



## Mental Stress Development *Programme YOGA*

Organized by Skill Development Committee



## Mr. Chunchun Kumar

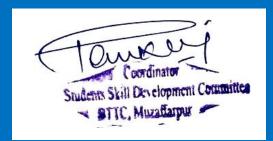
(Assistant Professor)

(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	Improved flexibility, strength, and
	flexibility through regular practice of yoga and stretching exercises.	posture.
2	Students will develop muscular	Better balance and coordination.
_	strength and endurance by	
	practicing yoga poses that target	
	different muscle groups.	
3	Learners will experience reduced	Increased stamina and energy levels
	stress levels and improved mental	
	well-being through relaxation	
	techniques, meditation, and	
4	controlled breathing  Learners will learn breathing	Reduced stress and anxiety.
<b>T</b>	techniques that enhance	Reduced stress and anxiety.
	respiratory function, increase lung	
	capacity, and promote relaxation.	
5	Students will learn therapeutic	Enhanced concentration and mental
	yoga practices that help alleviate	clarity.
	common physical discomforts such	
	as back pain, joint stiffness, and tension headaches.	
6	Participants will improve their	Improved mood and emotional well-
U	ability to concentrate and focus	being.
	through mindfulness exercises and	being.
	meditation practices incorporated	
	into yoga sessions.	



Coordinator
Skill Development Committee
BTTC