



Report on the Observance of International Day of Yoga 2026

- **Date & Day:** June 21, 2026 (Sunday)
- **Time:** 10:00 AM to 11:00 AM
- **Venue:** School of Education, Kalyani Regional Centre, NSOU
- **Number of Participants:** 87 (Learners of B.Ed. Spl. Edn. (IDD/HI & VI), M.Ed. Spl. Edn., Faculty Members, and Administrative Staff of NSOU)
- **Organized By:** School of Education, Netaji Subhas Open University, Kolkata, West Bengal

Introduction: -

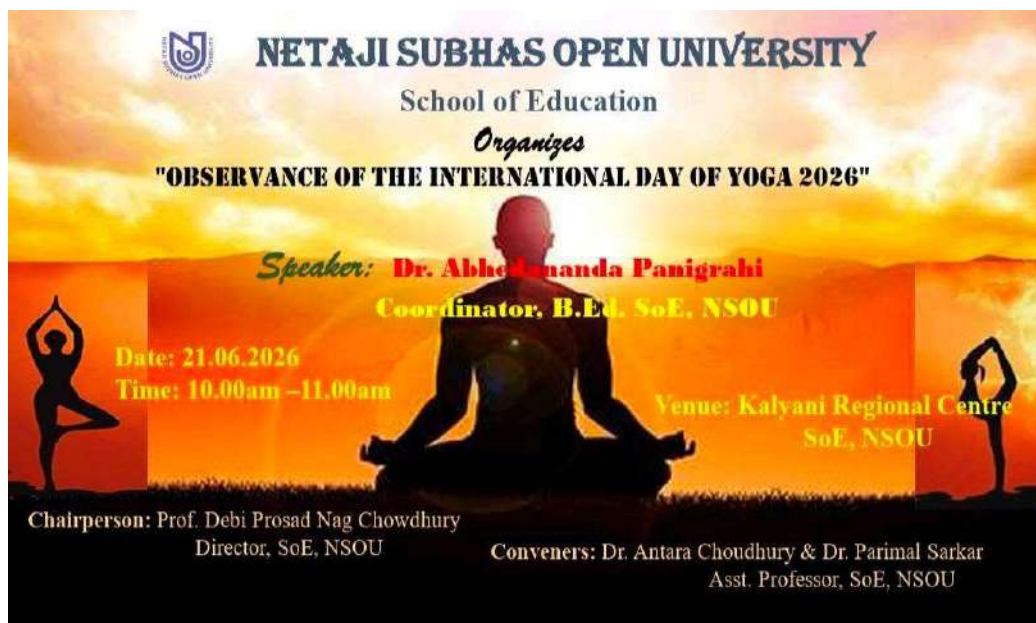
The International Day of Yoga is celebrated every year on 21st June across the world. The day aims to raise awareness about the numerous physical, mental, and spiritual benefits of practicing yoga. Yoga is an ancient discipline that originated in India over 5,000 years ago and promotes harmony between the mind, body, and spirit. The celebration of International Yoga Day highlights the importance of adopting a healthy lifestyle through yoga and meditation.

Adopted by the United Nations General Assembly in 2014 following an initiative by Prime Minister Shri Narendra Modi, this annual observance has evolved into a massive global movement for preventive healthcare. For the year 2026, the global theme officially announced by the Ministry of Ayush is **"Yoga for Healthy Ageing"**

Objectives: -

- **Promoting Holistic Wellness:** To sensitize the academic community about the benefits of integrating regular yoga practice into daily life to combat lifestyle diseases, manage stress, and enhance mental resilience.
- **Focusing on Healthy Ageing:** To delve into the 2026 theme "Yoga for Healthy Ageing", understanding how specialized yoga techniques can assist individuals in maintaining physical strength and cognitive agility as they age.
- **Inclusive Integration:** To educate future teachers and special educators on incorporating adaptive yoga protocols within specialized learning frameworks for physical and cognitive rehabilitation.

Programme Flyer



Official Programme Flyer for the International Day of Yoga 2026

Programme Schedule & Flow

Time	Event	Resource Person / Faculty
10:00 AM – 10:05 AM	Opening & Anchoring	Dr. Papiya Upadhyay , Asst. Professor, SoE, NSOU
10:05 AM – 10:10 AM	Welcome Address	Dr. Antara Choudhury , Assistant Professor & Jt. Convener, SoE, NSOU
10:10 AM – 10:20 AM	Introducing the Theme	Dr. Parimal Sarkar , Assistant Professor & Jt. Convener, SoE, NSOU
10:20 AM – 10:50 AM	Commemorative Lecture & Guided Yoga Session	Dr. Abhedananda Panigrahi , Coordinator, B.Ed., SoE, NSOU
10:50 AM – 11:00 AM	Vote of Thanks	Smt. Swapna Deb , Asst. Professor of Special Education, SoE, NSOU

Event Proceedings

The session commenced precisely at 10:00 AM. Dr. Papiya Upadhyay formally opened the event, steering the program as the anchor. Dr. Antara Choudhury welcomed the esteemed guests, faculty members, and enthusiastic learners, setting a warm tone for the celebration.

Following this, Dr. Parimal Sarkar introduced the central focus of the celebration—highlighting the global relevance of this ancient practice and introducing the 2026 theme: **"Yoga for Healthy Ageing."**



Introductory addresses and theme presentation by the faculty members/ Conveners.

Commemorative Lecture & Philosophical Insights

Dr. Abhedananda Panigrahi initiated his address with soulful Vedic chanting, instantly bringing tranquility to the hall. He elegantly contextualized the practice by quoting the *Bhagavad Gita*:

"Yoga is the journey of the self, through the self, to the self."

He detailed how yoga specifically facilitates healthy aging by addressing multiple dimensions of well-being:

- **Physical Benefits:** Improves flexibility, corrects body posture, and enhances muscle strength and endurance.
- **Cardiorespiratory Health:** Enhances respiratory function, boosts cardiovascular performance, and aids in healthy weight management.
- **Mental & Spiritual Benefits:** Drastically reduces stress and anxiety, enhances self-confidence and self-awareness, encourages inner peace, and creates a harmonious balance between body, mind, and soul.



Dr. Abhedananda Panigrahi delivering the lecture and demonstrating foundational postures.

Practical Yoga Session

Transitioning from theory to practice, a guided yoga session allowed participants to actively engage in various asanas and breathing techniques specifically tailored to holistic health and graceful aging.





Faculty members and learners practicing breathing exercises (Pranayama)

and stretching routines.

Conclusion

The International Yoga Day celebration serves as an essential annual reminder that yoga is not merely a fitness regime, but an entirely holistic lifestyle. Regular practice improves overall quality of life, fostering a healthier, more balanced society.

The event concluded with a formal Vote of Thanks delivered by Smt. Swapna Deb, who thanked the administration, organizing committee, and students for making the event a grand success. Following the session, healthy refreshments consisting of **soaked chhola (chickpeas) and badam (almonds)** were distributed to all 87 participants to reinforce the message of healthy nutrition.

Report Prepared By:

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