



MAHATMA GANDHI UNIVERSITY, KERALA

Abstract

Observance of International Day of Yoga 2026 in Affiliated Colleges – Guidelines for the Conduct of Programmes – Orders Issued.

ACADEMIC A 1 SECTION

No. 6243/AC A 1/2026/MGU

Priyadarsini Hills, Dated: 19.06.2026

Read:- 1. Minutes of the Principals meeting held on 18.06.2026.

ORDER

The International Day of Yoga is observed worldwide on 21 June every year. Considering the significance of the occasion and the importance of promoting physical and mental well-being among students, teaching staff and non-teaching staff, it has been decided to organize suitable programmes in connection with the observance of the International Day of Yoga in all affiliated colleges of the University.

The guidelines regarding the observance of the International Day of Yoga, appended below, shall be strictly followed by all affiliated colleges.

Accordingly, all affiliated colleges are hereby directed to organize suitable programmes in connection with the observance of the International Day of Yoga on 21 and 22 June 2026, strictly adhering to the aforesaid guidelines. The colleges shall also submit a detailed report of the programmes conducted, along with supporting documents such as photographs and participation details, to the University **within one week of the completion of the programmes, i.e., on or before 29.06.2026.**

Orders are issued accordingly.

LEKSHMI K

ASSISTANT REGISTRAR I
(ACADEMIC)
For REGISTRAR

Copy To

1. Principal, Affiliated Colleges.
2. PS to Vice -Chancellor
3. PA to Registrar/Controller of Examination/Finance Officer
4. JR2(Admin)/DR1/AR1(Acad)
5. ACC1/ACC2/ATR
6. IQAC/IT Cell/University Website
7. Stock File/File Copy/Records

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Section Officer

Guidelines for Observance of International Day of Yoga 2026

The International Day of Yoga shall be observed on 21 and 22 June 2026 with the active participation of students, teachers, non-teaching staff, and other stakeholders.

Institutions may organize the following activities as part of the observance:

1. Mass Yoga Demonstration

Conduct a yoga session led by qualified instructors, incorporating common yoga protocols prescribed by the Ministry of Ayush.

2. Awareness Programmes

Organize lectures, seminars, webinars, and discussions on:

- The importance of yoga in daily life.
- Physical and mental health benefits of yoga.
- Yoga as a tool for stress management and holistic well-being.

3. Student Participation Programmes

Arrange:

- Yoga competitions.
- Poster-making competitions.
- Essay writing competitions.
- Quiz competitions on yoga and healthy living.

4. Community Outreach Activities

Extend yoga awareness programmes to:

- Local communities.
- Schools.
- Residents' associations.
- NSS and NCC units.

5. Wellness Campaigns

Promote:

- Healthy lifestyle practices.
- Meditation and mindfulness sessions.
- Stress management initiatives.

6. Social Media Campaign

Share photographs, videos, and reports of the programmes through institutional websites and social media platforms using appropriate hashtags relating to International Day of Yoga.

7. Reporting

A brief report along with photographs of the programmes conducted may be submitted to the University after the observance.

Institutions are encouraged to ensure maximum participation and make the observance meaningful by highlighting the importance of yoga in promoting physical, mental, and emotional well-being.