



# Jaspuria B.Ed. College

Bisa, Getalsud, Angara, Ranchi-835103

## PROGRAM REPORT

### International Yoga Day Celebration at Jaspuria B.Ed. College, Bisa

**Date:** 21 June 2026

**Venue:** Jaspuria B.Ed. College, Bisa

Jaspuria B.Ed. College, Bisa, celebrated International Yoga Day with great enthusiasm and devotion. The objective of the program was to promote awareness about the importance of yoga among students, teachers, and staff members and to encourage them to adopt a healthy and disciplined lifestyle. The entire college campus was filled with a positive and energetic atmosphere as participants actively engaged in various yoga activities.

The program was graced by the presence of the Chief Guest, Mr. Jailendra Kumar, Chairman of the Institution. In his address, he highlighted the significance of yoga as an invaluable heritage of Indian culture. He emphasized that yoga is not limited to physical fitness but also contributes to mental, intellectual, emotional, and spiritual well-being. He stated that in today's fast-paced world, where stress, anxiety, and lifestyle-related diseases are increasing rapidly, yoga provides an effective solution for maintaining a balanced and healthy life.

Mr. Jailendra Kumar encouraged the students to make yoga a regular part of their daily routine rather than observing it only on a single day each year. He explained that regular yoga practice improves physical health, enhances concentration, develops self-confidence, and promotes emotional stability. He further expressed pride in the fact that India has gifted the world a holistic system of health and wellness through yoga, which is now practiced globally.

The yoga session was conducted under the guidance of experienced Yoga Instructor Mr. Sanjay Kumar. He led the participants through a series of yoga practices, including warm-up exercises, yoga postures (asanas), pranayama, and meditation techniques. The session included the practice of Tadasana, Vrikshasana, Bhujangasana, Trikonasana, Vajrasana, Pavanamuktasana, and several other important asanas. Participants also practiced breathing exercises such as Anulom-Vilom, Kapalbhati, and Bhramari Pranayama.

During the session, Mr. Sanjay Kumar explained the benefits of each yoga posture and breathing technique. He emphasized that regular yoga practice enhances flexibility, strengthens immunity, improves respiratory functions, and reduces mental stress. He also highlighted the importance of meditation in achieving inner peace, mental clarity, and improved work efficiency.

Students participated in the yoga session with great enthusiasm, discipline, and dedication. The event created a vibrant and inspiring environment on the campus. Many students expressed their commitment to incorporating yoga into their daily lives. They acknowledged that yoga

not only improves physical fitness but also helps in increasing concentration and reducing academic stress.

On this occasion, Professor In-Charge Dr. Praveen Singh Kushwaha addressed the gathering and emphasized the role of yoga in the holistic development of students. He stated that education should focus on the overall development of an individual, and yoga is an essential component in achieving this goal. He encouraged students to practice yoga regularly and maintain a healthy lifestyle.

The program was attended by faculty members including Ms. Reema Upasana Kachhap, Dr. Prabha Henry, Dr. Rita, Ms. Babita Mahato, and other teaching and non-teaching staff members. All participants actively took part in the collective yoga session and demonstrated their commitment to promoting health and wellness through yoga.

The speakers also discussed the global significance of International Yoga Day and its growing acceptance across the world. They noted that since the United Nations recognized International Yoga Day, yoga has gained immense popularity internationally, helping people lead healthier and more balanced lives.

At the conclusion of the program, the college community resolved to continue promoting yoga through regular activities and awareness programs throughout the year. All participants reaffirmed their commitment to practicing yoga regularly for physical fitness, mental well-being, and overall personality development.

The program concluded successfully with a vote of thanks to the Chief Guest, Yoga Instructor, faculty members, staff, and students for their active participation and cooperation. The event conveyed a strong message about the importance of yoga in building a healthy individual, a healthy society, and a healthy nation.

