



# SWAMI DHARMABANDHU COLLEGE OF EDUCATION

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

(Recognised by: ERC-NCTE & Affiliated to Vinoba Bhave University, Hazaribag and JAC, Ranchi)  
Harhad, Mukundganj, PO-Banha Nawada, Dist – Hazaribag, (Jharkhand) 825301

Email: [sdbce.hzb@gmail.com](mailto:sdbce.hzb@gmail.com) Website: [www.sdce.co.in](http://www.sdce.co.in)  
Contact No.: 9471176767 / 06546-291700 / 9304397966

Date: 19.06.2026

## Notice

### International Yoga Day, 2026

As per the directions of Vinoba Bhave University, Hazaribag, our college Swami Dharmabandhu College of Education is going to organize International Yoga Day on 21<sup>st</sup> June 2026 in Seminar.

The program will be conducted online from 08:30 A.M. onwards. Experienced yoga trainers will lead the session and provide guidance on the significance and benefits of yoga for physical, mental, and emotional, spiritual well-being.

All faculty members including non-teaching staff, and students of this college are requested to join the program at least five minutes before the scheduled time and participate actively in the yoga session.

#### **Yoga Expert:**

Mrs. Sarita Sharma

Yogsarita Yoga Institute

Time: 08:30 A.M. onwards

Note: All participants are requested to attend the online session and actively participate in the yoga practice to make the program successful.

#### **Programme Details in our College:**

Venue : Seminar Hall (College Campus)

Date : 21/06/2026

Time : 07:30 AM

Sarika  
19/05/2026  
Principal