

TRISHA P.G.COLLEGE OF EDUCATION, JOLSAPPER, RANGAS, HAMIRPUR, H.P.

REPORT ON 3rd INTERNATIONAL YOGA DAY 21-06-2017

The 3rd International Yoga Day was observed on 21st June 2017 to bring peace harmony, happiness and success to every soul in the world. This was the great opportunity to imbibe the value of discipline. Yoga is a Physical, mental and spiritual practice that need to be carried every day. Students got the chance to know how yoga embodies unity to mind and body. The pupil teachers of D.El.Ed and B.Ed with the teachers Performed yoga between 9:30 am to 11:30 am in the campus of Trisha College of Education Thain, Jol Sappar Hamirpur (H.P). Mr. K.J. kaushal, Asst Prof (Trained in yoga from Patanjali yogpeeth) skilled us about different postures of yoga. Programme started with the utterance of Aum sound, Padmasan, olam bilam, Kapalbhati, Brikshasana, Shashankaasana, konaasana , Bhadrasana, Bhujangasana, Pawan Muktaasana finally ended with pranayama , Suryanamaskar and meditation , Prayer was recited before and after the programme. Principal, Dr Jayashree Samantary, articulate the importance of yoga as part of life. It helps the students to develop self confidence, memory, self control etc. Heartfelt thanks to our Hon'ble Prime Minister Mr. Narendera Modi for giving an opportunity to the teacher education institutions to observe the International Yoga Day. Also thankful to the Director NCTE and curriculum frame worker for inculcating yoga as a part of the teacher education syllabus.

Principal, staff and students of Trisha College of Education also thankful to Management, for initiating this under them.

Activity Coordinator

Smt Punam Bhardwaj

Principal

Dr Jayashree Samantaray

