

# ACTIVITY COMPLETION REPORT

## 1. ACTIVITY DETAILS

**Activity Title** International Yoga Day 2026

**Date** 21st June 2026

**Duration** 1 day

**Venue** IIHMR University, Jaipur

**School** IIHMR University

**Organized By** IIHMR University, Jaipur

**Theme** Yoga for Healthy Ageing

**Contact Details** Phone: 91-141-3924700, 2791431-32 / E-mail: iihmr@iihmr.edu.in

**Address** 1, Prabhu Dayal Marg, Near Sanganer Airport, Jaipur – 302029

## 2. EVENT DETAILS

IIHMR University celebrated International Yoga Day 2026 by embracing the theme **Yoga for Healthy Ageing** through a guided practical yoga session organized on campus. The event reflected the University's continued commitment to promoting preventive healthcare, holistic development, and healthy living through meaningful wellness initiatives.

The yoga session was led by Dr. Punit Chaturvedi, Assistant Professor, National Institute of Ayurveda, Ministry of AYUSH, Government of India, Jaipur. Under his guidance, participants engaged in the demonstration and practice of yogasanas, pranayama, breathing techniques, and relaxation exercises designed to improve both physical and mental well-being.

The programme highlighted the significance of yoga in enhancing physical fitness, stress management, and maintaining a balanced lifestyle. The session also helped participants experience the practical benefits of regular yoga practice in achieving inner balance, mindfulness, and improved overall wellness.

The observance reaffirmed IIHMR University's institutional commitment to fostering a culture of health, wellness, and evidence-based traditional practices within the academic environment. It also served as an important platform for encouraging faculty, staff, and students to integrate yoga into their daily routine for long-term well-being.

## 3. PARTICIPANTS

**Total Participants: 17**

| S.No. | Name of Participants     | Gender |
|-------|--------------------------|--------|
| 1     | Mr Suresh Chandra Thakur | Male   |
| 2     | Dr. Mahender Kumar       | Male   |
| 3     | Dr. Susmit Jain          | Male   |
| 4     | Mr. Ravi Shekhar Sinha   | Male   |

|    |                            |        |
|----|----------------------------|--------|
| 5  | Dr. Kumar Parimal Shrestha | Male   |
| 6  | Mr Sohan Shrimal           | Male   |
| 7  | Mr Rajiv Kumar Pandey      | Male   |
| 8  | Ms Meenaxi Sen             | Female |
| 9  | Ms. Varsha Singh           | Female |
| 10 | Mr Rakesh Kumar            | Male   |
| 11 | Mr Rajkumar Pathak         | Male   |
| 12 | Ms. Baishakhi Roy          | Female |
| 13 | Mr. Mehul Kulshrestha      | Male   |
| 14 | Mr Ravi Bhardwaj           | Male   |
| 15 | Mr Vishnu Meena            | Male   |
| 16 | Mrs. Poonam Sharma         | Female |
| 17 | Mr. Kamlesh Chand Sharma   | Male   |

| Sr. No. | Participant Category | Details |
|---------|----------------------|---------|
|---------|----------------------|---------|

|   |                 |                                                                                                                           |
|---|-----------------|---------------------------------------------------------------------------------------------------------------------------|
| 1 | Resource Person | Dr. Punit Chaturvedi, Assistant Professor, National Institute of Ayurveda, Ministry of AYUSH, Government of India, Jaipur |
|---|-----------------|---------------------------------------------------------------------------------------------------------------------------|

#### 4. PHOTOGRAPHS







