



Yogastha IIT Bombay

iitbyogastha.in

yogastha@iitb.ac.in, yogastha.iitb@gmail.com



50 Days of International Day of Yoga Celebration - 2026

As part of the 50 days of International Day, Yogastha has conducted the following events and competitions

1. Swasti Yoga Camp

Date: 4-7 May 2026

Venue: Yoga Hall, New SAC

Event Lead: Jitendra

Attendees: 40-50 per day

About the event:

The Swasti Yoga Camp was organized by Team Yogastha, IIT Bombay as part of the 50 Days International Day of Yoga (IDY) 2025 series, in collaboration with Dr. Vikas Chothe and Dr. Shwetambari Chothe from Swasti Yoga Centre. The four-day camp aimed to promote holistic well-being and yogic awareness among the campus community through structured and experiential yoga sessions conducted under expert guidance.

The camp featured two sessions each day, with a total of eight sessions conducted over four days. The sessions witnessed enthusiastic participation from the IIT Bombay community, with an average attendance of 35–40 participants during the morning sessions and 45–50 participants during the evening sessions. The program was designed to accommodate practitioners of all skill levels and encourage regular engagement with yogic practices.

Each session began with Sukshma Vyayama, followed by Suryanamaskar and spine activation asanas to improve flexibility, posture, and overall physical well-being. Participants were also introduced to yogic cleansing techniques such as Jal Neti, Sutra Neti, and Netra Shuddhi. In addition, the camp included partner yoga practices, inversion yoga asanas, meditation sessions, and discussions on women's health and yogic lifestyle, helping participants understand yoga as a complete way of life rather than only a physical exercise practice.

As part of the initiative, participants who attended at least 6 out of the 8 sessions became eligible to receive a Yoga Volunteer Certificate from the Ministry of AYUSH, Government of India, to be awarded on the occasion of the International Day of Yoga 2025. The camp successfully created awareness about the importance of consistent yogic practice and inspired participants to adopt a healthier and more balanced lifestyle.



Yogastha IIT Bombay

iitbyogastha.in

yogastha@iitb.ac.in, yogastha.iitb@gmail.com





Yogastha IIT Bombay

iitbyogastha.in

yogastha@iitb.ac.in, yogastha.iitb@gmail.com



2. Yogic Concentration Techniques

Date: 15 May 2026

Venue: Yoga Hall, New SAC

Event Lead: Naushik Maurya

Attendees: 35-40

About the event:

As a part of the ongoing “100 Days to International Day of Yoga (IDY)” series, an enriching Yoga and Wellness Session was conducted at IIT Bombay under the leadership of the event lead, Naushik Maurya (1st year Mtech at aerospace engineering), by Mr. Nilesh Sonu Varkute, Assistant Yog Teacher, Patanjali Yog Samiti, Kalyan, and PhD Scholar at the Centre for Climate Studies, IIT Bombay. The session was held at the Yoga Hall, New SAC, and witnessed the enthusiastic participation of around 35–40 students, staff members, and their family members.

The session focused on the holistic benefits of yoga in enhancing mental, emotional, and physical well-being. Through a series of practical yogic techniques, including asanas, pranayama, and relaxation practices, participants were guided toward improving concentration, mental clarity, inner calm, and overall health. Mr. Nilesh Varkute emphasized the importance of integrating yoga into daily life to cultivate self-discipline, positivity, and a balanced lifestyle.

The workshop highlighted several benefits of yoga for students, staff, and families, including improved concentration, memory, and learning ability, along with reduced stress, anxiety, and mental fatigue. Participants also gained awareness about the role of yoga in enhancing emotional balance, promoting better posture and breathing habits, increasing productivity, and encouraging healthy lifestyle practices within society.

The interactive and rejuvenating session provided participants with a refreshing break from their daily academic and professional routines. Attendees actively engaged in the guided practices and experienced a sense of relaxation and mindfulness throughout the program. The workshop concluded with a felicitation ceremony expressing gratitude to the instructor, followed by a group photograph session to commemorate the occasion.

The session was deeply appreciated by all attendees and contributed meaningfully to the spirit of wellness and self-awareness leading up to the International Day of Yoga.



Yogastha IIT Bombay

iitbyogastha.in

yogastha@iitb.ac.in, yogastha.iitb@gmail.com



3. Yoga Abhiyojna – 54 Surya Namaskar Challenge

Date: 18-20 May 2026

Venue: Yoga Hall, New SAC

Event Lead: Animesh Kole

Attendees: 55-60

About the event:

About the Event – The Yoga Abhiyojna was a three-day programme held on the evenings of 18th, 19th, and 20th May 2025, from 7:00 PM to 8:00 PM. The first two days served as preparatory practice sessions, while the third day was the main event, the 54 Surya Namaskar Challenge — organized as part of the 50-day celebration of the International Day of Yoga, to honour the strength, discipline, and joy that a sustained yoga practice brings into one's life.

Both the practice sessions and the final event were led by Sarika Ma'am. The primary demonstration was carried out by Pranit, with Anuj and Vandana actively supporting him, after which Anuj and Vandana joined the other team members in helping participants refine their posture and maintain correct alignment throughout the sessions. Team members present included Sarika ji, Animesh, Jitendra, Vandana, Anuj, Harshita, Naushik, Pranit, and Nidhi.

On the first day, 12 rounds of Surya Namaskar were completed, building a steady foundation. The second day saw a significant progression with 36 rounds, preparing participants both physically and mentally for the final challenge. On the third evening, participants successfully completed all 54 rounds of Surya Namaskar — a sequence of 12 yoga postures that salute the sun and energise the body and mind. Each session concluded with a 15-minute Yoga Nidra, offering participants a moment of



Yogastha IIT Bombay

iitbyogastha.in

yogastha@iitb.ac.in, yogastha.iitb@gmail.com



deep relaxation and inner calm. A total of 48 participants successfully completed all 54 Surya Namaskars.

The Yoga Abhiyojna was deeply appreciated by all attendees and contributed meaningfully to the lead-up to the International Day of Yoga.



4. Himalayan Samarpan Meditation

Date: 25 May 2026

Venue: Yoga Hall, New SAC

Event Lead: Naushik

Attendees: 35

About the event:

As part of the ongoing "50 Days to International Day of Yoga (IDY)" series, Yogastha, the Yoga and Wellness Body of IIT Bombay, organized a Himalayan Samarpan Meditation Session at the Yoga Hall, New SAC. The session witnessed enthusiastic participation from approximately 35 students, faculty members, staff, and campus residents, who gathered to experience the profound practice of meditation rooted in the Himalayan spiritual tradition.



Yogastha IIT Bombay

iitbyogastha.in

yogastha@iitb.ac.in, yogastha.iitb@gmail.com



The session was conducted by experienced practitioners from the Himalayan Samarpan Meditation organization, who introduced participants to the philosophy and practice of this unique meditation technique. The programme began with a brief introduction to the significance of meditation in promoting holistic well-being, followed by an explanation of the principles of Samarpan (complete surrender) and its role in attaining inner peace and self-awareness.

Participants were then guided through a structured meditation session in a calm and serene environment. The instructors emphasized effortless meditation, allowing practitioners to naturally experience mental stillness and deep relaxation. The session concluded with an interactive discussion, during which participants shared their experiences and clarified their questions regarding regular meditation practice.

The Himalayan Samarpan Meditation Session was well received by the participants, many of whom expressed a sense of calmness, mental clarity, and renewed energy after the practice. The programme served as a meaningful addition to the "50 Days to IDY" celebrations by highlighting the importance of meditation alongside physical yoga practices in achieving overall health and well-being.



5. Nourish & Flow: PCOD and PMOS Yoga Wellness Workshop

Date: 25 May 2026

Venue: Yoga Hall, New SAC

Event Lead: Vandana

Attendees: 20

About the event:

As a part of the ongoing International Day of Yoga (IDY) Series 2026, Yogastha organized an insightful and wellness-oriented session titled "Nourish & Flow: PCOD and PMOS Yoga Wellness Workshop" at the Yoga Hall, New SAC, IIT Bombay. The workshop was conducted in accordance with the Ministry of AYUSH and witnessed enthusiastic participation from students and wellness enthusiasts across the campus.

About the Instructor – Ms. Sarika P. Chavan, senior Yogastha instructor, holds a PG Diploma in Yogic Science and an M.A. in Yogashastra. With her extensive experience in conducting yoga and wellness workshops, she has guided many individuals towards a healthier and more balanced lifestyle through yogic practices.



Yogastha IIT Bombay

iitbyogastha.in

yogastha@iitb.ac.in, yogastha.iitb@gmail.com



The workshop focused on creating awareness about PCOD and the recently renamed PMOS (Polyendocrine Metabolic Ovarian Syndrome), highlighting their causes, symptoms, diagnosis, and impact on women's overall health. Through an informative and engaging session, Sarika ma'am explained the importance of hormonal balance, healthy lifestyle practices, and mindful living in managing these conditions effectively.

The session beautifully integrated traditional yogic wisdom with practical wellness guidance. Participants were introduced to various yoga asanas, pranayama techniques, mudras, and lifestyle recommendations beneficial for hormonal health and metabolic balance. The workshop also emphasized the importance of balanced nutrition, proper routines, stress management, and holistic well-being as described in yoga and Ayurveda.

The practical yoga session included asanas such as Baddha Konasana, Bhujangasana, Malasana, Setubandhasana, and Chakrasana, along with pranayama practices including Anulom Vilom, Bhramari, Kapalabhati, and Ujjayi. Participants actively engaged in the practices and experienced a calm, rejuvenating, and informative session.

The workshop provided a safe and supportive environment for participants to learn about women's health concerns and explore yoga as a sustainable approach toward physical, emotional, and mental wellness. The event concluded with a felicitation ceremony expressing gratitude to the instructor, followed by an interactive discussion and group photographs to commemorate the occasion.

The session was highly appreciated by all attendees and served as a meaningful contribution to the International Day of Yoga Series 2026 by promoting awareness, wellness, and holistic health practices among the IIT Bombay community.





Yogastha IIT Bombay

iitbyogastha.in

yogastha@iitb.ac.in, yogastha.iitb@gmail.com



6. Sound Bath Session

Date: 1 June 2026

Venue: Yoga Hall, New SAC

Event Lead: Pranit

Attendees: 55

About the event:

As part of the ongoing “100 Days to International Day of Yoga (IDY) 2026” series, IITB Yogastha successfully organized its first-ever Sound Bath Session at the Yoga Hall, New SAC. The session was led by Sarita Patodia, a certified Yoga Trainer and Sound Therapist with over eight years of experience, and witnessed the participation of a diverse group of students, faculty, and campus residents seeking a unique meditative experience.

A Sound Bath is a deeply immersive form of meditation where participants are enveloped in soothing sound vibrations produced by instruments such as singing bowls. The session introduced attendees to this therapeutic practice, emphasizing its ability to calm the mind, relax the body, and restore inner balance. Through carefully curated sound frequencies and guided awareness, participants experienced a state of deep relaxation, allowing them to disconnect from external stressors and reconnect with their inner selves.

The session created a शांत and introspective atmosphere, where the gentle resonance of sound facilitated mental clarity, emotional release, and a sense of holistic well-being. Participants reported feeling refreshed, grounded, and more centered following the experience, highlighting the effectiveness of sound therapy as a powerful tool for stress reduction and mindfulness.

The event concluded on a positive note, with participants expressing appreciation for the unique and calming experience. As the first Sound Bath session conducted under Yogastha, it marked an important step in expanding the scope of wellness practices offered to the IITB community, contributing meaningfully to the spirit of harmony and well-being in the lead-up to the International Day of Yoga.



Yogastha IIT Bombay

iitbyogastha.in

yogastha@iitb.ac.in, yogastha.iitb@gmail.com



7. Varenyam Yoga Session

Date: 12 June 2026

Venue: Yoga Hall, New SAC

Event Lead: Rishi

Attendees: 25

About the event:

The session was conducted by experienced instructors from **Varenyam Yoga**, who introduced participants to the importance of cultivating physical strength, flexibility, mental balance, and inner awareness through a systematic yoga practice. The programme began with a brief overview of the objectives and philosophy of Varenyam Yoga, highlighting its emphasis on harmonizing the body, mind, and breath.

Participants were then guided through a well-structured practice session comprising gentle warm-up exercises, a sequence of yogasanas, pranayama techniques, and relaxation practices. Throughout the session, the instructors demonstrated each posture while providing clear guidance on proper alignment, breathing, and mindful movement. The emphasis was on performing the practices safely and with awareness, enabling participants of all experience levels to benefit from the session.

The Yogastha organizing team ensured the smooth conduct of the programme by coordinating participant registration, venue arrangements, and session management. Team members actively assisted participants during the practice, helping them maintain correct posture and encouraging them throughout the session.

The Varenyam Yoga Session was highly appreciated by all attendees, who reported feeling refreshed, relaxed, and energized upon completion of the practice. The programme successfully highlighted the significance of integrating yoga into everyday life for improving physical health, reducing stress, and enhancing overall well-being.



Yogastha IIT Bombay

iitbyogastha.in

yogastha@iitb.ac.in, yogastha.iitb@gmail.com



8. Yogathon Practice Session

Date: 7, 9, 11, 13, 16, 19 June 2026

Venue: Yoga Hall, New SAC

Event Lead: Prabanjan and Pranit

Attendees: 55-60 per session

About the event:

As part of the lead-up to International Day of Yoga 2026, Yogastha, IIT Bombay organized a series of Yogathon Practice Sessions to prepare participants for the 108 Suryanamaskar Challenge on June 21. Held over six dates, the sessions progressively built stamina and focus through rounds of Suryanamaskar, gradually increasing from 12 to 84.

Led by Sarika Ma'am and supported by Yogastha demonstrators, each session had a specific focus, ranging from posture alignment and breath control to endurance and mental resilience. Participants from across the IITB community joined regularly, showing remarkable consistency and enthusiasm.

The sessions provided a strong foundation for the main Yogathon event, reinforcing Yogastha's mission of cultivating discipline, wellness, and inner strength through yoga.



9. Common Yoga Protocol Practice Session

Date: 12, 15, 17 June 2026

Venue: Yoga Hall, New SAC

Event Lead: Prabanjan and Pranit

Attendees: 45-50 per session

About the event:



Yogastha IIT Bombay

iitbyogastha.in

yogastha@iitb.ac.in, yogastha.iitb@gmail.com



As part of the celebrations leading up to the 12th International Day of Yoga (IDY) 2026, Yogastha organized a series of Common Yoga Protocol (CYP) Practice Sessions at the Yoga Hall, New SAC, IIT Bombay, under the guidance of the event head, Anuj Mishra (1st year PhD at Physics Dept.). The sessions were conducted on 12th, 15th, and 17th June 2026 under the coordination of the Yogastha team and witnessed enthusiastic participation from around 45-50 students, faculty members, staff, and their family members.

The Common Yoga Protocol (CYP), developed by the Ministry of AYUSH, Government of India, is a standardized yoga routine practiced worldwide on the International Day of Yoga. The objective of these practice sessions was to familiarize participants with the complete protocol and prepare them for the mass yoga demonstration scheduled on 21st June 2026.

During the sessions, participants were guided through various components of the Common Yoga Protocol, including loosening exercises, standing postures, sitting postures, prone and supine postures, breathing techniques (Pranayama), and meditation practices. The instructors emphasized the importance of proper posture, breathing coordination, mindfulness, and regular yoga practice for maintaining physical health, mental well-being, and emotional balance.

As an added encouragement, participants attending all three practice sessions, along with the Chief Guest Talk on 20th June and the International Day of Yoga program on 21st June, had received a special gift from Yogastha in recognition of their dedication and commitment.

The practice sessions culminated on 21st June 2026, the International Day of Yoga, where more than 100 participants gathered to perform the Common Yoga Protocol (CYP) at IIT Bombay. The event was conducted in alignment with the nationwide celebrations led by the Hon'ble Prime Minister of India, whose message highlighted yoga as a pathway to health, harmony, and global well-being. The enthusiastic participation of students, faculty members, staff, and their families reflected the growing awareness and acceptance of yoga as a way of life.

The sessions concluded successfully, fostering greater awareness about yoga and its benefits while promoting the spirit of health, harmony, and holistic well-being. The CYP practice sessions served as an important preparatory step toward the successful celebration of the 12th International Day of Yoga at IIT Bombay and contributed meaningfully to the larger vision of creating a healthier and more mindful society





Yogastha IIT Bombay

iitbyogastha.in

yogastha@iitb.ac.in, yogastha.iitb@gmail.com



Competitions

1. T-Shirt design competition

Theme: Spirit of Yoga

Mode: Online Submission

Total Entries: 32

Date: 1-10 May 2026

We held an online T-shirt design competition where participants were required to create their own designs and submit the files to us in .png format. The competition was organized under the Yogastha Club and led by Shivam as part of the 50 Days of International Day of Yoga (IDY) celebration. One winner was selected by the senior team member and will be awarded a prize on June 21, 2026, during the IDY celebration.





Yogastha IIT Bombay

iitbyogastha.in

yogastha@iitb.ac.in, yogastha.iitb@gmail.com



2. Reel-making competition



Theme: Yogic Life Style
Mode: Online Submission
Total Entries: 8
Date: 24-31 May 2026
Lead: Rishi



Yogastha IIT Bombay

iitbyogastha.in

yogastha@iitb.ac.in, yogastha.iitb@gmail.com



As part of our International Day of Yoga (IDY) 2026 celebrations, themed "**Yoga for Healthy Ageing**", we organized a Slogan Competition with the theme "**Yogic Lifestyle**" for the IITB community to showcase their creativity and love for yoga creative reels.

Participants were judged based on the following criteria:

1. The reel, including background, music or songs used (if any), should not be based on or promote any particular religion, political view, ideology, or controversial subject.
2. Duration of the reel should be between **30 seconds to 90 seconds**.
3. Video quality should be at least **1080p**.
4. Evaluation will be based on creativity, originality, relevance to the theme, visual presentation, and overall impact.
5. The reel must be original. Any plagiarism or use of copyrighted content without permission may lead to disqualification.

A total of 2 winners were selected and were awarded with exciting prizes on 21st June, International Day of Yoga 2026.

3. Mantra Chanting competition

Mode: Yoga Hall, New SAC

Total Entries: 21

Date: 31 May 2026

Lead: Anuj

Judges: Sarika and Poorna Mam

As part of our International Day of Yoga (IDY) 2026 celebrations, themed "**Yoga for Healthy Ageing**" we organized a Yogic Mantra Chanting Competition for the IITB community to showcase your focus, clarity, and discipline through the power of chanting.

Participants were judged based on the following criteria:

1. Participants have to select any two mantras from the given list.
2. Chanting should be correct, clear, smooth, continuous, and maintain proper rhythm.
3. After chanting, participants should explain the meaning of the mantra in their own words.
4. Participants should also mention the origin or reference of the mantra.

A total of 3 winners were selected and will be awarded with exciting prizes on 21st June, International Day of Yoga 2026.



Yogastha IIT Bombay

iitbyogastha.in

yogastha@iitb.ac.in, yogastha.iitb@gmail.com



4. Quiz Competition

Mode: Online

Total Entries: 250

Date: 4-7 June 2026

Lead: Prabanjan



As part of our International Day of Yoga (IDY) 2025 celebrations, themed "Yoga for Healthy Ageing," we organized an Online Quiz Competition for the IITB community to enhance awareness and knowledge about yoga, wellness, and the significance of International Day of Yoga.



Yogastha IIT Bombay

iitbyogastha.in

yogastha@iitb.ac.in, yogastha.iitb@gmail.com



The quiz was conducted online from 4th June to 7th June 2025 and was accessible daily between 8:00 AM and 8:00 PM. Participants answered a series of questions related to yoga, health, mindfulness, and the history and benefits of yoga.

Participants were evaluated based on the following criteria:

1. Total number of questions were 10 per each day
2. Participants were required to submit their answers within the allotted time of 20seconds max per question..
3. Correct answers were awarded points.
4. Faster response times earned additional bonus points.
5. The participant securing the highest overall score was declared the winner.
6. In case of a tie, the participant with the shorter completion time was ranked higher.

5. Best Yogasana Competition

Venue: Yoga Hall, New SAC

Total Entries: 23

Date: 4 June 2026

Lead: Pranit

As part of our celebrations for the **International Day of Yoga (IDY) 2025**, centered around the theme “Yoga for Healthy Ageing,” we proudly organized a **Yogasana Performance** for the IITB community. This special event served as a vibrant platform for participants to express their creativity, discipline, and deep appreciation for the practice of yoga.

Through a series of graceful, synchronized, and powerful asanas, performers beautifully demonstrated not only physical strength and flexibility but also mindfulness, balance, and inner harmony. The showcase aimed to inspire the community by highlighting yoga as a holistic practice that nurtures both individual well-being and collective health, in alignment with this year’s global theme.

The competition was structured into two broad categories. Namely **Intermediate & Advanced**

Participants were judged based on the following criteria:

1. Participants had to perform asanas(3 for **Intermediate**, 4 for **Advanced**) from a list of 11 pre selected list of asanas(6 **Intermediate** & 5 **Advanced** Asanas) and 1 of their personal best asana..
2. Participants has to hold each asana for either 30 seconds or 1 minute depending on the category in which they had participated in and the asana they had chosen to perform.
3. Participants were judges based on their form and alignment, their stability and their transition / flow between different asanas.

A total of 4 winners, two from the **Intermediate** and one from the **Advanced**, and one from the **Kids** category, were selected and were awarded with exciting prizes on 21st June, International Day of Yoga 2026.



Yogastha IIT Bombay

iitbyogastha.in

yogastha@iitb.ac.in, yogastha.iitb@gmail.com





Yogastha IIT Bombay

iitbyogastha.in

yogastha@iitb.ac.in, yogastha.iitb@gmail.com



6. Poem Writing Competition



Theme: Yoga for healthy ageing

Mode: Online

Total Entries: 20

Date: 9-12 June 2026

Lead: Sayali Mahajan

As part of the **International Day of Yoga Series 2026**, a **Poem Writing Competition** was organized for the IIT Bombay community to encourage creative expression and deepen participants' understanding of the values and benefits of yoga.

The event provided participants with an opportunity to reflect on the significance of yoga and express their thoughts through poetry. Through this activity, participants explored themes such as physical well-being, mental balance, mindfulness, discipline, and the holistic benefits of yoga in daily life.

The entries were evaluated by a panel of judges comprising:

- Sayali Mahajan
- Rishi Mehra
- Anuj Mishra

The judging process was conducted fairly and transparently based on the following criteria:

1. Relevance to the Theme – Alignment of the poem with yoga and its associated values.
2. Creativity – Originality of ideas, expression, and presentation.
3. Overall Impact – Effectiveness of the poem in conveying its message and engaging the reader.

After careful evaluation, **three winners** were selected based on their overall performance across all judging criteria.

7. Slogan Writing Competition

Theme: Yoga for healthy ageing

Mode: Online



Yogastha IIT Bombay

iitbyogastha.in

yogastha@iitb.ac.in, yogastha.iitb@gmail.com



Total Entries: 16

Date: 9-12 June 2026

Lead: Animesh



As part of our International Day of Yoga (IDY) 2026 celebrations, themed "**Yoga for Healthy Ageing**," we organized a Slogan Competition for the IITB community to showcase their creativity and love for yoga through a powerful and inspiring slogan.

Participants were judged based on the following criteria:

1. Participants should adhere to the 25-word limit.
2. The slogans must be either in English or Hindi.
3. Slogans must be relevant to the IDY theme.
4. The slogans should be original and free from plagiarism.

A total of 3 winners were selected and were awarded with exciting prizes on 21st June, International Day of Yoga 2026.

8. Poster making Competition

Venue: Yoga Hall, New SAC

Theme: Yoga for Healthy Ageing

Total Entries: 7

Date: 14 June 2026

Lead: Vandana

As part of the International Day of Yoga (IDY) Series 2026, Yogastha successfully organized a Poster Making Competition on 14 June 2026 at the Yoga Hall, New SAC, IIT Bombay. The event aimed to encourage creativity, artistic expression, and a deeper understanding of yoga among the IIT Bombay community through visual communication and art.

The competition was based on the theme "Yoga for Healthy Ageing", aligning with the vision of promoting yoga as a lifelong practice for physical, mental, and emotional well-being. Participants were invited to creatively interpret the theme and communicate the importance of yoga in leading a healthy and active life through their posters.

The competition witnessed enthusiastic participation from students and members of the campus community. A total of ten participants, including two young children, took part in the event, adding a



Yogastha IIT Bombay

iitbyogastha.in

yogastha@iitb.ac.in, yogastha.iitb@gmail.com



unique and joyful dimension to the competition. Participants demonstrated remarkable creativity and originality through their artwork, presenting diverse perspectives on the role of yoga in fostering healthy aging and holistic wellness.

All necessary stationery materials were provided by Yogastha, while participants were also encouraged to use their own artistic materials to enhance their presentations. The posters showcased vibrant ideas, thoughtful messages, and innovative artistic techniques, making the evaluation process both engaging and challenging.

The entries were evaluated by a distinguished panel of five judges comprising Ms. Sarika P. Chavan, Ms. Poornachandra Shwetha, Mr. Shubham, Mr. Krishna Gahlod, and Mr. Jitendra Sharma. The judges carefully assessed each poster based on creativity, relevance to the theme, originality, visual impact, and effectiveness of the message conveyed. After a thorough evaluation, the panel selected the three best posters, recognizing the outstanding efforts and artistic excellence of the participants.

The competition provided a meaningful platform for participants to express their understanding of yoga beyond physical practice and explore its significance in promoting healthy aging and sustainable well-being. The event concluded with an appreciation of all participants for their enthusiastic involvement and a group photograph to commemorate the occasion.

The Poster Making Competition was highly appreciated by all attendees and served as a valuable contribution to the International Day of Yoga Series 2026, fostering creativity, awareness, and a deeper appreciation of yoga and holistic health within the IIT Bombay community.



9. Tratak Competition

Venue: Yoga Hall, New SAC

Total Entries: 16

Date: 14 June 2026

Lead: Naushik

As a part of the ongoing “100 Days to International Day of Yoga (IDY)” series, a Tratak Competition was organized at IIT Bombay under the guidance of the event head, Naushik Maurya (1st year Mtech



Yogastha IIT Bombay

iitbyogastha.in

yogastha@iitb.ac.in, yogastha.iitb@gmail.com



at aerospace engineering) . The event was conducted at the Yoga Hall, New SAC, and witnessed the enthusiastic participation of around students, staff members, and their family members.

Tratak is a traditional yogic practice that involves maintaining a steady gaze on a fixed object, typically a candle flame, without blinking for as long as possible. The competition aimed to promote concentration, mental discipline, mindfulness, and inner awareness among the participants. Through this unique practice, participants had the opportunity to test and enhance their focus, patience, and mental endurance.

The competition was conducted in a calm and disciplined environment, allowing participants to experience the benefits of Tratak firsthand. The practice helped improve concentration, strengthen willpower, reduce mental distractions, and cultivate a sense of inner calm. Participants also gained a deeper understanding of the role of yogic techniques in improving cognitive abilities and emotional balance.

The event witnessed healthy competition and enthusiastic participation from attendees across different age groups. Participants displayed remarkable levels of focus and determination throughout the session, making the event both engaging and inspiring.

The competition concluded with the announcement and felicitation of the winners, recognizing their exceptional concentration and perseverance. Certificates and appreciation were awarded to the top performers, followed by a group photograph session to commemorate the occasion.

The Tratak Competition was highly appreciated by all participants and served as a meaningful initiative in promoting yogic practices, mental well-being, and self-discipline as part of the celebrations leading up to the International Day of Yoga.



Yogastha IIT Bombay

iitbyogastha.in

yogastha@iitb.ac.in, yogastha.iitb@gmail.com

