



Yogastha IIT Bombay

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12th International Day of Yoga

21 June 2026

Theme: *Yoga for Healthy Ageing*

Organized by Yogastha – The Yoga and Wellness Body of IIT Bombay

The **12th International Day of Yoga (IDY) 2026** was celebrated at **IIT Bombay** on **21 June 2026** under the global theme “**Yoga for Healthy Ageing.**” Organized by **Yogastha**, the Yoga and Wellness Body of IIT Bombay, the celebration brought together students, faculty members, staff, and campus residents to promote holistic health and well-being through the practice of yoga.

The celebration comprised two major events held at the **Indoor Badminton Court**. The morning session featured the **Common Yoga Protocol (CYP)**, conducted in accordance with the guidelines of the **Ministry of AYUSH**, Government of India, while the evening featured the **Yogathon: 108 Surya Namaskar Challenge**, encouraging participants to experience the physical, mental, and emotional benefits of sustained yoga practice.

The morning programme was graced by **Dr. Rajvi Mehta**, one of India’s senior-most **Iyengar Yoga** teachers, as the Chief Guest. She was joined by **Prof. Neela Nataraj (Acting Director, IIT Bombay)**, **Shri Ganesh Bhorkade (Registrar)**, **Prof. Suryanarayana Doolla (Dean, Student Affairs)**, and **Prof. Neeraj Kumbhakarna (Faculty Mentor, Yogastha)**, reflecting the institute’s continued commitment to promoting health, mindfulness, and well-being through yoga.





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Morning Session: Common Yoga Protocol

The morning session commenced with the **Common Yoga Protocol (CYP)**, organized in accordance with the guidelines of the **Ministry of AYUSH**, Government of India. The programme witnessed the enthusiastic participation of **190 students, faculty members, staff, and campus residents**, who came together to celebrate the spirit of yoga and the theme “**Yoga for Healthy Ageing.**”

The dignitaries were welcomed with potted plants as a gesture of appreciation before the celebration began with the **live telecast of the Hon'ble Prime Minister's address** on the occasion of the International Day of Yoga. Following the address, the dignitaries joined the participants, reinforcing the spirit of collective participation and the importance of incorporating yoga into everyday life.

The session was preceded by a synchronized yoga demonstration by the **Yogastha Core Team**, comprising **Jitendra Kumar, Shubham, Poorna, Jitendra Sharma, Sarika, Animesh, Anuj, Naushik, Vandana, and Krishna**. Their coordinated presentation reflected discipline, teamwork, and dedication, setting an inspiring tone for the morning programme.



Following the demonstration, participants performed the **Common Yoga Protocol** by following the **recorded Ministry of AYUSH protocol**, which was simultaneously **live-streamed on the IIT Bombay YouTube channel**. The protocol comprised a systematic sequence of yoga asanas, pranayama, and relaxation techniques designed to promote physical fitness, mental clarity, emotional balance, and overall well-being.



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Addressing the gathering, **Dr. Rajvi Mehta** highlighted the significance of celebrating the International Day of Yoga and shared the teachings of **Guru B.K.S. Iyengar** on holistic health. She emphasized that true health extends beyond physical fitness and includes emotional, mental, moral, social, and spiritual well-being. She encouraged everyone to adopt yoga as a lifelong practice for achieving balance and healthy ageing.

In her address, **Prof. Neela Nataraj** emphasized the importance of yoga in maintaining a healthy and balanced lifestyle. She encouraged students, faculty members, and staff to continue practising yoga regularly, noting that its true benefits can be realized only through consistent practice rather than being confined to a single day of celebration.



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The morning programme concluded with the presentation of **prizes and certificates** to the winners of various competitions organized by **Yogastha** as part of the “50 Days to International Day of Yoga”



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initiative. The awards were presented by the Chief Guest in recognition of the participants' enthusiasm and active involvement in the activities leading up to the International Day of Yoga. As a token of appreciation, **event T-shirts were distributed to the first 50 registered participants.**

Evening Session: Yogathon – 108 Surya Namaskar Challenge

The celebrations continued in the evening with the **Yogathon: 108 Surya Namaskar Challenge**, one of Yogastha's signature International Day of Yoga events. The challenge witnessed the enthusiastic participation of **120 students, faculty members, staff, and campus residents**, who came together to experience the physical and mental discipline fostered through the practice of Surya Namaskar.

The session commenced with an address by **Dr. Harish Padinjarethil, Acting SAC In-charge**, who encouraged participants to listen to their bodies, practise mindfully, and carefully follow the guidance provided by the Yogastha team throughout the challenge.



The session was led by **Sarika**, while **Shubham** demonstrated the correct Surya Namaskar postures to ensure that participants maintained proper alignment and technique. Throughout the challenge, **Krishna, Anuj, and Vandana** performed the complete **108 Surya Namaskar** sequence on the stage, motivating and inspiring participants with their dedication and endurance.



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Participants enthusiastically completed the challenge in an atmosphere of discipline, encouragement, and collective energy. The event reflected the values of perseverance, self-awareness, and physical fitness while reinforcing the importance of regular yoga practice in everyday life.

As a token of appreciation, **laptop bags were presented to all participants who successfully completed the 108 Surya Namaskar Challenge**, recognizing their commitment, endurance, and enthusiastic participation.

Carrying the Spirit Forward

The **12th International Day of Yoga** celebrations at **IIT Bombay** successfully brought together the institute community in observing the timeless values of yoga under the theme **“Yoga for Healthy Ageing.”** Through the Common Yoga Protocol and the Yogathon: 108 Surya Namaskar Challenge, participants experienced yoga as a holistic practice that nurtures physical health, mental resilience, emotional balance, and overall well-being.

The enthusiastic participation of students, faculty members, staff, and campus residents reflected IIT Bombay's continued commitment to promoting a culture of wellness and mindful living. The insightful addresses delivered by the Chief Guest and institute dignitaries further reinforced the message that yoga is not merely a practice for a single day but a lifelong journey towards healthier living.



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Through such initiatives, **Yogastha** continues to inspire the IIT Bombay community to embrace yoga as an integral part of everyday life while contributing to the larger vision of creating a healthier and more mindful society.





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