

**A Report on**  
**Special Radio Talk on World Yoga Day 2026**  
***"Yoga for Healthy Living and Holistic Well-being"***

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### **Introduction**

MITS Community Radio 90.8 organized a special awareness programme on the occasion of International Day of Yoga 2026 on 17<sup>th</sup> June 2026. The programme featured an interview with Mr. K. Manju Vikram, Assistant Physical Director and Yoga Club Member at MITS Deemed to be University.

The session aimed to create awareness among students, faculty members, and community listeners about the significance of yoga in maintaining physical fitness, mental balance, and spiritual well-being. During the interaction, the resource person elaborated on the history, objectives, benefits, and practical applications of yoga in daily life.

The programme emphasized that yoga is not merely a physical exercise but a complete lifestyle that promotes harmony between the body, mind, and soul.



### **Objectives of the Programme**

The programme was conducted with the following objectives:

1. To create awareness about the importance of yoga in daily life.
2. To educate listeners about the history and philosophy of yoga.
3. To explain different forms of yoga and yogic practices.
4. To promote healthy lifestyles among students and community members.
5. To encourage stress management and mental well-being through yoga.
6. To inspire individuals to adopt yoga as a lifelong wellness practice.

### **Proceedings of the Interview**

The interview commenced with a discussion on the meaning and significance of yoga.

#### **Meaning of Yoga**

Mr. Manju Vikram explained that India has gifted the world one of its most valuable treasures—Yoga. The word "Yoga" is derived from the Sanskrit root "Yuj," which means "to unite" or "to join." Yoga symbolizes the union of body, mind, and spirit.

He emphasized that yoga is not limited to performing physical postures (asanas) but is a way of life that enables individuals to gain control over their minds and emotions while achieving overall well-being.

#### **Brief History of Yoga**

The resource person highlighted that yoga originated in India more than 5,000 years ago. The systematic practice of yoga was popularized by the great sage Patanjali through the Yoga Sutras. Patanjali structured yoga into an organized discipline and introduced the Eight Limbs of Yoga, which continue to guide practitioners toward physical, mental, and spiritual growth.

#### **Benefits of Yoga**

The interview discussed numerous benefits of yoga, including:

- Reduction of stress and anxiety.
- Improvement in flexibility and body posture.
- Enhancement of mental relaxation.
- Better oxygen circulation throughout the body.
- Increased concentration and focus.
- Support in managing blood pressure and blood sugar levels.
- Promotion of emotional balance and positive thinking.



The speaker recommended practicing yoga during the morning hours for maximum benefits.

### **Eight Limbs of Yoga (Ashtanga Yoga)**

Mr. Manju Vikram elaborated on the Eight Limbs of Yoga introduced by Patanjali:

#### **1. Yama**

Ethical principles governing social behavior such as truthfulness, non-violence, and self-control.

#### **2. Niyama**

Personal disciplines including cleanliness, contentment, self-study, and self-discipline.

#### **3. Asana**

Physical postures designed to strengthen the body and improve flexibility.

#### **4. Pranayama**

Breathing techniques that regulate life energy and improve respiratory efficiency.

#### **5. Pratyahara**

Withdrawal of the senses from external distractions to enhance inner awareness.

#### **6. Dharana**

Concentration on a single point or object to improve focus.

#### **7. Dhyana**

Meditation that develops mental clarity and inner peace.

#### **8. Samadhi**

The highest state of spiritual consciousness and self-realization.

The resource person stated that these eight stages provide a comprehensive path toward holistic development.

### **Types of Yoga and Important Asanas**

During the interaction, different forms of yoga were discussed.

#### **Hatha Yoga**

Focuses on balancing the body and mind through physical postures and breathing techniques.

#### **Vinyasa Yoga**

Emphasizes synchronized breathing and movement, improving respiratory control and flexibility.



### **Common Yoga Asanas Explained**

- Surya Namaskar
- Padmasana
- Tadasana
- Chakrasana
- Dhanurasana
- Bhujangasana
- Halasana
- Trikonasana
- Vajrasana
- Shalabhasana

The speaker emphasized that regular practice of these asanas contributes significantly to physical fitness, flexibility, and overall health.

### **Importance of Pranayama**

Pranayama was highlighted as one of the most essential components of yoga.

The three stages of Pranayama include:

Poorakam – Inhalation of breath.

Kumbakam – Retention of breath.

Rechakam – Exhalation of breath.



These breathing practices improve lung capacity, concentration, and emotional stability.

The MITS Community Radio 90.8 Team expressed sincere gratitude to the resource person for his enlightening interaction and valuable suggestions, which contributed significantly to the success of the programme and the promotion of healthy living among the community.

### **Conclusion**

The special radio interview conducted by MITS Community Radio 90.8 on the occasion of International Day of Yoga 2026 served as an informative and inspiring platform for promoting holistic health and wellness. Mr. K. Manju Vikram shared valuable insights into the history, philosophy, benefits, and practical applications of yoga, encouraging listeners to incorporate yogic practices into their daily lives.

### **Outcomes of the Programme**

The programme successfully achieved the following outcomes:

#### **Outcome 1**

Participants and listeners gained comprehensive knowledge about the origin, philosophy, and significance of yoga.

#### **Outcome 2**

The session enhanced awareness regarding the physical and mental health benefits of regular yoga practice.

#### **Outcome 3**

Students and community listeners were motivated to adopt yoga as a daily wellness activity for stress management and healthy living.

### **Alignment with United Nations Sustainable Development Goals (SDGs)**

#### **SDG 3 – Good Health and Well-Being**

Yoga promotes physical fitness, mental health, stress reduction, and disease prevention, contributing to healthier communities.

#### **SDG 4 – Quality Education**

The programme provided educational awareness on traditional knowledge systems and healthy lifestyle practices.

#### **SDG 17 – Partnerships for the Goals**

The initiative strengthened collaboration between MITS Community Radio 90.8, the Yoga Club, faculty members, students, and the community to promote wellness and public awareness.