

ACTIVITY COMPLETION REPORT

1. ACTIVITY DETAILS

Activity Title	Pre-Yoga Workshop on International Day of Yoga 2026
Date	20th June 2026 (Saturday)
Time	10 am to 12 pm
Duration	2 Hours
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 organized a Pre-Yoga Workshop in observance of the International Day of Yoga 2026, aligned with the theme **Yoga for Healthy Ageing**, to promote holistic health and well-being. The workshop reflected the University's commitment to preventive health, wellness promotion, and healthy lifestyle practices.

The workshop was conducted by Dr. Punit Chaturvedi, Senior Assistant Professor and Yoga Expert, National Institute of Ayurveda, Jaipur. He explained the scientific and practical dimensions of yoga and emphasized its role in supporting physical, mental, and emotional wellness.

During the session, participants were introduced to a range of yogic practices including Tadasana, Kati Chakrasana, Anulom Vilom Pranayama, Bhramari Pranayama, and relaxation techniques. Special emphasis was placed on correct posture, mindful breathing, inner balance, and the regular practice of yoga as a means to improve overall well-being.

The workshop reinforced the importance of incorporating yoga into daily life for promoting physical fitness, mental well-being, and healthy ageing. The activity also served as a preparatory engagement ahead of the formal observance of International Day of Yoga 2026 at the University.

3. PARTICIPANTS

Total Participants: 37

S.No.	Name of Participants	Gender
1	Mr Suresh Chandra Thakur	Male
2	Dr. Susmit Jain	Male
3	Mr Ravi Bhardwaj	Male
4	Dr. Mamta Chauhan	Female
5	Mr Sohan Shrimal	Male
6	Dr. Kajal Sitlani	Female
7	Ms. Ritvika Singh Solanki	Female
8	Mr Vishnu Meena	Male
9	Ms. Ankita Sirotha	Female
10	Ms Bhanupriya Dhirwani	Female
11	Mr Rajiv Kumar Pandey	Male
12	Mr Vaibhav Kumar Bhatnagar	Male
13	Mr. Hitendra Singh Rathore	Male
14	Mr Anshul Goyal	Male
15	Mr. N Satheeshkanna	Male
16	Dr. Ratna Verma	
17	Mr. Manish Singh Sisodiya	Male
18	Mr. Lalta Prasad Sharma	Male
19	Mr Shantam Jain	Male
20	Ms. Sadhana Pareek	Female
21	Ms Meenaxi Sen	Female
22	Ms. Varsha Singh	Female
23	Mr Rajkumar Pathak	Male
24	Mr. Ram Prasad Sharma	Male
25	Ms. Chandra Pareva	Female
26	Dr. Hemant Kumar Mishra	Male
27	Ms Gunjan Arora	Female
28	Mr Ramavtar Sahu	Male
29	Mr Sachin Kumar Sharma	Male
30	Ms Jeevani Khandelwal	Female
31	Mr Rakesh Kumar	Male
32	Mr Kartik Sharma	Male
33	Ms. Aanchal Goyal	Female
34	Mr Kishor Kumar Manglani	Female
35	Dr Ganesh Chandra Mallick	Male
36	Mr. Abhishek Gupta	Male
37	Ms Nishtha Saxena	Female

Sr. No.	Participant Category	Details
1	Resource Person	Dr. Punit Chaturvedi, Senior Assistant Professor and Yoga Expert, National Institute of Ayurveda, Jaipur

4. PHOTOGRAPHS





