

Curricular / Extra Curricular Activity.

Date: 21-06-2023 Time: 10:30am Presents:

Venue: Yoga Hall

Chief guest / Mentor(s):

Dr. Md. Nozior Ansari (Director SDBCE)

Activity Topic: International Yoga Day.

Activity details :-

Swami Dharmabandhu College of Education, Harbad, Mukundganj, Bazaribagh had celebrated International yoga day on 21.06.2023. All trainee students, teachers and principal of the college participated with great enthusiasm and zeal.

This event was done under National service events. The programme was conducted by Manoj Kumar - assistant professor. Our Principal - Dr. Sarika Kumari stated that Yoga benefits our heart health, manages stress and relaxes us.

I QAC cell head Dr. Munshilal Yadav said

that yoga improves sleep, reduces inflammation, improves heart function, body image and increases strength.

Yoga Teacher- Suril Kumar Rana,
Dev Kumar and
Vivek Kumar

helped everyone to learn different yoga forms. This programme was successful because of all the assistant professors.

C-L-O: • Yoga promotes mindfulness.

• Develops motor skills.

• Builds resilience.

• enhances well-being.

• Improves core strength.

स्वामी धर्मबन्धु कॉलेज में मना योग दिवस



हजारीबाग, स्वामी धर्मबन्धु कॉलेज ऑफ एजुकेशन हजारीबाग में अंतर्राष्ट्रीय योग दिवस पर योग प्रशिक्षण अभ्यास शिविर का आयोजन किया गया। शिविर का संचालन राष्ट्रीय सेवा योजना इकाई एक के कार्यक्रम पदाधिकारी सहायक प्राध्यापक मनोज कुमार ने किया। प्राचार्य डॉ सारिका कुमारी ने योग से निरोग तथा स्वास्थ्य संबंधी विचारों को रखा। डा. अरुण ए. प्रकोष्ठ के समन्वयक डॉ मुंशी लाल यादव ने योग के महत्व पर प्रकाश डाला।

