



**A Report on "World International Yoga Day Programme-2026"**  
**Organized by Department of Physical Education and Sports & Yoga and  
Meditation Club**  
**on 21.06.2026**



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**Mode of Conduct: Offline**

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Theme: YOGA FOR HEALTHY AGEING 2026

The Department of Physical Education and Sports in association with the Yoga and Meditation Club successfully organized a Yoga and Meditation Programme with the objective of promoting physical fitness, mental well-being, stress management, and a healthy lifestyle among students and staff members. The programme commenced with a formal inauguration in the presence of university dignitaries, faculty members, and students. The organizers welcomed the gathering and highlighted the importance of yoga and meditation in maintaining physical health, emotional balance, and mental concentration in today's fast-paced world.

The resource persons and yoga instructors from Satsang foundation Mr. Pranav demonstrated various yogic practices, including stretching exercises, Surya Namaskar, standing postures, sitting postures, breathing techniques (Pranayama), and relaxation exercises. Participants actively performed the yoga sessions under expert guidance and learned the correct methods of practicing yoga safely and effectively. A special meditation session was conducted to help participants improve concentration, reduce stress, and enhance inner peace. The instructors explained the significance of regular meditation and mindfulness practices in achieving overall wellness and better academic and professional performance.

The programme witnessed enthusiastic participation from students, teaching faculty, and non-teaching staff. The participants appreciated the practical demonstrations and interactive sessions, which provided valuable insights into maintaining a healthy body and mind.

The event concluded with a vote of thanks, expressing gratitude to the university management, dignitaries, resource persons, faculty members, student volunteers, and participants for their support and active involvement in making the programme a grand success.

Overall, the Yoga and Meditation Programme was highly beneficial and successful in creating awareness about the importance of holistic health and well-being. The Department of Physical Education and Sports and the Yoga and Meditation Club remain committed to organizing similar wellness initiatives in the future.