



Yoga Sangam at ITRA Jamnagar Witnesses Mass Participation on 12th International Day of Yoga

Students, Officials and Citizens Come Together for Common Yoga Protocol session

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As part of the 12th International Day of Yoga (IDY) 2026 celebrations, the Institute of Teaching and Research in Ayurveda (ITRA), Jamnagar, an Institute under the Ministry of Ayush, Government of India, organised a Yoga Sangam programme at Dhanvantari Ground today.

More than 2,000 participants joined the Common Yoga Protocol (CYP) session, reflecting the growing public enthusiasm towards adopting yoga as a way of life. The event witnessed participation from students, faculty members, staff, CISF personnel, officials and employees of WHO-Global Traditional Medicine Centre (WHO-GTMC) and citizens.

The programme was held under the leadership of Prof. (Dr.) Tanuja Nesari, Director, ITRA, with the participation of several distinguished dignitaries.

The participants performed various yogic practices during the session, highlighting yoga's role in promoting holistic health and well-being. A special 'Yoga Fusion' performance by students of the Yoga Department of ITRA presented a unique blend of music and yoga, receiving wide appreciation from the gathering.

One of the key highlights of the programme was the audio-visual presentation **"Yoga: A Journey from Me to We"**, showcasing the global journey of yoga inspired by Prime Minister Shri Narendra Modi's vision of taking India's ancient tradition of yoga to the world.

The special presentation, prepared by Prof. Vaidya Manoj Nesari with the efforts of ITRA and its ANCN TV channel team, added further significance to the celebrations.

The event concluded with the message of integrating yoga into everyday life for a healthier and balanced future.



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(रिलीज़ आईडी: 2276107) आगंतुक पटल : 346

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