INTERNATIONAL YOGA DAY 2026 REPORT

THEME: "Yoga for Healthy Aging"

22nd June 2026

Venue: Bapuji Pharmacy College, Davangere

The International Yoga Day was celebrated at Bapuji Pharmacy College, Davangere, on 22nd June 2026 at 4:00 PM. The event was organized with the theme "Yoga for Healthy Aging", emphasizing the importance of yoga in maintaining physical and mental well-being.

The event commenced with a warm welcome and introduction of the chief guest, delivered by Dr. Asha Mathew. The programme was graced by the esteemed presence of Dr. A. P. Basavarajappa, Director, and Dr. G. L. Prabhushankar, Principal of Bapuji Pharmacy College, Davangere. The introduction highlighted the importance of International Yoga Day and extended a warm welcome to the Chief Guest, Mrs. Nethra Madhukar, a distinguished yoga instructor, efficiently assisted by Mrs. Usha P Shetty.



Following this, a symbolic gesture of watering the plants was carried out by the dignitaries, representing growth, harmony, and sustainability.



The event continued with an address by the yoga instructor, where Mrs. Netra Madhukar shared valuable insights on the role of yoga in daily life, especially in promoting healthy aging. Her speech motivated the audience to adopt yoga as a regular practice. After the address, a yoga session was conducted following the standard yoga protocol, where participants actively engaged in various asanas and breathing exercises under expert guidance. The session created a calm and positive atmosphere among the participants.




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The programme then proceeded with the felicitation ceremony, where the chief guest and other dignitaries were honoured for their presence and contributions.





The event concluded with a vote of thanks, expressing gratitude to the chief guest, dignitaries, participants and Dr. Swetha Kamath K for coordinating and making the event successful.

Overall, the celebration of International Yoga Day was a meaningful and enriching experience that highlighted the importance of yoga in achieving a balanced and healthy life.


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