

AIIA Celebrates 12th International Day of Yoga 2026 with Enthusiastic Participation and Diverse Wellness Activities

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The All India Institute of Ayurveda (AIIA), New Delhi, an autonomous organization under the Ministry of Ayush, commemorated the 12th International Day of Yoga (IDY) 2026 with a series of vibrant events and awareness programmes aimed at promoting the holistic benefits of Yoga and fostering a culture of health and wellness.

The main celebration was held at the AIIA campus and commenced with the ceremonial lighting of the lamp by Prof. (Vd.) P.K. Prajapati, Director, AIIA. The programme was attended by Prof. (Dr.) Manjusha Rajagopala, Dean, Delhi University; Dr. Yogesh Badwe, Medical Superintendent, AIIA; Dr. Shiv Kumar Harti, Head, Department of Swasthavritta and Yoga; senior faculty members; staff; and scholars of the Institute.



In a significant outreach initiative, AIIA, in collaboration with the Supreme Court of India, organized a special Yoga session within the premises of the Supreme Court. The session was graced by Hon'ble Chief Justice of India Justice Surya Kant, Hon'ble Judges of the Supreme Court, Prof. (Vd.) P.K. Prajapati, Director, AIIA, along with senior faculty members and staff of the Institute.

As part of the lead-up activities to International Day of Yoga 2026, the Department of Swasthavritta and Yoga conducted a Yogasana Competition for faculty members, non-teaching staff, and their family members. To encourage healthy habits among children, AIIA also organized a 15-day Yoga Camp for children up to 15 years of age. More than 100 children actively participated in the camp and learned various yogic practices aimed at enhancing their physical and mental well-being.



Further strengthening public awareness on Yoga, the Department successfully organized a three-day Shatkarma Workshop from 4–6 June 2026 for faculty members, postgraduate and Ph.D. scholars, staff members, and the general public. The workshop featured expert sessions by Hathayogi Kesava Viswakarma of Ahimsa Bharatiya Yoga Vishwavidyalayam, Guntur, Andhra Pradesh, who provided theoretical insights and practical demonstrations of various Shatkarma techniques. Mrs. Jhansi Rani also contributed significantly to the conduct of the workshop sessions. Nearly 40 participants attended the programme and gained valuable hands-on experience in traditional yogic cleansing practices aimed at enhancing physical, mental, and spiritual well-being.

The Department also organized a Yoga Quiz Competition on 3 June 2026 for postgraduate and Ph.D. scholars as well as staff members, further enriching the observance of International Day of Yoga.

The successful celebration of the 12th International Day of Yoga at AIIA reflects the Institute's continued commitment to promoting the timeless wisdom of Yoga and Ayurveda for achieving holistic health, wellness, and healthy ageing. Through such initiatives, AIIA continues to advance the vision of making Yoga an integral part of daily life and public health.

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इस विज्ञापित को इन भाषाओं में पढ़ें: Urdu , हिन्दी , Punjabi , Tamil

