



Mental Stress Development Programme

YOGA

Organized by
Skill Development Committee



Mr. Chunchun Kumar

(Assistant Professor)

(Basundhara Teachers' Training College, Muzaffarpur)

DATE: 03.01.2025 to 20.01.2025

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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Skill Development Committee
BTTC