

21st June 2026

RC– Varanasi

International Day of Yoga Celebration



Regional Centre, Varanasi celebrated the International Day of Yoga on 21st June 2026, with great enthusiasm and fervour. This year's global theme, "Yoga for Healthy Ageing," highlights the unifying power of yoga in promoting holistic health and environmental harmony.

The event was organized at 6:00 AM in the serene surroundings of the Regional Centre premises in BHU Campus. The session was presided over by Dr. Upendra Nabh Tripathi, Regional Director & Head, IGNOU Regional Centre, Varanasi, who shed light on IGNOU's commitment to promoting yoga through its various academic programmes and community outreach.

The yoga sessions with prescribed protocol of GOI was expertly conducted by Dr. Geeta Y. Bhatt, Centenary Visiting Fellow, Bharat Adhyayan Kendra, Faculty of Arts, Banaras Hindu University, Varanasi. Her guided sessions included foundational asanas, pranayama techniques, and meditation practices aligned with the Common Yoga Protocol issued by the Ministry of AYUSH, GOI. Participants experienced the profound benefits of conscious breathing, mindful movements, and inner stillness.

The event witnessed active participation from all RC Academics and staff of Regional centre, all joining in a collective spirit to celebrate the ancient wisdom of yoga.



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प्रगतिपथ
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