



ভট্টদেৱ বিশ্ববিদ্যালয়

বজালী, পাঠশালা-৭৮১৩২৫, অসম

BHATTADEV UNIVERSITY

(A State University established under Assam Act No. XXXVI of 2017)

BAJALI, PATHSALA-781325, ASSAM

Website: www.bhattadevuniversity.ac.in

12th International Day of Yoga 2026

Report

Theme: “Yoga for Healthy Ageing”

Date: 21 June 2026

Venue: Bhattadev University, Bajali, Pathsala, Assam

Organized by: Bhattadev University, Bajali, In Collaboration with NCC and NSS

Bhattadev University, Bajali, in collaboration with the National Cadet Corps (NCC) and the National Service Scheme (NSS) of Bhattadev University, successfully observed the 12th International Day of Yoga on 21 June 2026 at the University campus. The programme was organized in accordance with the nationwide celebration of International Day of Yoga under the theme “Yoga for Healthy Ageing”, aiming to promote physical, mental, and emotional well-being through the practice of yoga.

The event commenced at 6:15 AM with the registration of participants and distribution of T-shirts by NCC volunteers. The Hon’ble Vice-Chancellor, Professor (Dr.) Dhanpati Deka, along with other dignitaries, arrived at the venue at 6:30 AM.

The programme formally began with a formal address by the Organizing Chairman, Dr. Rajib Lochan Sarma, Associate Dean, Students’ Welfare (II), who highlighted the significance of yoga in maintaining a healthy lifestyle and fostering holistic development. This was followed by a welcome address delivered by Dr. Akshay Kumar Haloi, Associate Professor, Department of Zoology, followed by the felicitation of guests by the organizing committee.

The gathering was then addressed by the Hon’ble Vice-Chancellor, Professor (Dr.) Dhanpati Deka, who spoke on the importance of yoga in education and society. He emphasized that yoga serves as a powerful tool for enhancing physical fitness, mental resilience, and social harmony.

Thereafter, a Common Yoga Protocol (CYP) Demonstration was conducted by an instructor, Mr. Pranab Sarma, Yoga Teacher, Art of Living, Pathsala, during which students, faculty members, NCC cadets, NSS volunteers and university officials actively participated.

After the Yoga protocol, the invited resource person, Dr. Subodh Kumar Mishra Bhagawati, Assistant Professor, Kamrup College Chamata, delivered an insightful talk on the theme “Yoga for Healthy Ageing”, emphasizing the role of yoga in improving flexibility,



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balance, cardiovascular health, stress management, and overall quality of life among people of all age groups. The session encouraged participants to incorporate yoga into their daily routines for long-term health benefits.

The programme concluded with a Vote of Thanks proposed by Dr Nabanita Baruah, Assistant Professor (HOD In-charge), Department of Sociology, who expressed gratitude to the dignitaries, participants, volunteers, and organizing committee for their wholehearted support and cooperation. Refreshments were subsequently served to all participants by NSS volunteers, followed by the singing of the National Anthem.

The celebration witnessed enthusiastic participation from university officials, faculty members, staff, students from the girls' hostel and members of the student union, NCC cadets, and NSS volunteers. The event successfully promoted awareness about the benefits of yoga and reinforced the message of adopting a healthy and balanced lifestyle. The observance of the 12th International Day of Yoga 2026 at Bhattadev University, Bajali, was a grand success and reflected the University's commitment to promoting health, wellness, and holistic development.

