

REPORT ON THE CELEBRATION OF THE 12TH INTERNATIONAL YOGA DAY 2026

Date: 21st June 2026

Time: 7:00 A.M.

Venue: Kumar Bhaskar Varma Sanskrit and Ancient Studies University (KBVS&ASU),
Nalbari, Assam

Organized by: Department of Yoga Vigyan, KBVS&ASU, Nalbari

In Collaboration with: National Service Scheme (NSS) and BJP Uttar Nalbari Mandal

Introduction-

The Department of Yoga Vigyan, KBVS&ASU, Nalbari, successfully organized the celebration of the 12th International Yoga Day on 21st June 2026 at 7:00 A.M. The event was conducted with the active support and cooperation of the National Service Scheme (NSS) and BJP Uttar Nalbari Mandal. The programme aimed to promote the importance of yoga in maintaining physical health, mental well-being, and a balanced lifestyle among students and the community.

Inaugural Session-

The programme commenced with the ceremonial lighting of the lamp (Banti Prajwalan), which was graciously performed by **Prof. Prahlad R. Joshi, Vice-Chancellor of KBVS&ASU, Nalbari, Assam**. The inauguration marked the formal beginning of the International Yoga Day celebration.

The programme was attended by several distinguished guests and dignitaries, including-

- **Dr. Gunin Saikia**, NSS Coordinator and Assistant Professor, Department of Assamese, KBVS&ASU, Nalbari.
- **Dr. Champak Kalita**, Assistant Professor, Department of Mimamsa, KBVS&ASU, Nalbari.
- **Mr. Nanda Lal Sarkar**, President, BJP Uttar Nalbari Mandal, Nalbari.
- **Mr. Phanidhar Barman**, Vice-President, BJP Uttar Nalbari Mandal Nalbari.
- Members of various Self-Help Groups (SHGs) from Nalbari.
- Members of Yog Abhyasam Kendra under the Department of Yoga Vigyan Nalbari.
- Students of the Department of Yoga Vigyan.
- NSS Volunteers and students of KBVS&ASU Nalbari.
- Office staff, Grade III and Grade IV employees of the University Nalbari.

- BJP party workers and local community members Nalbari.

Conduct of the Programme-

The programme was efficiently coordinated and conducted by **Mr. Utpal Dutta, Guest Faculty, Department of Yoga Vigyan, KBVS&ASU**. His dedicated efforts and effective management ensured the smooth and successful conduct of the Programme.

Common Yoga Protocol Session-

The **Common Yoga Protocol (CYP)** session, which lasted for approximately **45 minutes**, was led by **Miss Kumari Nilu Karishma Das, Guest Faculty, Department of Yoga Vigyan, KBVS&ASU**, who served as the Yoga Instructor for the programme. She guided the participants through the various practices included in the Common Yoga Protocol and explained the importance of yoga for physical, mental, and emotional well-being. The yoga practices were demonstrated by **Mr. Shasanka Rabha** and **Mr. Taranidhi Mishra**, students of the 2nd Semester, Department of Yoga Vigyan. Under her guidance, all participants enthusiastically performed the protocol and actively participated in the session.

Yoga Demonstration-

Following the Common Yoga Protocol, students of the 2nd Semester of the Department of Yoga Vigyan presented a special Yoga Demonstration showcasing various yogic practices and postures. The demonstration reflected the students' dedication, discipline, and practical understanding of yoga.

Inauguration of Handwritten Magazine-

A significant attraction of the programme was the inauguration of the Department's handwritten magazine titled **"Yog Sangam" (1st Edition)**. The magazine was formally inaugurated by **Prof. Prahlad R. Joshi, Hon'ble Vice-Chancellor of KBVS&ASU**. The publication highlighted the creativity, academic engagement, and literary contributions of the students and faculty members of the Department of Yoga Vigyan.

Guest Address-

During the programme, **Mr. Nanda Lal Sarkar, President of BJP Uttar Nalbari Mandal**, delivered an informative speech emphasizing the importance of yoga in daily life. He

highlighted the role of yoga in promoting a healthy lifestyle, preventing lifestyle-related diseases, and fostering mental peace and social well-being.

Vote of Thanks-

The programme concluded with a formal Vote of Thanks delivered by **Mr. Utpal Dutta, Guest Faculty, Department of Yoga Vigyan, KBVS&ASU**. He expressed sincere gratitude to the Vice-Chancellor, invited guests, NSS volunteers, BJP Uttar Nalbari Mandal members, faculty members, students, university staff, and all participants for their valuable presence and cooperation in making the event successful.

Contribution of Organizing Team-

The successful organization of the 12th International Yoga Day celebration was made possible through the dedicated efforts, guidance, and constant support of **Mr. Vikas Kongkat, Head of the Department (i/c), Department of Yoga Vigyan**, and **Dr. Dipak Chetry, Guest Faculty, Department of Yoga Vigyan**. Their meticulous planning, effective coordination, and continuous supervision played a crucial role in the smooth execution of the programme. Their commitment and hard work ensured the successful conduct of all activities and contributed significantly to the overall success of the event.

Distribution of Prasad-

After the completion of the programme, Prasad was distributed among all the guests, participants, students, faculty members, NSS volunteers, and staff. The distribution of Prasad marked the successful conclusion of the celebration and promoted a spirit of unity and goodwill among all present.

Conclusion-

The celebration of the 12th International Yoga Day 2026 at KBVS&ASU, Nalbari, was a grand success. The event witnessed enthusiastic participation from university students, faculty members, NSS volunteers, Self-Help Group members, community representatives, and dignitaries. Through the Common Yoga Protocol, yoga demonstrations, motivational speeches, and the inauguration of the handwritten magazine “Yog Sangam,” the programme effectively spread awareness about the significance of yoga in achieving physical fitness, mental harmony,

and holistic well-being. The celebration reinforced the message that yoga is not merely an exercise but a way of life that contributes to the overall development of individuals and society.

Some Visual Memories of the Event Are Shared Below-




कुमारभास्करवर्मसंस्कृत-पुरातनाध्ययनविश्वविद्यालयः

কুমার ভাস্কর বর্মা সংস্কৃত আৰু পুৰাতন অধ্যয়ন বিশ্ববিদ্যালয়

अन्तराष्ट्रिययोगदिवसः २०२६

विषयः- स्वास्थ्यसंरक्षणम्

জ্যেষ্ঠাশ্রমসমীতি, দিনাঙ্ক: ২১.০৬.২০২৬, ভাস্করাব্দ: ১৪৩৩ দিবস:-ভানুবাসর: দিনারক ১ ৭ আশ্বিন ১৪৩৩ (ভিশি-জ্যেষ্ঠা) (২১, জুন, ২০২৬ ইং বর্ষ)

📍 স্থানম্: कुमारभास्करवर्मसंस्कृत-पुरातनाध्ययनविश्वविद्यालयः, नलबारी, असमप्रदेशः

आयोजकः

योगविज्ञानविभागः

कुमारभास्करवर्मसंस्कृत-पुरातनाध्ययनविश्वविद्यालयः
नलबारी, असमप्रदेशः



सहयोगः

राष्ट्रीयसेवायोजना (NSS)

कुमारभास्करवर्मसंस्कृत-पुरातनाध्ययनविश्वविद्यालयः
नलबारी, असमप्रदेशः





THANK YOU