



# **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**

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

### **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.



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## **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**



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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.



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## 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**





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## 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



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, Bhubaneswar for its B.Ed. Program.

Every year we celebrate International Yoga Day on 21<sup>st</sup> 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](http://www.dbmscollege.in)*

 International Yoga Day Invitation.pdf  
203K



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## PHOTOGRAPHS OF THE EVENT



**PIC 01: MINDFUL BEGINNING OF YOGA BY  
RESOURCE PERSON**



**PIC 02: BHUJANGASANA**





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PIC 03: YOGA ASANAS



PIC 04: REFLECTING ON YOGA ASANAS





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**PIC 05: AWAKENING INNER AWARENESS**



**PIC 06: PARTICIPANTS OF YOGA SESSION**







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PIC 07: REFLECTION AS SADHANA



PIC 08: NADI-SHODHAN PRANAYAMA







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PIC 11: SAVASANA



PIC 12: VIPARITA DHANURASANA



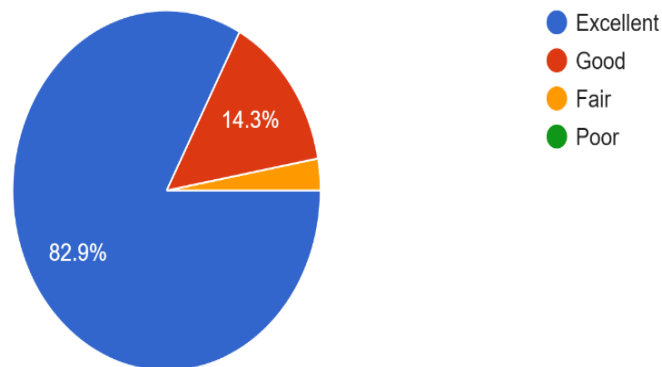
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## FEEDBACK ANALYSIS

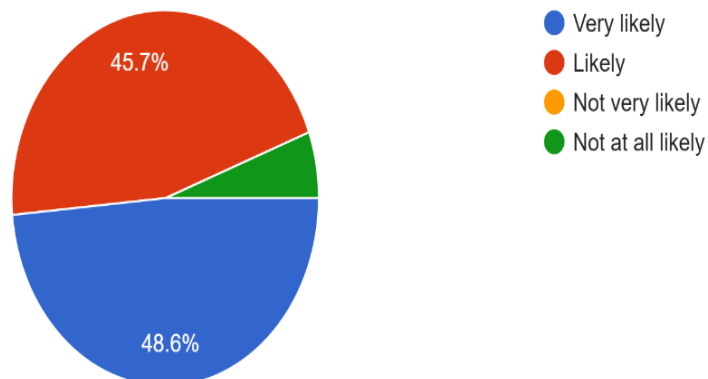
1.How would you rate your overall experience during the yoga and meditation session?

35 responses



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

35 responses





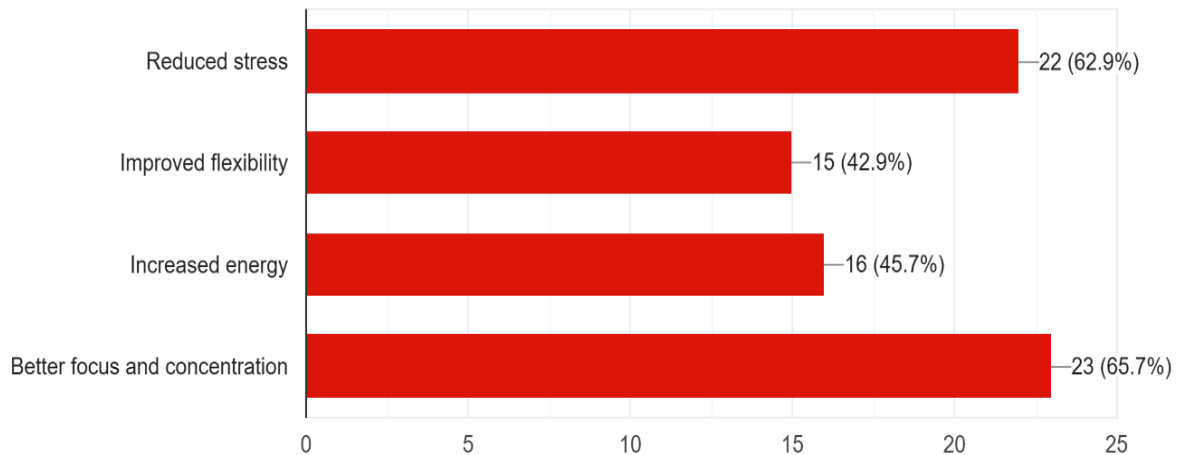


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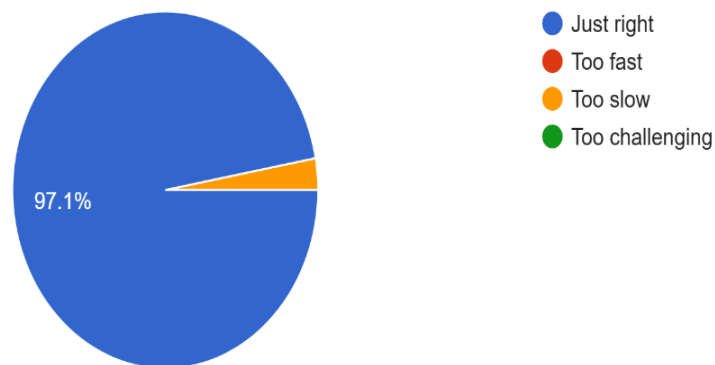
3. What benefits did you experience from the session? (Select all that apply)

35 responses



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

35 responses



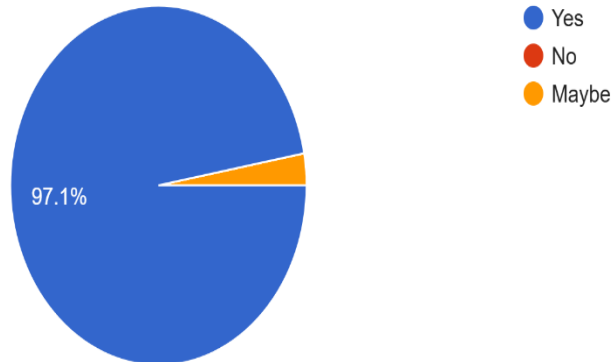


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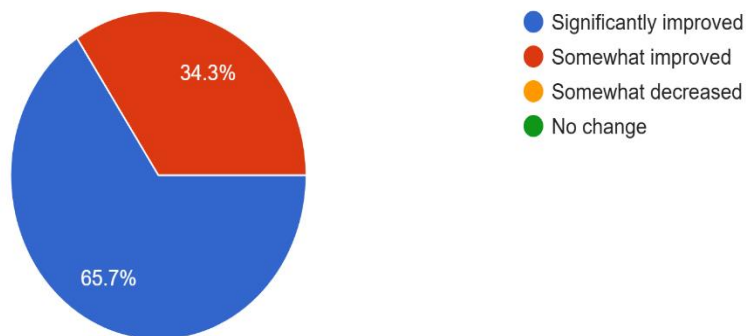
5. Would you recommend this session to others?

35 responses



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

35 responses





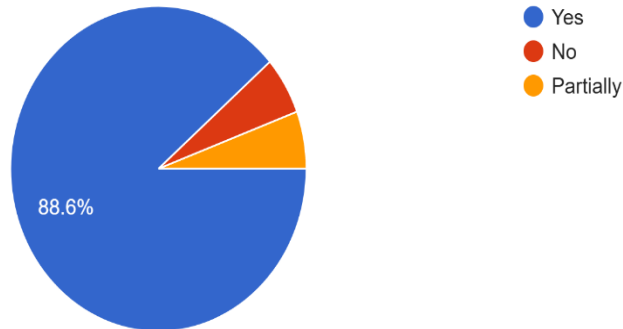


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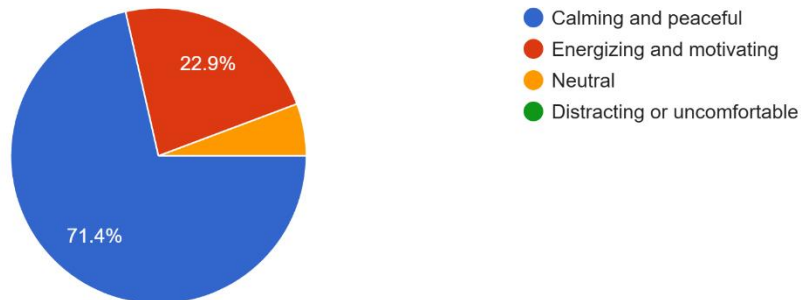
7. Did the session meet your physical needs and limitations?

35 responses



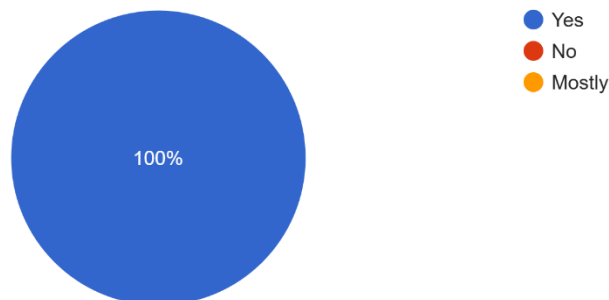
8. How would you rate the ambiance and atmosphere of the session?

35 responses



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

35 responses



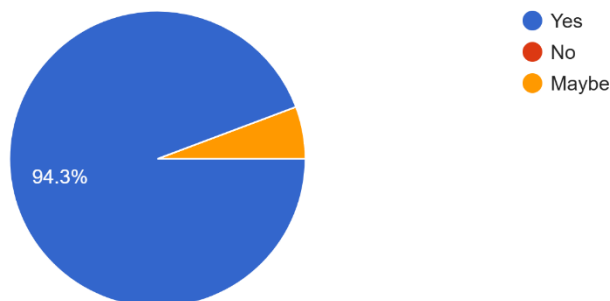


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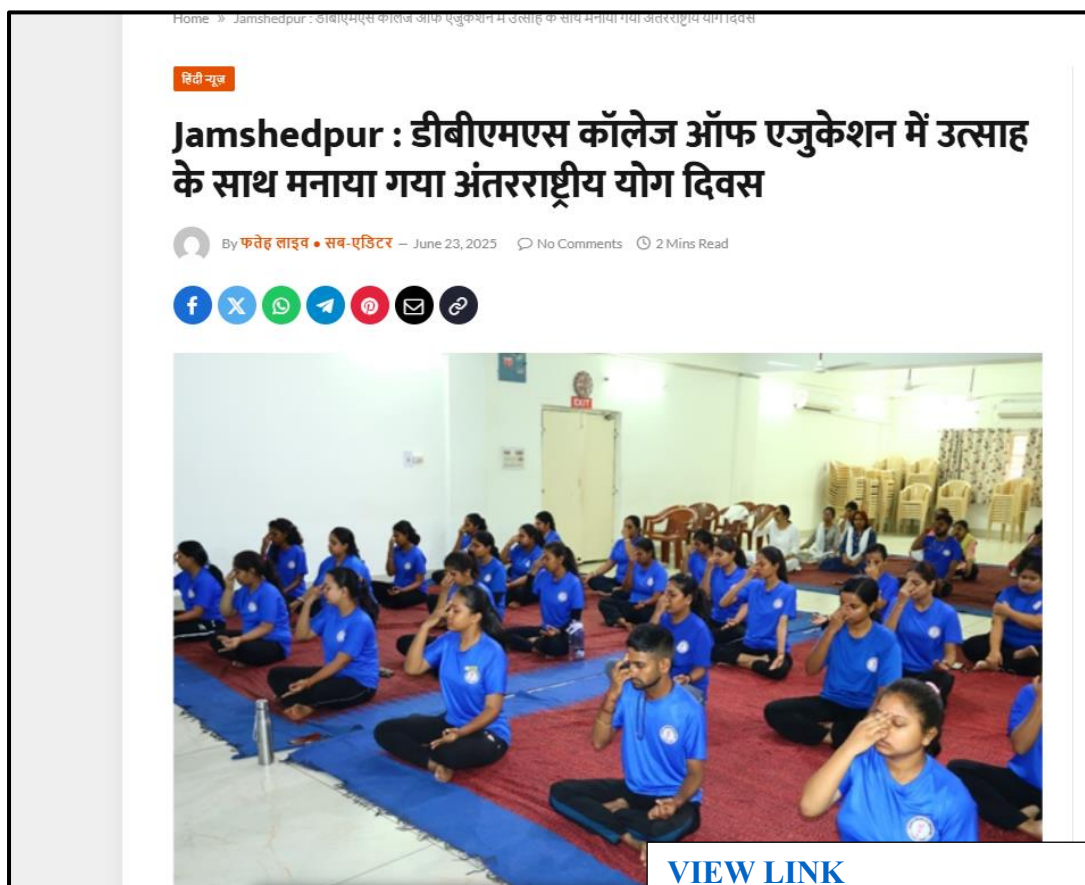
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10.Are you interested in attending future yoga and meditation sessions?

35 responses



## MEDIA COVERAGE



[VIEW LINK](#)

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