

# REPORT

## International Day of Yoga 2026 Celebration

### Theme: “Yoga for Healthy Ageing”

**Date:** 21 June 2026

**Organising Institution:** SVS Study Centres under Netaji Subhas Open University

- Pranavananda Institute of Technology, Kolkata
- Shivananda Health Society, North 24 Parganas
- Swapna Society for Dream of Success, Alipurduar
- Seva Bharati Mahavidyalaya, Jhargram
- Shanti Devi Vidyaniketan, Plassey, Nadia
- Balgarh BK College, Hooghly
- Tagore Organization for Health Awareness & Rural Development, Ahmadpur, Birbhum,
- Union Christian Training College, Berhampur, Murshidabad
- Institute of Psychological and Educational Research, Lake Gardens

**Participants:** 805 students, teachers, demonstrators.

### Introduction

Netaji Subhas Open University (NSOU), the premier State Open University of West Bengal, has been actively promoting holistic education, health awareness, and social responsibility among its learners and stakeholders. As part of its commitment towards physical, mental, and emotional well-being, the University observed the International Day of Yoga 2026 with appropriate programmes and activities.

The International Day of Yoga is observed globally every year on 21 June following the declaration by the United Nations General Assembly in 2014. The observance aims to create awareness about the importance of yoga as a holistic approach towards health, harmony, and well-being. The theme of International Day of Yoga 2026 was “Yoga for Healthy Ageing”, highlighting the role of yoga in maintaining physical fitness, mental balance, flexibility, and quality of life across different age groups.

Yoga is an ancient Indian discipline integrating physical postures (asanas), breathing practices (pranayama), meditation, and mindfulness. It represents the harmony between body, mind, and consciousness.



The global recognition of yoga through the International Day of Yoga has encouraged educational institutions, government organisations, and communities across the world to adopt yoga as a means of promoting healthy lifestyles and mental well-being.

The theme of 2026, “Yoga for Healthy Ageing”, emphasises the relevance of yoga for maintaining independence, mobility, balance, emotional wellness, and overall health among people of all ages.

Netaji Subhas Open University has been celebrating the International Day of Yoga regularly since its inception as an annual observance. The University has organised yoga-related programmes through academic and administrative initiatives to encourage awareness and participation among students, faculty members, officers, and employees at its various study centres across the state of West Bengal.

The University has also contributed towards yoga education through its School of Vocational Studies by offering programmes related to Yoga Education and Stress Management, thereby creating opportunities for skill development and professional engagement in the field of yoga.



### **Objectives of the Programme**

The major objectives of the celebration were:

- To promote awareness about the physical, mental, and emotional benefits of yoga.
- To encourage students, teachers, and staff members to integrate yoga into daily life.
- To highlight yoga as a preventive and wellness-oriented practice.
- To promote healthy ageing through regular yoga practice.
- To strengthen the University’s commitment towards learner welfare and community well-being.

### **Major Components of the Celebration**

The programme included activities focusing on:

#### a) Yoga Demonstration and Practice Session

Participants were encouraged to practise common yoga postures, breathing exercises, and relaxation techniques under suitable guidance.

#### b) Awareness Programme

The significance of yoga in maintaining health, reducing stress, and improving concentration was highlighted.

#### c) Interaction and Discussion

Participants shared their experiences and discussed the role of yoga in improving lifestyle and overall wellness.

#### d) Participation of University Stakeholders

Faculty members, officers, employees, learners, and other stakeholders actively participated in the observance.

## Role of NSOU in Promoting Yoga Education

NSOU has been contributing to the promotion of yoga education through structured academic initiatives. The University's Yoga Education and Stress Management programmes under the School of Vocational Studies reflect its commitment to developing trained human resources in the area of wellness and holistic health.



## Conclusion

The celebration of International Day of Yoga 2026 at Netaji Subhas Open University reflected the University's continuous effort to promote holistic development among its learners and stakeholders. By integrating yoga awareness with education and skill development, NSOU continues to support the vision of creating a healthier, balanced, and socially responsible community.

The programme successfully conveyed the message that yoga is not merely a physical exercise but a comprehensive approach towards achieving harmony between body, mind, and overall well-being.

