



مولانا آزاد نیشنل اردو یونیورسٹی
MAULANA AZAD NATIONAL URDU UNIVERSITY
(A Central University established by an Act of Parliament in 1998)
(Accredited with Grade "A" by NAAC)

College of Teacher Education, Bhopal

کالج آف ٹیچر ایجوکیشن، بھوپال

REPORT
of
INTERNATIONAL YOGA DAY CELEBRATION

21st June 2022



REPORT OF INTERNATIONAL YOGA DAY

International Yoga Day was celebrated on 21st June, 2022 at CTE, Bhopal with full zeal and enthusiasm.

Schedule:

9.30A.M. to 1.00 P.M.			
1	Mental Health & Yoga	<i>Dr Neeti Dutta</i>	9.30 to 9.45
2	Importance of Physical fitness for students	<i>Mr. Faheem</i>	9.45 to 10.00
3	Yoga practice session	<i>B.Ed. students</i>	10.15 to 11.00
		<i>M.Ed. students</i>	11.00 to 11.45
		<i>Faculty Members</i>	11.45 to 12.30
4	Physical fitness session	<i>M.Ed. students</i>	10.15 to 11.00
		<i>B.Ed. students</i>	11.45 to 12.30
5	Address by	<i>Prof Naushad Hussain</i> <i>Principal, MANUU-CTE, Bhopal</i>	12.30 to 12.45
6	Refreshment	12.45 to 1 pm	

- Dr. Neeti Dutta (Convener)
- Mr. Faheem Mohd Khan (Co-convener)

Day was started with brief Introduction by Dr Neeti Dutta on Mental Health and importance of yoga in everyone's life especially in students' life. Mr. Faheem Mohd Khan, Physical teacher demonstrated the need and importance of Physical fitness in our life. After briefing Mr. Faheem started the physical training practice session with students and teachers in the ground. All the students and teachers participated wholeheartedly in the physical activities.



In the second half Yoga activities were performed by Dr Neeti Dutta, Assistant Professor, CTE, Bhopal. She demonstrated the Pranayam and other breathing exercises. She also demonstrated the mind control exercises and office hours exercises to keep the body and mind fatigue free. All the teachers and Non teaching staff of the college participated in each activity with full enthusiasm.



At the end of the day Prof Naushad Hussain, Principal, CTE, Bhopal expressed his views on Yoga and appreciated the students and all the participants for participating in the event to make the event successful.

Report written by:
Dr. Neeti Dutta
Assistant Professor

Designed by:
Dr. Tarannum Khan
Assistant Professor

Principal:
Prof. Noushad Husain

MANUU-CTE, BHOPAL