliated to B.S.E.B., Patna, T.M. Bhagalpur University, Bhagalpur
& Central Sanskrit University New Delhi, Respectively

Plot No. D-9,10 & NS Plot, Large Industrial Estate, Barari, Bhagalpur – 812003
(Under the aegis of the Trust – Srijan Development & Research Institute, Patna)



Report on International Day of Yoga (IDY)

Date: 21st June, 2025

Time: 11:00AM onwards

Venue: Multi-Purpose Hall, Teachers' Training College, Bhagalpur

Participants: B.Ed. trainees, Yoga trainees and faculty and non -teaching staffs

Organized by: Internal Quality Assurance Cell (IQAC) in Collaboration with
Department of Yoga and Indian knowledge System (DYIKS)

Brief Report:

Teachers Training College successfully celebrated the International Day of Yoga (IDY) on June 21st, 2025. B.Ed. trainees, Yoga trainees and faculty and non -teaching staffs participated in the event. The participants showed keen interest and actively engaged in the yoga sessions and discussions.

Program Highlights:

1. Yoga sessions led by expert instructors

An Expert from the field of yoga from Shree Shiv Shakti Yoga Peeth, Swami Agmanand Jee Maharaj and his disciple Bala Jee Maharaj were the experts for the session. They highlighted the importance of yoga and took a session on meditation and various asans.

2. Demonstration of various Yoga Asanas and pranayama techniques

The IDY celebration featured an expert demonstration of various Yoga Asanas and pranayama techniques, showcasing their benefits for physical and mental well-being. Participants learned and practiced different asanas, such as Surya Namaskar, Bhujangasana, and Shavasana, as well as pranayama techniques like Kapalabhati and Anulom Vilom. This hands-on experience helped participants understand the importance of proper alignment, breathing, and relaxation in yoga practice.

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3. Discussion on the benefits of Yoga for physical and mental well-being

During the IDY celebration, an engaging discussion was held on the benefits of yoga for physical and mental well-being. The expert facilitator highlighted yoga's role in:

- + Reducing stress and anxiety
- + Improving flexibility and balance
- + Enhancing mental clarity and focus
- + Boosting overall physical and mental health

Participants actively engaged in the discussion, sharing their experiences and insights on incorporating yoga into daily life for holistic well-being.

The event aimed to promote the ancient practice of yoga and its benefits for overall well-being. Participants actively engaged in yoga sessions and demonstrations, showcasing the importance of yoga in daily life. The event emphasized the significance of yoga in promoting physical, mental, and spiritual well-being. Participants gained insights into the benefits of incorporating yoga into their daily routine, including:

1. Improved physical flexibility and balance
2. Enhanced mental clarity and focus
3. Reduced stress and anxiety
4. Improved overall health and well-being

Vote of Thanks:

The event concluded with a vote of thanks from the Mr. Prashant Ranjan Dutt appreciating the efforts of the organizers, participants, and faculty members.

Conclusion

The International Day of Yoga celebration at Teachers Training College was a resounding success, promoting awareness about the benefits of yoga and encouraging participants to adopt this ancient practice in their daily lives. The event demonstrated



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the college's commitment to fostering a holistic approach to education, emphasizing the importance of physical and mental well-being.

Outcomes

The IDY celebration achieved significant outcomes for the participants, including:

1. Understanding the importance of yoga in daily life
2. Awareness of the benefits of yoga for physical and mental health
3. Acquisition of techniques for stress management and relaxation
4. Opportunities for personal growth and self-awareness

By celebrating the International Day of Yoga, Teachers Training College reinforced its commitment to providing a well-rounded education that nurtures both the mind and body.

Report prepared by	Event Coordinators Mr. Abhishek Kumar Suman, Ms. Puja Rani	
Report verified by	Mrs. Anamika Kumari H.o.D. B.Ed.	
Report approved by	Mr. Saket Bihari, IQAC Coordinator	

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