

Triveni Devi Bhalotia College

(Govt. Sponsored)

Raniganj, Paschim Bardhaman. PIN- 713347, West Bengal

(Affiliated to the Kazi Nazrul University & Accredited by NAAC)



INTERNATIONAL DAY OF YOGA (IDY) 2022 VARIOUS ACTIVITIES RELATED TO YOGA (from April to June 2022)

Organized by:
NSS and NCC CELL, TDB COLLEGE



**TRIVENI DEVI BHALOTIA COLLEGE, RANIGANJ
CELEBRATES**



**INTERNATIONAL
YOGA DAY**

**JUNE 21
'2022'**



ACTIVITY PLAN MONTH-WISE
FROM APRIL TO JUNE, 2022

One day Yoga session along with Yoga performances

THEME

THE CONTRIBUTION OF YOGA in DEVELOPMENT OF PHYSICAL & MENTAL HEALTH

Resource Person:

ABHISIKTA DAS

International Gold Medalist in Yoga, Asia book of recorder Holder



TRIVENI DEVI BHALOTIA COLLEGE, RANIGANJ

PREPARATION FOR INTERNATIONAL YOGA DAY, 2022

20/04/2022	Freehand exercise and practicing basic yoga postures and discuss about benefits of the postures.
27/04/2022	Doing pranayama and meditation also OM chanting.
07/05/2022	Basic theoretical knowledge about Acro yoga and pranayama and also doing pranayama (practical).
11/05/2022	Practicing Surya Namaskar
18/05/2022	Practicing some advance postures fo Yoga and also doing Surya Namaskar.
25/05/2022	Practicing yoga postures, pranayama and discuss the benefits of meditation.
04/06/2022	Preparation for Yoga Day and practicing workout and yoga with discussing benefits of some advance yoga posture.
8/06/2022	Preparation of International yoga day and rehearsal and practicing yoga postures.
12/06/2022	Final preparation and rehearsal for International yoga day, also practicing pranayama.
15/06/2022	Rehearsal for Yoga Day
18/06/2022	Discuss about Yam, niyam, Asan, Pranayam, Pratyahar, Dhyan, Dharana, Shamadhi

CELEBRATION OF INTERNATIONAL DAY OF YOGA (IDY), 2022



Fig: Principal, IQAC Coordinator & Faculties of TDBC in the IDY



Fig: Principal, IQAC Coordinator, Faculties & Students of TDBC in the IDY



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Fig: Faculties & Students of TDBC in the IDY



Fig: Principal, IQAC Coordinator, Faculties & Students of TDBC in the IDY



Fig: Principal, IQAC Coordinator, Faculties & Students along with Yoga trainer of TDBC in the IDY



Fig: Principal Sir's speech in the IDY



Fig: Our student Abhishikta is demonstrating Yoga in the IDY