

DETAILED REPORT ON THE CELEBRATION OF INTERNATIONAL DAY OF YOGA – 2026

Submitted to:

The Registrar,

Gujarat Ayurved University,

Jamnagar, Gujarat.

Submitted by:

Jay Jalaram Ayurvedic Medical College & Smt. Damyantiben Patel Ayurved Hospital,

Shivpuri, Godhra.

Subject:

Submission of Detailed Report on the Celebration of International Day of Yoga – 2026

Respected Sir/Madam,

In accordance with the directions issued by the Ministry of AYUSH, NCISM, and Gujarat Ayurved University for the celebration of the International Day of Yoga (IDY) – 2026, Jay Jalaram Ayurvedic Medical College & Smt. Damyantiben Patel Ayurved Hospital, Shivpuri, Godhra, organized a comprehensive series of Yoga-related programmes under the guidance of the Department of Swasthavritta Evam Yoga in collaboration with the NSS Unit.

The International Day of Yoga 2026 was celebrated under the global theme "Yoga for Healthy Ageing", emphasizing the importance of Yoga in promoting physical fitness, mental well-being, emotional balance, disease prevention, and healthy ageing across all age groups.

The institution actively participated in the nationwide campaign by conducting awareness programmes, yoga practice sessions, competitions, therapeutic activities, and community-oriented initiatives. These activities were planned to cultivate the habit of daily Yoga practice among students, faculty members, hospital staff, patients, and the general public.

Objectives

- To spread awareness regarding the significance of Yoga in preventive and promotive healthcare.
- To encourage regular Yoga practice among students and healthcare professionals.
- To promote the concept of healthy ageing through Yoga.
- To integrate Yogic principles into day-to-day lifestyle for disease prevention.
- To support the initiatives of the Ministry of AYUSH, NCISM, and Gujarat Ayurved University.

1. Guinness World Record Yoga Participation (14 June 2026)

Following the directions issued by NCISM, the institution encouraged all faculty members, interns, postgraduate scholars, students, and hospital staff to participate individually in the Guinness World Record Online Yoga Session conducted by the Ministry of AYUSH. Participants registered through the official platform and attended the live Common Yoga Protocol session using their individual devices, contributing to the nationwide initiative.

2. Seven-Day Yoga Training Programme

A Seven-Day Yoga Training Programme was organized from 15 June 2026 to 19 June 2026 under the expert guidance of the Department of Swasthavritta Evam Yoga.

Venue: Seminar Hall / Yoga Hall

Time: 09:45 AM – 10:45 AM

The sessions included:

- Prayer and Omkara chanting
- Loosening exercises (Sukshma Vyayama)
- Standing, Sitting, Prone and Supine Yogasanas
- Surya Namaskar
- Pranayama practices including Anulom-Vilom, Bhramari, Kapalabhati and Nadi Shodhana
- Meditation and relaxation techniques
- Lifestyle counselling based on Yogic principles
- Interactive discussions on stress management, posture correction and healthy ageing

Faculty members explained the scientific as well as Ayurvedic significance of every Yogic practice and demonstrated their application in maintaining physical fitness, improving flexibility, enhancing respiratory efficiency, strengthening immunity and promoting mental peace.

Students actively participated throughout the programme and developed practical skills in performing the Common Yoga Protocol.

3. Yoga Awareness and Educational Activities

Various educational sessions were organized to create awareness regarding the importance of Yoga in daily life.

Topics covered included:

- Concept and history of International Day of Yoga
- Theme of IDY-2026 – "Yoga for Healthy Ageing"
- Role of Yoga in preventive medicine
- Yoga in lifestyle disorders
- Importance of Pranayama and Meditation
- Yoga and mental health
- Ayurvedic perspective of Yoga and Dinacharya

Faculty members encouraged students to adopt Yoga as an integral part of healthy living and preventive healthcare.

4. Yoga Competitions (20 June 2026)

To promote creativity, awareness and student participation, several competitions were organized.

These included:

- Yoga E-Poster Competition
- Yoga Quiz Competition
- Yoga Song / Poem Competition
- Yoga Dance and Surya Namaskar Competition
- Yoga Reel Making Competition
- Yoga Rangoli Making Competition

Students from different academic years enthusiastically participated and showcased innovative ideas highlighting the benefits of Yoga. Winners were appreciated for their

outstanding performances and creativity.

5. International Day of Yoga Celebration (21 June 2026)

On 21 June 2026, the institution celebrated International Day of Yoga with great enthusiasm.

The programme commenced with prayer followed by the Common Yoga Protocol. Faculty members, students, interns, hospital staff and invited participants performed Yogasanas, Pranayama, Meditation and Surya Namaskar together.

The event emphasized discipline, physical fitness, mental wellness and collective participation. The significance of Yoga in promoting holistic health was highlighted through motivational talks delivered by faculty members.

The programme concluded with a pledge to practice Yoga regularly and spread awareness regarding its benefits in society.

6. Yoga Chikitsa OPD (22 June – 27 June 2026)

A Special Yoga Chikitsa OPD was conducted from 22 June to 27 June 2026 for patients attending the Ayurvedic Hospital.

Disease-specific Yoga counselling and therapeutic guidance were provided for:

- Diabetes Mellitus
- Hypertension
- Obesity
- Cervical and Lumbar Spondylosis

- Respiratory Disorders
- Stress and Anxiety
- Menstrual Disorders
- Joint Disorders

Patients were educated regarding appropriate Yogasanas, Pranayama, relaxation techniques and lifestyle modifications suitable for their conditions. Individual counselling sessions promoted awareness about integrating Yoga with Ayurvedic treatment for better health outcomes.

Outcome of the Programme

The celebration received an overwhelming response from students, faculty members, hospital staff and patients.

The programme successfully:

- Increased awareness regarding the preventive and therapeutic role of Yoga.
- Encouraged students to practice Yoga regularly.
- Enhanced knowledge regarding healthy ageing through Yoga.
- Promoted holistic health based on Ayurvedic principles.
- Strengthened community participation in the national Yoga movement.
- Successfully fulfilled the objectives and guidelines issued by the Ministry of AYUSH, NCISM and Gujarat Ayurved University.

Conclusion

The celebration of International Day of Yoga – 2026 at Jay Jalaram Ayurvedic Medical College & Smt. Damyantiben Patel Ayurved Hospital was conducted successfully with enthusiastic participation from all stakeholders. The series of educational, practical and therapeutic activities effectively highlighted the importance of Yoga as a means of achieving physical, mental, social and spiritual well-being.

The institution remains committed to promoting Yoga as an integral component of Ayurveda and public health and will continue organizing similar activities for the benefit of students, healthcare professionals and society.













