



D.B.M.S. College of Education

(Recognised by National Council for Teacher Education)

Affiliated to Kolhan University, Chaibasa & J. A. C., Ranchi, Jharkhand

Road No. 23, Farm Area, Kadma, Jamshedpur-831005 | Phone : 2309097

E-mail : dbms.edu23@gmail.com | Website : dbmscollege.in

REPORT

Title of the programme	: INTERNATIONAL YOGA DAY CELEBRATION
Organizing cell	: Sports cell
Theme	: 'TEJAS SUDHI' Chakra Purification with Mantras.
Date	: June 21st 2025
Venue	: Multipurpose Hall, D.B.M.S. COLLEGE OF EDUCATION
Resource Person	: Mrs. Jhanvi Goswami

CONTEXT

International Yoga Day is celebrated worldwide on June 21st to promote physical, mental, and spiritual well-being through the practice of yoga. D.B.M.S. College of Education organized a special event to commemorate this day, focusing on the theme of 'Tejas Sudhi' the Chakra Purification with mantras and yoga asanas.

OBJECTIVE

The objective of the event was to:

- Introduce participants to the concept of chakra purification and its benefits
- Provide a platform for students, faculty, and staff to experience the benefits of yoga
- Promote physical, mental, and spiritual well-being among participants.



D.B.M.S. College of Education

(Recognised by National Council for Teacher Education)

Affiliated to Kolhan University, Chaibasa & J. A. C., Ranchi, Jharkhand

Road No. 23, Farm Area, Kadma, Jamshedpur-831005 | Phone : 2309097

E-mail : dbms.edu23@gmail.com | Website : dbmscollege.in

PROCESS

The event was conducted in the following manner:

- Mrs. Jhanvi Goswami, as per the theme 'Tejas Sudhi', she introduced the concept of chakra purification and its significance in yoga.
- Participants were guided through a series of yoga asanas, pranayama, and meditation techniques specifically designed to balance and purify the chakras.
- The session was conducted in a calm environment, allowing participants to focus on their breath and inner self.

OUTCOME

The outcome of the event was:

- Participants reported feeling calm, relaxed, and rejuvenated after the practice.
- Increased awareness about the benefits of chakra purification and yoga among participants.
- A sense of community and camaraderie among participants, fostering a positive and supportive environment.
- Reduced stress hormones and improve posture by strengthening core muscles and increase blood circulation.
- Improve focus and concentration and attention
- Encourage self-reflection, self-awareness, self-confidence and also improve creativity and productivity

CONCLUSION



D.B.M.S. College of Education

(Recognised by National Council for Teacher Education)

Affiliated to Kolhan University, Chaibasa & J. A. C., Ranchi, Jharkhand

Road No. 23, Farm Area, Kadma, Jamshedpur-831005 | Phone : 2309097

E-mail : dbms.edu23@gmail.com | Website : dbmscollege.in

The International Yoga Day celebration at D.B.M.S. College of Education was a successful event that promoted physical, mental, and spiritual well-being among participants. The resource person Mrs. Jhanvi Goswami conducted the session ‘Tejas Sudhi’ chakra purification with mantra successfully and the enthusiasm of the participants made the event a memorable experience. The college looks forward to organizing more such events in the future to promote holistic health and well-being, also facilitate personal growth and self-realization which helps individuals to achieve a sense of unity with the divine or higher consciousness.



D.B.M.S. College of Education

(Recognised by National Council for Teacher Education)

Affiliated to Kolhan University, Chaibasa & J. A. C., Ranchi, Jharkhand

Road No. 23, Farm Area, Kadma, Jamshedpur-831005 | Phone : 2309097

E-mail : dbms.edu23@gmail.com | Website : dbmscollege.in

INVITATION OF THE EVENT

D.B.M.S. COLLEGE OF EDUCATION

PRESENTS

"TEJAS SHUDDHI "

Radiance Purification" (Implying Energetic Brilliance of Chakras)

ON THE OCCASION OF

INTERNATIONAL YOGA DAY

Resource Person :
Mrs. JHANVI GOSWAMI

ART OF LIVING FOUNDATION,
INDIA.



21-06-2025

8:30 a.m.

D.B.M.S. COLLEGE
MULTIPURPOSE HALL

ORGANISED BY SPORTS CELL



D.B.M.S. College of Education

(Recognised by National Council for Teacher Education)

Affiliated to Kolhan University, Chaibasa & J. A. C., Ranchi, Jharkhand

Road No. 23, Farm Area, Kadma, Jamshedpur-831005 | Phone : 2309097

E-mail : dbms.edu23@gmail.com | Website : dbmscollege.in

INVITATION MAIL TO RESOURCE PERSON FOR INTERNATIONAL YOGA DAY

7/2/25, 1:20 PM Gmail - Invitation as a resource person for International Yoga Day

Gmail DBMS COLLEGE OF EDUCATION <dbms.edu23@gmail.com>

Invitation as a resource person for International Yoga Day
1 message

DBMS COLLEGE OF EDUCATION <dbms.edu23@gmail.com>
To: "goswamij.k@gmail.com" <goswamij.k@gmail.com> Tue, Jun 17, 2025 at 1:42 PM

Respected Mrs Jhanvi Goswami,
D.B.M.S. College of Education, Kadma is affiliated to Kolhan University and is recognized by NCTE, Bhubaneshwar for its B.Ed. Program.
Every year we celebrate International Yoga Day on 21st June. This year, we would like to invite you as a resource person to conduct a session for our B.Ed. students on "**Tejas Shuddhi**". Your long association with the Art of Living Foundation and your expertise in Sudarshan Kriya will benefit our students immensely. Kindly find attached herewith the invitation card for the same.

Date : 21-06-2025
Time : 8:30 a.m.
Venue : D.B.M.S. College of Education, Multipurpose Hall
Address: Road No. – 23, Farm Area, Kadma, JSR – 831005

We request you to kindly revert to this mail.

Thanking You
Dr. Joohi Samarpita
Principal
D.B.M.S College of Education

Thanks and Regards,
D.B.M.S. College of Education.
Ph : 0657-2309097
Website : www.dbmscollege.in

International Yoga Day Invitation.pdf
203K

[https://mail.google.com/mail/u/1/?ik=b6c62963d7&view=pt&search=all&permthid=thread-a:r8070240317168315537&simpl=msg-a:r-16241522546... 1/1](https://mail.google.com/mail/u/1/?ik=b6c62963d7&view=pt&search=all&permthid=thread-a:r8070240317168315537&simpl=msg-a:r-16241522546...)



D.B.M.S. College of Education

(Recognised by National Council for Teacher Education)

Affiliated to Kolhan University, Chaibasa & J. A. C., Ranchi, Jharkhand

Road No. 23, Farm Area, Kadma, Jamshedpur-831005 | Phone : 2309097

E-mail : dbms.edu23@gmail.com | Website : dbmscollege.in

PHOTOGRAPHS OF THE EVENT



PIC 01: MINDFUL BEGINNING OF YOGA BY RESOURCE PERSON



PIC 02: BHUJANGASANA



D.B.M.S. College of Education

(Recognised by National Council for Teacher Education)

Affiliated to Kolhan University, Chaibasa & J. A. C., Ranchi, Jharkhand

Road No. 23, Farm Area, Kadma, Jamshedpur-831005 | Phone : 2309097

E-mail : dbms.edu23@gmail.com | Website : dbmscollege.in



PIC 03: YOGA ASANAS



PIC 04: REFLECTING ON YOGA ASANAS



NAAC
ACCREDITED

D.B.M.S. College of Education

(Recognised by National Council for Teacher Education)

Affiliated to Kolhan University, Chaibasa & J. A. C., Ranchi, Jharkhand

Road No. 23, Farm Area, Kadma, Jamshedpur-831005 | Phone : 2309097

E-mail : dbms.edu23@gmail.com | Website : dbmscollege.in



PIC 05: AWAKENING INNER AWARENESS



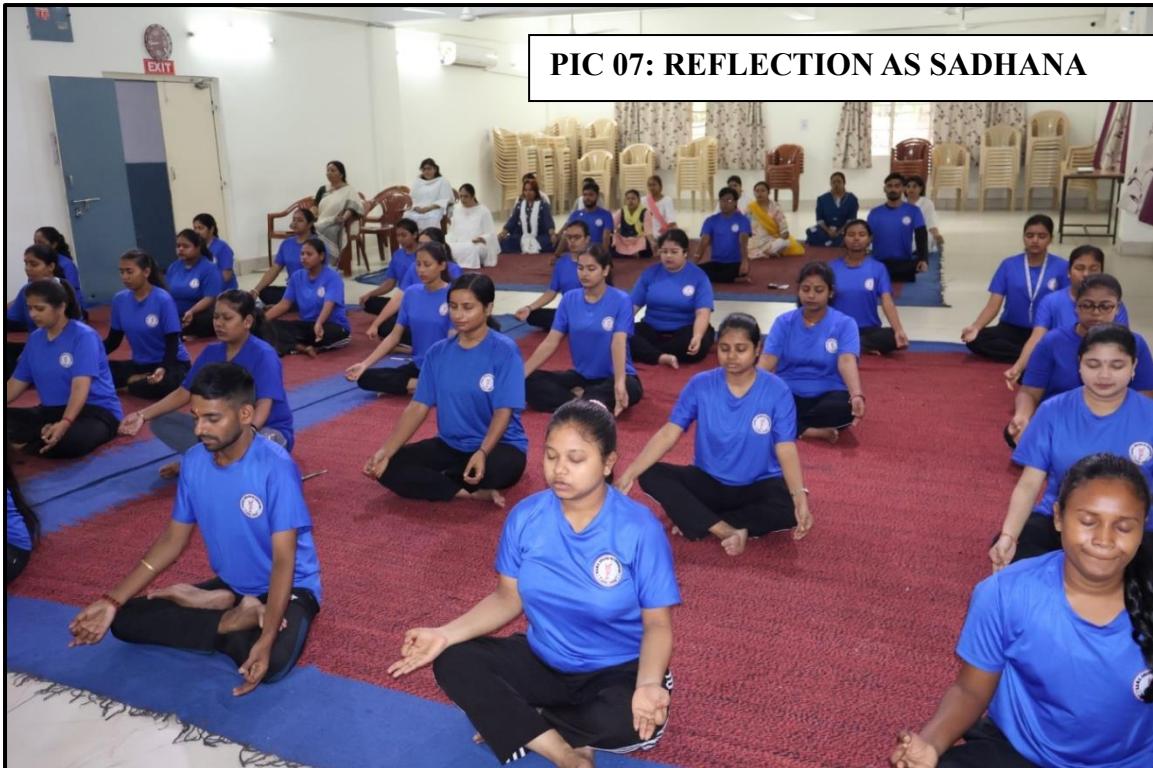
PIC 06: PARTICIPANTS OF YOGA SESSION



NAAC
ACCREDITED

D.B.M.S. College of Education

(Recognised by National Council for Teacher Education)
Affiliated to Kolhan University, Chaibasa & J. A. C., Ranchi, Jharkhand
Road No. 23, Farm Area, Kadma, Jamshedpur-831005 | Phone : 2309097
E-mail : dbms.edu23@gmail.com | Website : dbmscollege.in





D.B.M.S. College of Education

(Recognised by National Council for Teacher Education)

Affiliated to Kolhan University, Chaibasa & J. A. C., Ranchi, Jharkhand

Road No. 23, Farm Area, Kadma, Jamshedpur-831005 | Phone : 2309097

E-mail : dbms.edu23@gmail.com | Website : dbmscollege.in





D.B.M.S. College of Education

(Recognised by National Council for Teacher Education)

Affiliated to Kolhan University, Chaibasa & J. A. C., Ranchi, Jharkhand

Road No. 23, Farm Area, Kadma, Jamshedpur-831005 | Phone : 2309097

E-mail : dbms.edu23@gmail.com | Website : dbmscollege.in

PIC 11: SAVASANA



PIC 12: VIPARITA DHANURASANA





D.B.M.S. College of Education

(Recognised by National Council for Teacher Education)

Affiliated to Kolhan University, Chaibasa & J. A. C., Ranchi, Jharkhand

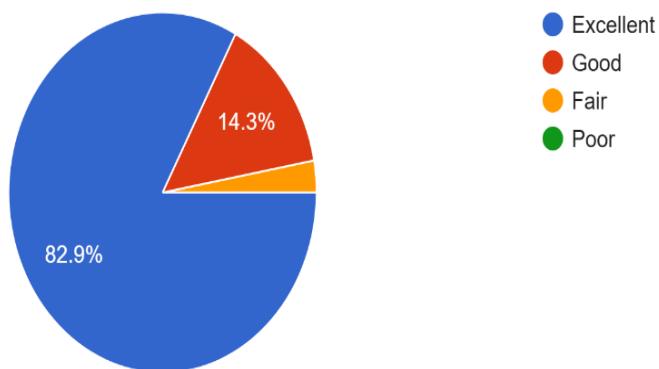
Road No. 23, Farm Area, Kadma, Jamshedpur-831005 | Phone : 2309097

E-mail : dbms.edu23@gmail.com | Website : dbmscollege.in

FEEDBACK ANALYSIS

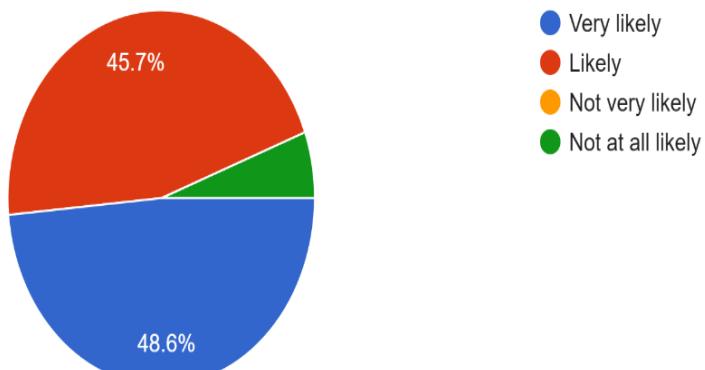
1. How would you rate your overall experience during the yoga and meditation session?

35 responses



2. How likely are you to practice yoga and meditation regularly after this session?

35 responses





D.B.M.S. College of Education

(Recognised by National Council for Teacher Education)

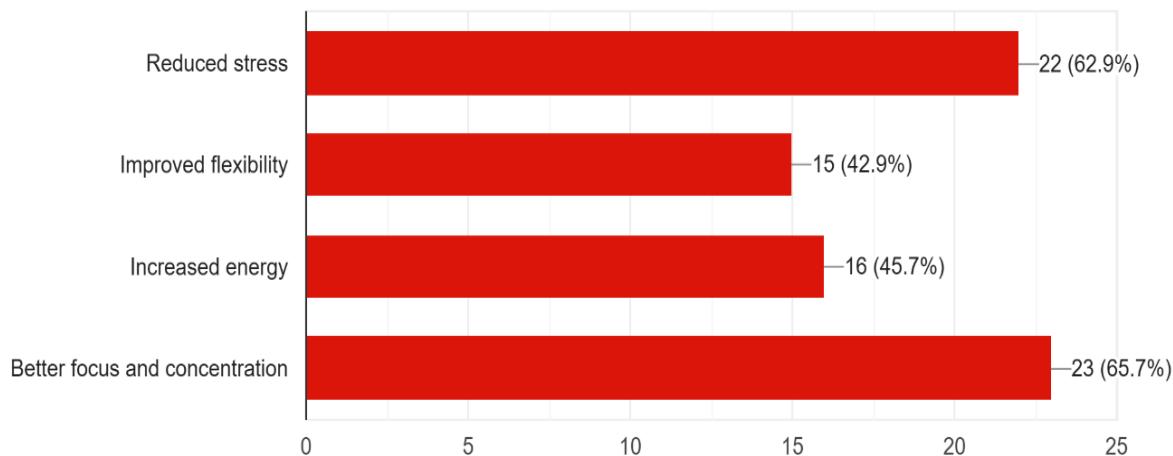
Affiliated to Kolhan University, Chaibasa & J. A. C., Ranchi, Jharkhand

Road No. 23, Farm Area, Kadma, Jamshedpur-831005 | Phone : 2309097

E-mail : dbms.edu23@gmail.com | Website : dbmscollege.in

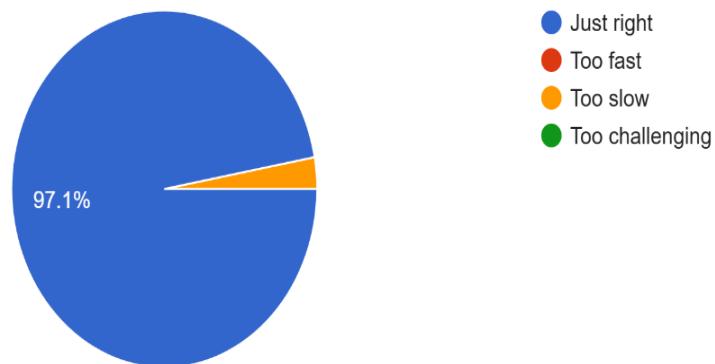
3.What benefits did you experience from the session? (Select all that apply)

35 responses



4.How would you rate the pace and difficulty level of the session?

35 responses





D.B.M.S. College of Education

(Recognised by National Council for Teacher Education)

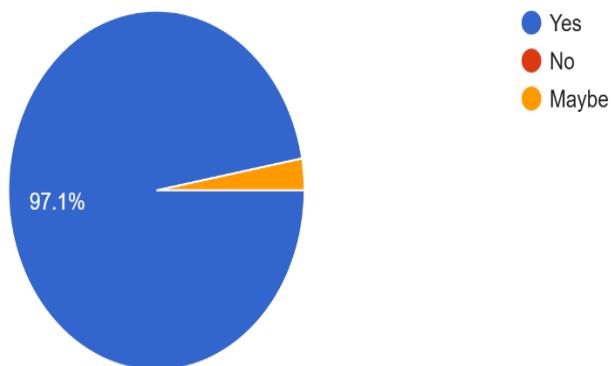
Affiliated to Kolhan University, Chaibasa & J. A. C., Ranchi, Jharkhand

Road No. 23, Farm Area, Kadma, Jamshedpur-831005 | Phone : 2309097

E-mail : dbms.edu23@gmail.com | Website : dbmscollege.in

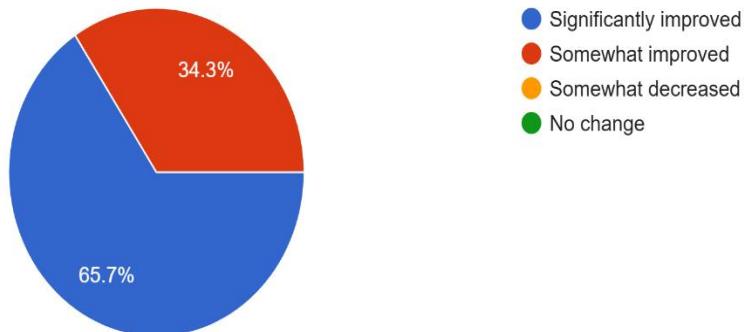
5. Would you recommend this session to others?

35 responses



6. How did the session impact your mental clarity and focus?

35 responses





D.B.M.S. College of Education

(Recognised by National Council for Teacher Education)

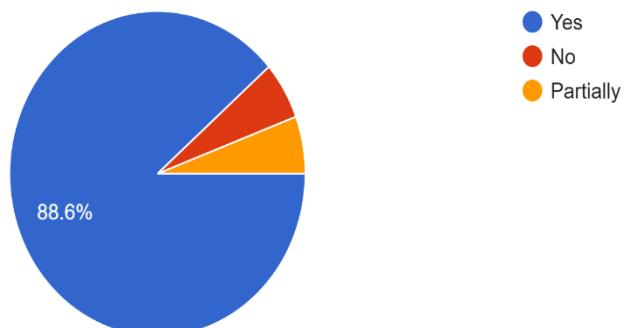
Affiliated to Kolhan University, Chaibasa & J. A. C., Ranchi, Jharkhand

Road No. 23, Farm Area, Kadma, Jamshedpur-831005 | Phone : 2309097

E-mail : dbms.edu23@gmail.com | Website : dbmscollege.in

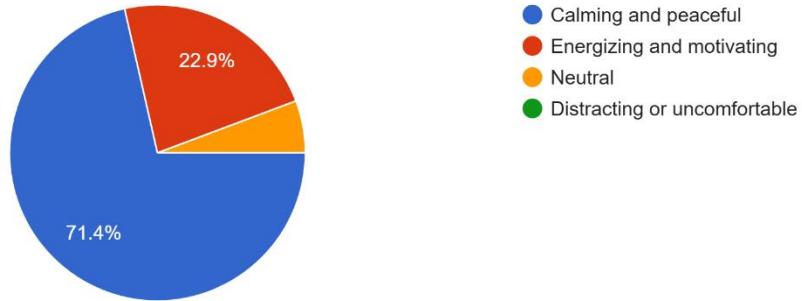
7. Did the session meet your physical needs and limitations?

35 responses



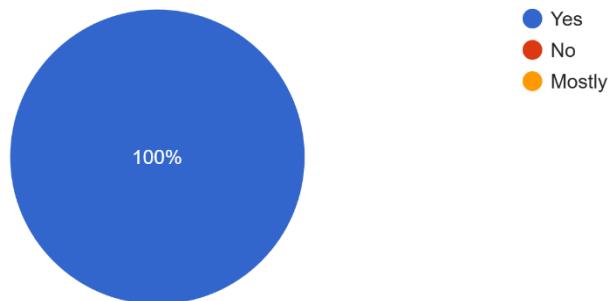
8. How would you rate the ambiance and atmosphere of the session?

35 responses



9. Were the instructions and guidance provided during the session clear and helpful?

35 responses



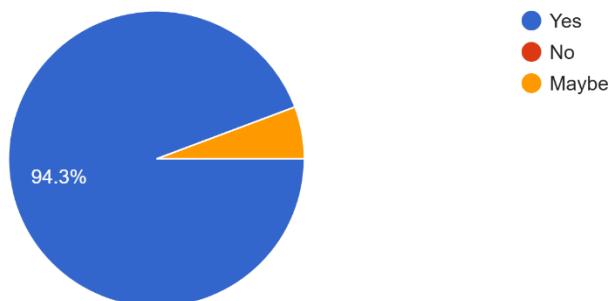


D.B.M.S. College of Education

(Recognised by National Council for Teacher Education)
Affiliated to Kolhan University, Chaibasa & J. A. C., Ranchi, Jharkhand
Road No. 23, Farm Area, Kadma, Jamshedpur-831005 | Phone : 2309097
E-mail : dbms.edu23@gmail.com | Website : dbmscollege.in

10. Are you interested in attending future yoga and meditation sessions?

35 responses



MEDIA COVERAGE

Home » Jamshedpur : डीबीएमएस कॉलेज ऑफ एजुकेशन में उत्साह के साथ मनाया गया अंतरराष्ट्रीय योग दिवस

हिंदी न्यूज़

Jamshedpur : डीबीएमएस कॉलेज ऑफ एजुकेशन में उत्साह के साथ मनाया गया अंतरराष्ट्रीय योग दिवस

By फतेह लाइव • सब-एडिटर — June 23, 2025 No Comments 2 Mins Read



[VIEW LINK](#)

LOCAL MEDIA COVERAGE ON
FATEHLIVE.COM (23-07-2025)