



A Report of International Day of Yoga 2026



Theme: Yoga for Healthy Ageing



Department of Yogic Science

Gurukula Kangri (Deemed to be University), Haridwar

IOY-2026



Detailed Report
On
12th International Day of Yoga
21st June, 2026
Theme-Yoga for Healthy Ageing



❖ Two programs were organized on the occasion of Yoga Day

Program 1: International Yoga Day Protocol

(6.30 to 8:00 AM)

Program 2: Certificate Distribution of Yoga Summer Camp

(8.00 pm to 9.00AM)

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Inaugural Session

The programme began with Vedic chanting followed by *Mangalacharan*. After the formal inauguration, participants assembled for the International Day of Yoga celebration. The Department welcomed the distinguished guests, faculty members, students and participants who had gathered to celebrate the occasion.

Common Yoga Protocol

Following the inaugural session, the participants performed the Common Yoga Protocol under the guidance of Dr. Yogeshwar Bhardwaj. The session included loosening practices, various yogasanas, pranayama and meditation. Faculty members, research scholars, students and university staff participated with enthusiasm. The practice session created an atmosphere of discipline and collective participation, reinforcing the importance of incorporating yoga into everyday life for physical and mental well-being.

Addressing the gathering, Dr. Udham Singh, In-charge of the Department of Yogic Science and Coordinator of the programme, informed that a number of activities had been organized as part of the International Yoga Countdown Programme. Among these, a seven-day Yoga Summer Camp was conducted for children in the age group of 5 to 15 years. The camp included enthusiastic participation and provided the young learners with basic knowledge of yogic practices where they practiced asanas, pranayama, meditation etc. for discipline and healthy living. On this occasion, the participating children were awarded certificates in recognition of their successful completion of the camp.

Address by the Chief Guest

Shri Nitin Gautam, Chairman of Ganga Sabha and Minister of State, Government of Uttarakhand, addressed the gathering as the Chief Guest. He stated that a revolution in health, yoga and noble thoughts can be effectively spread through the sacred traditions of the Ganga and Gurukul. Referring to the contribution of Gurukula Kangri, he observed that the inspiration for yoga that originated from Gurukul has reached every corner of the world and has played a significant role in creating global awareness about yoga.



Presidential Address

Presiding over the function, Prof. Satyadev Nigamalankar, Registrar of the University, remarked that the true spirit of freedom can be experienced only when it is accompanied by a sense of national responsibility. He emphasized that every individual should contribute sincerely towards the development of the nation with renewed determination and commitment. Such collective efforts, he said, would strengthen India's aspiration of becoming a *Vishwaguru*.

Address by the Guest of Honour

Prof. Dinesh Chandra Shastri, former Vice-Chancellor of Uttarakhand Sanskrit University, explained the close relationship between the Vedas and Yoga. He observed that the essence of yoga lies in maintaining balance within the body and alertness of the mind. Referring to the philosophical foundations of yoga, he stated that inner and outer balance is indispensable for leading a meaningful and balanced life.

Special Address

Prof. Pankaj Madan, Director, IQAC, described yoga as one of India's greatest contributions to humanity. He remarked that Gurukula Kangri has played a pioneering role in preserving and promoting the authentic tradition of yoga. He encouraged students and scholars to understand yoga not only as an academic discipline but also as a practical way of life.

Dr. Shwetank Arya, Deputy Registrar, highlighted that balance in diet, daily routine and thoughts forms the practical basis of yoga. He encouraged everyone to make yoga an inseparable part of their everyday life for achieving physical, mental and emotional well-being.

Felicitations of Achievers

The celebration also included a felicitation ceremony to honour the achievements of students and scholars of the Department.

Mr. Diwakar, a research scholar of the University, was praised for winning a gold medal at the World Yoga Championship and for serving as a judge at the championship. His achievement brought recognition to the Department and reflected the University's commitment to excellence in the field of yoga. Mr. Priyanshu, a student of the Department of Yogic Science, was honoured with an *Angavastram*, medal and certificate of appreciation for securing a gold medal in the

Yoga competition at the 38th National Games. His outstanding achievement were appreciated by all the dignitaries present on the occasion.

Dr. Manoj Kumar was also felicitated for his selection in the research programme of the Indian Council of Historical Research (ICHR), Ministry of Culture, Government of India. The University acknowledged his academic accomplishment.

Community Outreach Programmes

As part of the International Yoga Countdown activities, the Department organized yoga training camps at different locations to extend the benefits of yoga to the community.

A yoga training camp was conducted at Surat Giri Bangla Ashram, Sanyas Road, Kankhal, under the guidance of Dr. Rajeev Sharma. Another camp was organized at Jurs Country Campus, Haridwar, under the leadership of Dr. Manoj Kumar. These programmes received an encouraging response from local participants and reflected the Department's continuous efforts to promote yoga beyond the university campus.

The active participation of teachers, students, research scholars, university employees and members of the community made the programme meaningful and successful. Through lectures, practical demonstrations, outreach activities and recognition of outstanding achievements, the Department of Yogic Science effectively conveyed the message that yoga is not merely a practice confined to a single day but a lifelong discipline that contributes to individual growth and the welfare of society.





Distinguished Guests and Officials



Shri Nitin Gautam

*Hon'ble State Minister, Govt. of
Uttarakhand & President, Ganga Sabha*



Prof. Dinesh Chandra Shastri

*Former Vice-Chancellor, Uttarakhand
Sanskrit University, Haridwar*

Prof. Satyadev Nigamalankar

*Registrar, Gurukul Kangri (Deemed to
be University), Haridwar*



Prof. Pankaj Madan

*Director IQAC, Gurukul Kangri (Deemed
to be University), Haridwar*

Dr. Shwetank Arya

*Deputy Registrar, Gurukul Kangri
(Deemed to be University), Haridwar*

Dr. Udham Singh

*In-charge, Head, Dept. of Yogic Science
Gurukul Kangri (Deemed to be
University), Haridwar*





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