

Rashtriya Ayurveda Vidyapeeth Celebrates International Day of Yoga 2026 with Focus on Healthy Ageing and Holistic Wellness

Special Yoga Session highlights the synergy of Yoga and Ayurveda for preventive healthcare and balanced living

प्रविष्टि तिथि: 21 JUN 2026 3:15PM by PIB Delhi

Rashtriya Ayurveda Vidyapeeth (RAV), New Delhi, celebrated the 12th International Day of Yoga (IDY) 2026 by organising a Special Yoga Session under this year's theme, **“Yoga for Healthy Ageing (स्वस्थ आयु के लिए योग).”** The programme highlighted the role of Yoga and Ayurveda in promoting preventive healthcare, holistic well-being and healthy lifestyles.

The event was held in the presence of Dr. Vandana Siroha, Director, Rashtriya Ayurveda Vidyapeeth; Vd. Tara Chand Sharma, CRAV Guru; and Vd. Namadhar Sharma, CRAV Guru, along with officials and staff members of the Vidyapeeth. The celebration reflected RAV's continued efforts towards promoting the integration of traditional knowledge systems for physical, mental and emotional well-being.

The programme began with a Yoga Session at the Vidyapeeth campus, where participants performed various Yogic practices, including asanas, pranayama and meditation. The session highlighted the benefits of Yoga in improving physical fitness, mental well-being and overall health.

The dignitaries emphasised that Yoga, along with the principles of Ayurveda, plays an important role in promoting preventive healthcare, balanced living and healthy ageing. The programme also highlighted the shared vision of Yoga and Ayurveda in fostering harmony between body, mind and spirit.

The event concluded with participants taking a pledge to embrace Yoga as a way of life and spread awareness about its benefits among families, workplaces and communities.

The International Day of Yoga 2026 celebration at Rashtriya Ayurveda Vidyapeeth reaffirmed the timeless relevance of Yoga and Ayurveda in addressing contemporary health challenges and promoting a healthier, happier and more balanced society.





SR/SV/SG

(रिलीज आईडी: 2276120) आगंतुक पटल : 417

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