

ITRA Jamnagar Concludes 100-Day Yoga Campaign Ahead of International Day of Yoga 2026; Reaches Over 4,500 Participants

प्रविष्टि तिथि: 19 JUN 2026 7:55PM by PIB Delhi

As part of the 100-day countdown campaign for the 12th International Day of Yoga (IDY) 2026, the Institute of Teaching and Research in Ayurveda (ITRA), Jamnagar, under the Ministry of Ayush, successfully conducted a series of yoga awareness and outreach initiatives, connecting more than 4,500 people through various programmes.

The campaign, aligned with the IDY 2026 theme “Yoga for Healthy Ageing” (स्वस्थ आयु के लिए योग), focused on promoting the benefits of yoga for a healthy, active and balanced lifestyle. The initiative reflected the Ministry of Ayush’s vision of taking yoga to every section of society through community participation, institutional activities and digital outreach. ITRA actively contributed to this mission by organising various awareness programmes through on-ground activities while reaching a wider audience through digital platforms.

Director, ITRA Jamnagar, Prof. (Dr.) Tanuja Nesari informed that 11 major programmes were organised during the campaign, including yoga workshops, Continuing Medical Education (CME) programmes, Common Yoga Protocol training sessions, free yoga classes, “Yoga 365” group practice sessions, national-level competitions and a “Run for Yoga” awareness event.

The campaign witnessed enthusiastic participation from students, youth, healthcare professionals, senior citizens, labour communities, prison inmates, security personnel and the general public. Youth participation was encouraged through creative activities including poster making, shloka recitation, poetry writing, song writing and reel-making competitions. Yoga demonstrations and group practice sessions were also organised at various locations, connecting people from diverse sections of society with the message of yoga and holistic well-being.

Along with public outreach initiatives, ITRA continues to strengthen yoga education and capacity building through five academic programmes, including two postgraduate diploma and three executive diploma courses. The institute also conducts six specialised courses focusing on Yoga Science, Lifestyle Management, Wellness, Dietetics, Ayurveda and Naturopathy, further promoting an integrated approach towards health and well-being.

The Department of Swasthavritta at ITRA continues to provide free yoga training and specialised programmes for groups such as pregnant women and senior citizens throughout the year.

On the occasion of International Day of Yoga and World Music Day on June 21, ITRA students will present a special “Yoga Fusion Performance”, combining music and yoga postures. A large number of people from Jamnagar and nearby districts are expected to participate in the “Yoga Mahasangam” at Dhanvantari Ground, along with doctors, students, faculty members and employees of ITRA.

Through these initiatives, ITRA continues to promote yoga as a scientific approach towards achieving harmony between body, mind and soul, reinforcing the vision of a healthier and more balanced society.







SR/SV/SG

(रिलीज़ आईडी: 2275408) आगंतुक पटल : 229
इस विज्ञप्ति को इन भाषाओं में पढ़ें: Urdu , हिन्दी , Gujarati