



NUTANHAT TEACHERS' TRAINING INSTITUTE

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Report on the programmes undertaken at Nutanhat Teachers' Training Institute on the Occasion of celebration of 5th International Yoga Day on 21st June, 2019.

05th International Yoga Day was celebrated at Nutanhat Teachers' Training Institute with pomp and grandeur on 21st June, 2019. Various types of programmes were implemented on the occasion, the essence of which is presented below:

1. In the morning of 5th June, 2019, Students, Teachers and Non-Teaching staffs assembled at the college campus and participated in a morning prayer. After prayer all who were present participated in Yoga. The Teacher-in-Charge of the Institution on behalf of the Institution, explained the efficacy and importance of "Yoga" in our daily life, and it was ended at 10.30 a.m.



P.T.O



2. After taking rest for a few minutes, a Debate competition was held on and from 11.30 a.m at the Multipurpose Hall of the Institution. The topic of the debate was the “The Essance Of Yoga in Our Daily Life”. Eighteen students participated and expressed their valuable opinion on the subject. Final Summation of the opinion was made by one of the judges touching the points on the prevalent scenario of the nation. The debate competition was really successful and encouraging.



3. A Quiz competition was also arranged at the same venue at Nutanhat Teachers’ Training Institute Auditorium. The questions were constituted with the students - each group being named in the name of the great personalities of India like, Rabindranath, Mahatma Gandhi, Vivekananda, Aurobindo and Radhakrishnan. The entire proceedings of the P.T.O

competition were not only revealing but also praiseworthy from the stand point of presentation.



The programmes in entirety have been recorded in still cameras, the samples of which will be forwarded to NCTE for their review.

So far the opinion of the authority of Nutanhat Teachers' Training Institute is concerned, the programmes taken during the celebration of 5th International Yoga Day were highly successful and also encouraging for the future generations of the students who would be associated with this Institution.