

Online International Yoga Day Awareness Week (14-20 June 2026)

The Department of Physical Education and NSS Unit of Bhagini Nivedita College, University of Delhi, successfully organized the Online International Yoga Day Awareness Week from 14th June to 20th June 2026 in online mode, from 4:00 PM to 5:00 PM each day.

The programme was conducted with the aim of promoting awareness about the importance of yoga in maintaining physical, mental, and emotional well-being, especially aligning with the theme “Yoga for Healthy Ageing.”

The sessions were enriched by the valuable presence and guidance of Prof. Ruby Mishra (Principal, OSD) and Mrs. Vandna Gupta, Yoga and Holistic Wellness Coach and Founder of Aanandin Yog. Mrs. Gupta conducted engaging yoga sessions, guiding participants through various asanas, breathing techniques, and relaxation practices suitable for all age groups.

Students, faculty members, and NSS volunteers actively participated in the online sessions throughout the week. The programme emphasized daily yoga practice, stress management, flexibility, and holistic health benefits.

