

Report on International Yoga Day Celebration 2026

The International Yoga Day 2026 was celebrated on 24th June, 2026 at Centenary Building, First Floor, IACS at 4PM with great enthusiasm in accordance with the mandate of the Ministry of AYUSH, Govt. of India. The programme aimed to promote awareness about the importance of yoga and its role in maintaining physical, mental, and emotional well-being, inspired by the Prime Minister Shri Narendra Modi's vision on "Yoga for healthy aging".

The event commenced with a formal inauguration by the Director, IACS, who welcomed the gathering and highlighted the significance of International Yoga Day. The Director also introduced the distinguished guest speakers and emphasized the importance of integrating yoga into daily life.

As a mark of appreciation, honourable resource personnel and other dignitaries were felicitated for their valuable presence and contributions. The guest speaker Prof. Suparna Sanyal Mukherjee, Head, Department of Education & Social Science, S.S. University, Bolpur and Howrah Campus, then delivered insightful lectures on yoga, focusing on its benefits and practical ways to incorporate yogic practices into everyday routines for a healthier lifestyle and connecting Yoga to Nature and Ecosystem.

A live yoga demonstration was conducted by the Sports Officer and a proficient school student, who showcased various asanas, breathing techniques, and relaxation practices. The participants actively engaged in the session and gained a better understanding of the correct methods of performing yoga exercises.

The programme also included a hands-on learning session, where participants practiced yoga under expert guidance. This interactive segment enabled attendees to experience the benefits of yoga firsthand and clarify their queries.

The celebration concluded with a Vote of Thanks by Registrar IACS, expressing gratitude to the Director, distinguished guests, Sports Officer, organizing team, and participants for making the event successful. The programme effectively reinforced the message of holistic health and well-being through the regular practice of yoga.