



## Mental Stress Development *Programme*

### YOGA

*Organized by*  
**Skill Development Committee**



**Mr. Chunchun Kumar**  
(Assistant Professor)

(Basundhara Teachers' Training College, Muzaffarpur)

**DATE:** 08.01.2024 to 20.01.2024

**TIME:** 09:00 AM to 10:00 AM

**VENUE:** Basundhara Teachers' Training College, Sliout, Muzaffarpur

Sl.No.	Course outcomes	Objectives
1	Participants will achieve increased flexibility through regular practice of yoga and stretching exercises.	Improved flexibility, strength, and posture.
2	Students will develop muscular strength and endurance by practicing yoga poses that target different muscle groups.	Better balance and coordination.
3	Learners will experience reduced stress levels and improved mental well-being through relaxation techniques, meditation, and controlled breathing	Increased stamina and energy levels
4	Learners will learn breathing techniques that enhance respiratory function, increase lung capacity, and promote relaxation.	Reduced stress and anxiety.
5	Students will learn therapeutic yoga practices that help alleviate common physical discomforts such as back pain, joint stiffness, and tension headaches.	Enhanced concentration and mental clarity.
6	Participants will improve their ability to concentrate and focus through mindfulness exercises and meditation practices incorporated into yoga sessions.	Improved mood and emotional well-being.



Coordinator  
Students Skill Development Committee  
BTTC, Muzaffarpur

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