

REPORT ON THE OBSERVANCE OF INTERNATIONAL DAY OF YOGA 2026

Name of Institution: Biswa Bangla Biswabidyalay

Venue: University Sports Complex

Date: 21 June 2026

Time: 6:30 AM – 9:00 AM

Introduction

Biswa Bangla Biswabidyalay observed the **International Day of Yoga 2026** with great enthusiasm and active participation on **21 June 2026**. The programme was organized with the objective of promoting physical fitness, mental well-being, emotional balance, and spiritual harmony through the practice of yoga. Faculty members, officers, staff, and students of the university participated wholeheartedly in the celebration, making the event a grand success.

The observance was conducted in accordance with the spirit of the International Day of Yoga, which has emerged as a global movement promoting healthy living and holistic wellness. The programme also aimed to raise awareness of the importance of incorporating yoga into daily life to achieve a balanced and healthy lifestyle.

Programme Proceedings

The celebration commenced at **6:30 AM** with the live telecast of the **International Day of Yoga celebrations from Kolkata**, where the **Hon'ble Prime Minister of India**, the **Hon'ble Governor of West Bengal** and also the **Chancellor of Biswa Bangla Biswabidyalay**, and the **Hon'ble Chief Minister of West Bengal** participated in the national-level observance of the occasion. Members of the university community gathered to watch the live broadcast, which highlighted the significance of yoga in fostering individual well-being and collective harmony.

Following the live telecast, all participants proceeded to the **University Sports Complex** for the institutional celebration. The formal programme began with the rendition of **Vande Mataram**, creating a sense of patriotism and unity among the participants. This was followed by the ceremonial lighting of the lamp and invocation by the Registrar, marking the official inauguration of the programme.

Dr. Bapi Das, Guest Faculty, delivered the **Welcome Address** and extended a warm greeting to all participants. In his address, he emphasised the importance of yoga in maintaining physical health, mental peace, and emotional resilience in contemporary life.

Subsequently, **Dr. Ujjal Bag, Guest Faculty**, introduced the significance of the **International Day of Yoga** and elaborated on the theme of the year. He highlighted how yoga serves as a bridge between the body, mind, and spirit and contributes to the development of a healthy and disciplined society.

The main yoga session commenced thereafter with **mantra chanting**, creating a serene and focused environment. Participants then engaged in the **Common Yoga Protocol**, which included a series of yoga asanas, pranayama techniques, breathing exercises, and meditation practices. The session was conducted in a systematic and disciplined manner, enabling participants to experience the physical and mental benefits of yoga firsthand. The collective participation of students, faculty members, officers, and staff reflected the university's commitment to promoting health and wellness among its stakeholders.

Following the yoga practice, the **Registrar** addressed the gathering and shared valuable insights on the relevance of yoga in contemporary society. He emphasised the role of yoga in enhancing physical fitness, reducing stress, improving concentration, and fostering overall well-being. He encouraged all members of the university community to make yoga an integral part of their daily routine. *The Vice-Chancellor could not attend the programme due to the NEET (UG) Examination held on 21.06.2026, as he was the Centre Superintendent and had to collect confidential material from the bank from Suri in the morning 7:15 am.*

Thereafter, **Dr. Santanu Patar, Guest Faculty**, administered the **Yoga Pledge for Healthy Living**, inspiring participants to adopt healthy habits and embrace yoga as a lifelong practice. The pledge reaffirmed the participants' commitment to maintaining a healthy lifestyle and contributing to a healthier society.

Subsequently, **Dr Santanu Patar delivered the Vote of Thanks, expressing sincere gratitude to the university authorities, dignitaries, organisers, volunteers, faculty members, staff, students, and all participants for their cooperation and enthusiasm, which ensured the successful conduct of the programme.**

The event concluded with the singing of the **National Anthem**, followed by **photographs** to commemorate the occasion. Refreshments were served to all participants before the formal dispersal of the gathering.

Conclusion

The observance of the **International Day of Yoga 2026** at Biswa Bangla Biswabidyalay was highly successful and fulfilled its objective of promoting awareness about the importance and benefits of yoga. The enthusiastic participation of faculty members, officers, staff, and students demonstrated the university's collective commitment towards health, wellness, and holistic development.

The programme not only provided an opportunity for participants to engage in yoga practices but also reinforced the values of discipline, harmony, mindfulness, and healthy living. The event served as a meaningful reminder of yoga's transformative power to enhance individual well-being and foster a healthier society.



Plate: Witnessing the live streaming



Plate: CMA Ashutosh Das, Registrar lighting the lamp

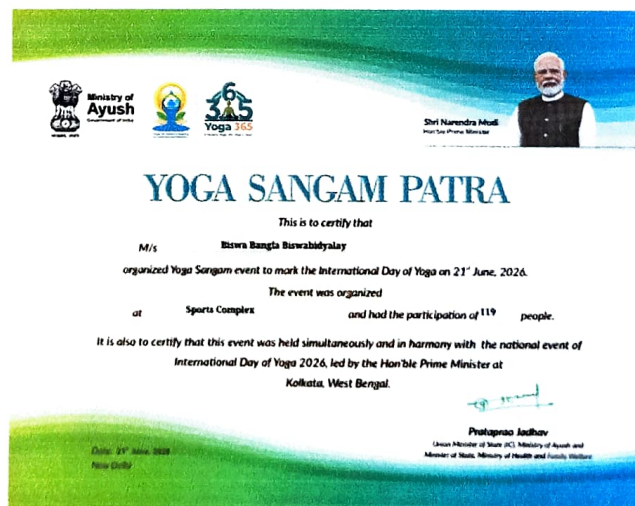


Plate: The certificate of participation



Plate: Activities that were conducted

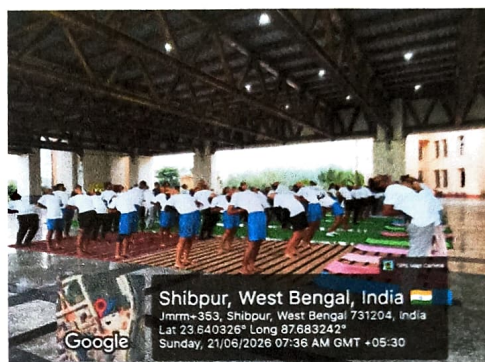


Plate: Activities that were conducted

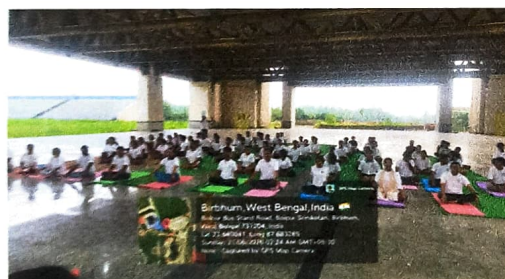


Plate: Activities that were conducted

Bapi Das
25/06/26

Report Prepared by

Dr Bapi Das

Report Approved by

Ashu 25/06/26
CMA Ashuosh Das

Registrar (Acting)

Biswa Bangla Biswabidyalay, Bolpur

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