



International Yoga Day Celebration - 2026

Date: 19 June 2026

Venue: Civil E5 – 406, PSG Institute of Technology and Applied Research, Coimbatore

The Yoga Club, in association with the Department of Physical Education, Wellness Center, NCC, and NSS of PSG Institute of Technology and Applied Research (PSG iTech), organized the 12th International Yoga Day Celebration – 2026 on 19 June 2026. The programme was conducted under the global theme "Yoga for Healthy Ageing", emphasizing the importance of yoga in promoting physical fitness, mental well-being, and a healthy lifestyle across all age groups.

The celebration commenced with a brief inaugural session highlighting the significance of International Yoga Day and the role of yoga in achieving holistic health. Faculty members, staff, NCC cadets, NSS volunteers, and students enthusiastically participated in the programme, demonstrating their commitment to adopting healthy and sustainable lifestyle practices.

A guided yoga session was conducted by experienced yoga instructors, during which participants performed various asanas, pranayama, and meditation techniques aimed at improving flexibility, enhancing concentration, relieving stress, and promoting overall wellness. The session also emphasized the importance of incorporating yoga into daily life to support healthy ageing and improve quality of life.

The programme successfully created awareness about the physical, mental, and emotional benefits of yoga while encouraging participants to embrace it as a lifelong practice. The event reflected PSG iTech's continued commitment to fostering health, wellness, and holistic development among its students and staff through meaningful initiatives aligned with national and global observances.





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