



SWAMI DHARMABANDHU COLLEGE OF EDUCATION

(B.Ed. & D.El.Ed.)

(Recognised by: ERC-NCTE & Affiliated to Vinoba Bhave University, Hazaribagh and JAC, Ranchi)
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Date: 21/06/2026

REPORT ON

INTERNATIONAL YOGA DAY CELEBRATION

Organized by: Swami Dharmabandhu College of Education, Hazaribagh

Venue: Seminar Hall and Online Platform

Date: 21 June 2026

Under the Aegis of: Vinoba Bhave University, Hazaribagh

Presided by: Dr. Sarika Kumari, Principal

Introduction

International Yoga Day is celebrated every year on 21st June to promote the importance of yoga in achieving physical fitness, mental well-being, and spiritual harmony. Yoga, an ancient Indian tradition, has gained worldwide recognition for its contribution to a healthy and balanced lifestyle. To commemorate this occasion, Swami Dharmabandhu College of Education organized International Yoga Day under the aegis of Vinoba Bhave University, Hazaribagh. The programme included both offline and online yoga sessions and witnessed enthusiastic participation from Assistant Professors, Non-Teaching Staff, and students of the B.Ed. and D.El.Ed. programmes.

Objectives of the Programme

1. To create awareness about the significance of yoga in maintaining physical and mental health.
2. To encourage students, faculty members, and staff to adopt yoga as a part of their daily routine.
3. To promote stress management, emotional balance, and overall well-being through yoga and meditation.
4. To familiarize participants with different yoga postures, breathing exercises, and relaxation techniques.

5. To celebrate International Yoga Day and spread the message of holistic health and wellness.

Programme Details

The programme commenced with a welcome address by Dr. Sarika Kumari, Principal, who emphasized the importance of yoga in maintaining a healthy body and a peaceful mind. She encouraged all participants to practice yoga regularly and highlighted its role in improving concentration, discipline, and overall quality of life.

The International Yoga Day programme was organized under the aegis of Vinoba Bhave University, Hazaribagh. Both the offline and online yoga sessions were conducted under the guidance and supervision of a Yoga Prachikshak (Yoga Instructor). The instructor demonstrated various yoga asanas, pranayama, and meditation techniques while explaining their benefits for physical fitness, mental relaxation, and emotional well-being.

An offline yoga session was organized in the Seminar Hall for Assistant Professors and Non-Teaching Staff. Participants actively performed various yoga postures such as Tadasana, Vrikshasana, Bhujangasana, Vajrasana, and Sukhasana. Breathing exercises and meditation practices were also conducted to promote mindfulness and inner peace.

Simultaneously, an online yoga session was arranged for B.Ed. and D.El.Ed. students. Students participated virtually from their respective locations and actively followed the instructions provided by the Yoga Prachikshak. The online mode ensured wider participation and enabled students to celebrate International Yoga Day while learning the importance of yoga for a healthy lifestyle.

The programme provided valuable insights into the role of yoga in enhancing physical health, reducing stress, improving concentration, and fostering a positive outlook towards life. Participants appreciated the initiative and expressed their willingness to incorporate yoga into their daily routine.

Outcome of the Programme

- Increased awareness regarding the importance and benefits of yoga among students, faculty members, and staff.
- Encouraged participants to adopt yoga as a regular practice for maintaining good health.
- Enhanced understanding of various yoga asanas, pranayama, and meditation techniques.
- Promoted stress management, emotional stability, and positive thinking.
- Strengthened the spirit of wellness, self-discipline, and holistic development within the institution.

Conclusion

The celebration of International Yoga Day at Swami Dharmabandhu College of Education was highly successful and meaningful. The programme, organized under the aegis of Vinoba Bhave University, Hazaribagh, effectively highlighted the significance of yoga in achieving physical, mental, and emotional well-being. The active participation of Dr. Sarika Kumari, Assistant Professors, Non-Teaching Staff, and students contributed to the success of the event. The programme concluded with a vote of thanks and a collective pledge to practice yoga regularly and promote a healthy, harmonious, and balanced lifestyle.



Fig : International Yoga Day.

Sarika
21/06/2026
Principal
Swami Dharmabandhu College of Education
Harhad, Mukundganj, Hazaribag