



Media/Publication	The Pioneer		
Date	23 rd June, 2026	Language	English
Headline	IIT marks Yoga Day with enthusiastic participation		

IIT marks Yoga Day with enthusiastic participation

PNS ■ Bhubaneswar

The Indian Institute of Technology (IIT) Bhubaneswar celebrated the 12th International Yoga Day with enthusiasm and active participation from students, faculty members, staff and campus residents on Sunday.

Organised under the aegis of the institute's Extra Academic Activity (EAA) and healthcare units in association with the campus Health Club, the programme was held in line with this year's theme, "Yoga for Healthy Ageing."

Bhubaneswar Yoga and Management Nagar Sanchalak Vivekananda



Kendra Academy for Indian Culture Prof Satya Mahapatra, attended the event as the chief guest. Addressing the gathering, he described yoga as a holistic way of life that integrates physical health, mental well-being, emotional balance and conscious living.

"In an era marked by rising lifestyle disorders, stress and mental health challenges, yoga

empowers individuals to take charge of their health, enhance cognitive abilities and lead happier and more fulfilling lives," he said.

The programme began with participants performing a range of yoga asanas, pranayama exercises and meditation techniques under the guidance of trained instructors. People from different age groups actively par-

ticipated in the session, reflecting a growing awareness of the importance of holistic wellness and healthy living.

IIT Bhubaneswar Director Prof Shripad Karmalkar, Student Affairs Dean Prof Mihir Kumar Das, Registrar Bamadev Acharya and other senior members of the institute were present on the occasion.

The event witnessed an overwhelming response from the institute community, with students, faculty members, officers, staff and campus residents joining the celebrations in large numbers.

Professor-in-Charge (EAA) Dr Shantanu Patra coordinated the programme.



Media/Publication	The Sambad		
Date	24 th June, 2026	Language	Odia
Headline	Yoga Day at IIT		
Link	https://m.sambadepaper.com/imageview_155853_188437_4_71_24-06-2026_5_i_1_sf.html		

ଆଇଆଇଟିରେ ଯୋଗ ଦିବସ

ଭୁବନେଶ୍ୱର, ୨୩/୬(ଇମିସ): ଭାରତୀୟ ପ୍ରଯୁକ୍ତି ପ୍ରତିଷ୍ଠାନ(ଆଇଆଇଟି)ଭୁବନେଶ୍ୱରରେପ୍ରତିଷ୍ଠାନର ଅତିରିକ୍ତ ଶୈକ୍ଷିକ କାର୍ଯ୍ୟକଳାପ(ଇଏଏ) ଓ ସ୍ୱାସ୍ଥ୍ୟ କ୍ଲବ୍‌ର ମିଳିତ ସହଯୋଗରେ ‘ସୁସ୍ଥ ବାର୍ଦ୍ଧକ୍ୟ ପାଇଁ ଯୋଗ’ ବାର୍ତ୍ତା ନେଇ ଯୋଗଦିବସ ପାଳିତ ହୋଇଯାଇଛି। ପ୍ରଫେସର ସତ୍ୟ ମହାପାତ୍ର ମୁଖ୍ୟଅତିଥି ଭାବେ ଯୋଗଦେଇ ଯୋଗ କେବଳ ଶାରୀରିକ ଆସନର ଏକ ସମଷ୍ଟି ନୁହେଁ, ବରଂ ଏହା ଶାରୀରିକ ସ୍ୱାସ୍ଥ୍ୟ, ମାନସିକ ସୁସ୍ଥତା, ଭାବପ୍ରବଣ ସବୁଳନ ଓ ସଚେତନ ଜୀବନଯାପନକୁ ଏକୀକୃତ କରିଥାଏ ବୋଲି କହିଥିଲେ। ଯୋଗ ପ୍ରଶିକ୍ଷକଙ୍କ ମାର୍ଗଦର୍ଶନରେ ଯୋଗାସନ, ପ୍ରାଣାୟାମ, ଓ ଧ୍ୟାନ କୌଶଳ ହୋଇଥିଲା। ଆଇଆଇଟି ଭୁବନେଶ୍ୱର ନିର୍ଦ୍ଦେଶକ ପ୍ରଫେସର ଶ୍ରୀପଦ କରମଲକର, ଡିନ୍-ଛାତ୍ର ବ୍ୟାପାର ପ୍ରଫେସର ମିହିର କୁମାର ଦାସ, ରେଜିଷ୍ଟ୍ରାର ବାମଦେବ ଆଚାର୍ଯ୍ୟ ଓ ପ୍ରତିଷ୍ଠାନର ଅନ୍ୟାନ୍ୟ ବରିଷ୍ଠ ସଦସ୍ୟମାନେ ଉପସ୍ଥିତ ଥିଲେ। ପ୍ରଫେସର-ଇନ୍-ଚାର୍ଜ (ଇଏଏ) ଶାନ୍ତନୁ ପାତ୍ର କାର୍ଯ୍ୟକ୍ରମର ସଂଯୋଜନା କରିଥିଲେ।



भारतीय प्रौद्योगिकी संस्थान भुवनेश्वर Indian Institute of Technology Bhubaneswar

Media/Publication	The Political and Business Daily		
Date	22nd June, 2026	Language	English
Headline	IIT Bhubaneswar celebrates International Yoga Day		

IIT BHUBANESWAR: Indian Institute of Technology (IIT) Bhubaneswar celebrated the 12th Edition of International Yoga Day with great enthusiasm and fervour. The event was organised under the ambit of the institute's extra-academic activity (EAA) and healthcare units in association with the health club of the campus.



This year, the theme for International Yoga Day was 'Yoga for Healthy Ageing'.

Prof. Satya Mahapatra, Nagar Sanchalak, Vivekananda Kendra, Academy for Indian Culture, Yoga & Management, Bhubaneswar, graced the International Yoga Day celebration as the Chief Guest. He said, "Yoga is far more than a set of physical postures; it is a holistic way of life that integrates physical health, mental well-being, emotional balance, and conscious living. In an era marked by rising lifestyle disorders, stress, and mental health challenges, embracing yoga can empower individuals to take charge of their health, enhance cognitive potential, and lead happier, more fulfilling lives." At the outset, an array of yoga asanas (postures), pranayama (breathing exercises), and meditation techniques were performed under the guidance of yoga instructors. Participants of various age groups actively engaged in the session, demonstrating their commitment to holistic well-being.

Prof. Shreepad Karmalkar Director IIT Bhubaneswar, Prof. Mihir Kumar Das Dean-Student Affairs, Bamadev Acharya Registrar and other senior members of the institute were present on the occasion. Dr. Shantanu Patra, Professor-in-Charge (EAA), coordinated the programme.

The event saw an overwhelming response from students, faculty members, officers and staff, as well as members from the campus residents. Before this, yoga sessions were organised by different residential clubs and the Students' Gymkhana during the week-long celebration.



भारतीय प्रौद्योगिकी संस्थान भुवनेश्वर Indian Institute of Technology Bhubaneswar

Media/Publication	The IBG News		
Date	21 st June, 2026	Language	English
Headline	IIT Bhubaneswar Celebrates International Yoga Day with Enthusiasm		
Link	https://ibgnews.com/2026/06/21/iit-bhubaneswar-celebrates-international-yoga-day-with-enthusiasm/		



IIT Bhubaneswar Celebrates International Yoga Day with Enthusiasm

Bhubaneswar, June 21, 2026: The Indian Institute of Technology (IIT) Bhubaneswar marked the 12th International Day of Yoga with great zeal and participation, highlighting the importance of holistic well-being.

The event was organised by the institute's extra-academic activity (EAA) and healthcare units in collaboration with the campus health club. This year's theme, "**Yoga for Healthy Ageing,**" focused on promoting physical and mental wellness across all age groups.

Renowned academician **Prof. Satya Mahapatra**, Nagar Sanchalak of Vivekananda Kendra's Academy for Indian Culture, Yoga & Management, attended as the Chief Guest. Addressing the gathering, he emphasized that yoga is not just a physical exercise but a complete lifestyle that nurtures mental balance, emotional stability, and conscious living. He noted that in today's stress-driven world, yoga plays a vital role in improving overall health and cognitive abilities.

The programme featured guided sessions on yoga asanas, pranayama, and meditation, with enthusiastic participation from students, faculty members, staff, and campus residents. People of all age groups joined in, reflecting a strong commitment to healthy living.



भारतीय प्रौद्योगिकी संस्थान भुवनेश्वर
Indian Institute of Technology Bhubaneswar

Senior officials including **Director Prof. Shreepad Karmalkar**, **Dean (Student Affairs) Prof. Mihir Kumar Das**, and **Registrar Shri Bamadev Acharya** were present on the occasion. The event was coordinated by **Dr. Shantanu Patra**, Professor-in-Charge (EAA).

The celebrations were part of a week-long initiative, during which multiple yoga sessions were conducted across campus residential clubs and student bodies.

The event witnessed an overwhelming response, reinforcing the growing awareness and adoption of yoga as a means to achieve a balanced and healthy lifestyle.



भारतीय प्रौद्योगिकी संस्थान भुवनेश्वर Indian Institute of Technology Bhubaneswar

Media/Publication	Odisha Darpan		
Date	22nd June, 2026	Language	English
Headline	International Yoga Day celebrated at IIT Bhubaneswar		
Link	https://odishadarpan.org/odisha/21349		



ଭୁବନେଶ୍ୱର:(ରାଜେନ୍ଦ୍ର ପ୍ରସାଦ ନାୟକ): ଭାରତୀୟ ପ୍ରଯୁକ୍ତି ପ୍ରତିଷ୍ଠାନ (ଆଇଆଇଟି) ଭୁବନେଶ୍ୱର ଦ୍ୱାଦଶ ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସକୁ ଅତ୍ୟନ୍ତ ଉତ୍ସାହ ଏବଂ ଉତ୍ସାହର ସହିତ ପାଳନ କରିଛି । ଏହି କାର୍ଯ୍ୟକ୍ରମ ପ୍ରତିଷ୍ଠାନର ଅତିରିକ୍ତ ଶ୍ରେଣିକ କାର୍ଯ୍ୟକଳାପ (ଇଏଏ) ଏବଂ ସ୍ୱାସ୍ଥ୍ୟସେବା ଯୁନିଟ୍ ଅଧୀନରେ କ୍ୟାମ୍ପସର ସ୍ୱାସ୍ଥ୍ୟ କ୍ଲବ୍ ସହିତ ମିଳିତ ଭାବରେ ଆୟୋଜିତ ହୋଇଥିଲା । ଚଳିତ ବର୍ଷ, ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସର ବିଷୟବସ୍ତୁ ଥିଲା ‘ସୁସ୍ଥ ବାର୍ଦ୍ଧକ୍ୟ ପାଇଁ ଯୋଗ’ । ଭୁବନେଶ୍ୱରର ଭାରତୀୟ ସଂସ୍କୃତି, ଯୋଗ ଏବଂ ପରିଚାଳନା ଏକାଡେମୀ, ବିବେକାନନ୍ଦ କେନ୍ଦ୍ରର ନଗର ସଂସ୍ଥାପକ ପ୍ରଫେସର ସତ୍ୟ ମହାପାତ୍ର ଆନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ ପାଳନରେ ମୁଖ୍ୟ ଅତିଥି ଭାବରେ ଯୋଗ ଦେଇଥିଲେ ଏବଂ କହିଥିଲେ, “ଯୋଗ କେବଳ ଶାରୀରିକ ଆସନର ଏକ ସମଷ୍ଟି ନୁହେଁ; ଏହା ଏକ ସାମଗ୍ରିକ ଜୀବନଶୈଳୀ ଯାହା ଶାରୀରିକ ସ୍ୱାସ୍ଥ୍ୟ, ମାନସିକ ସୁସ୍ଥତା, ଭାବପ୍ରବଣ ସନ୍ତୁଳନ ଏବଂ ସଚେତନ ଜୀବନଯାପନକୁ ଏକୀକୃତ କରିଥାଏ । ବର୍ଦ୍ଧିତ ଜୀବନଶୈଳୀ ବ୍ୟାଧି, ଚାପ ଏବଂ ମାନସିକ ସ୍ୱାସ୍ଥ୍ୟ ତ୍ୟାଲେଖି ହାରା ଚିହ୍ନିତ ଏହି ଯୁଗରେ, ଯୋଗକୁ ଗ୍ରହଣ କରିବା ବ୍ୟକ୍ତିବିଶେଷଙ୍କୁ ସେମାନଙ୍କ ସ୍ୱାସ୍ଥ୍ୟର ଦାୟିତ୍ୱ ନେବା, ଜ୍ଞାନାତ୍ମକ ସମ୍ଭାବନାକୁ ବୃଦ୍ଧି କରିବା ଏବଂ ସୁଖୀ, ଅଧିକ ପରିପୂର୍ଣ୍ଣ ଜୀବନଯାପନ କରିବାରେ ସକ୍ଷମ କରିପାରିବ ।” ପ୍ରାରମ୍ଭରେ, ଯୋଗ ପ୍ରଶିକ୍ଷକଙ୍କ ମାର୍ଗଦର୍ଶନରେ ଯୋଗ ଆସନ, ପ୍ରାଣାୟାମ, ଏବଂ ଧ୍ୟାନ କୌଶଳର ଏକ ପରିସର କରାଯାଇଥିଲା । ବିଭିନ୍ନ ବୟସ ଗୋଷ୍ଠୀର ଅଂଶଗ୍ରହଣକାରୀମାନେ ଏହି ଅଧିବେଶନରେ ସକ୍ରିୟ ଭାବରେ ଅଂଶଗ୍ରହଣ କରିଥିଲେ, ସାମଗ୍ରିକ କଲ୍ୟାଣ ପ୍ରତି ସେମାନଙ୍କର ପ୍ରତିବଦ୍ଧତା ପ୍ରଦର୍ଶନ କରିଥିଲେ । ଏହି ଅବସରରେ ଆଇଆଇଟି ଭୁବନେଶ୍ୱରର ନିର୍ଦ୍ଦେଶକ ପ୍ରଫେସର ଶ୍ରୀପଦ କରମଲକର; ଡିନ୍-ଛାତ୍ର ବ୍ୟାପାର ପ୍ରଫେସର ମିହିର କୁମାର ଦାସ; ରେଜିଷ୍ଟ୍ରାର ବାମଦେବ ଆଚାର୍ଯ୍ୟ ଏବଂ ପ୍ରତିଷ୍ଠାନର ଅନ୍ୟାନ୍ୟ ବରିଷ୍ଠ ସଦସ୍ୟମାନେ ଉପସ୍ଥିତ ଥିଲେ । ପ୍ରଫେସର-ଇନ୍-ଚାର୍ଜ (ଇଏଏ) ତତ୍କ୍ୱର ଶାନ୍ତନୁ ପାତ୍ର କାର୍ଯ୍ୟକ୍ରମର ସଂଯୋଜନା କରିଥିଲେ । ଏହି କାର୍ଯ୍ୟକ୍ରମରେ ଛାତ୍ର, ଅଧ୍ୟାପକ, ଅଧିକାରୀ ଏବଂ କର୍ମଚାରୀଙ୍କ ସମେତ କ୍ୟାମ୍ପସ ବାସିନ୍ଦାଙ୍କ ପକ୍ଷରୁ ବିପୁଳ ଉତ୍ସାହ ପରିଲକ୍ଷିତ ହୋଇଥିଲା । ଏହା ପୂର୍ବରୁ, ସପ୍ତାହବ୍ୟାପୀ ଉତ୍ସବ ସମୟରେ ବିଭିନ୍ନ ଆବାସିକ କ୍ଲବ୍ ଏବଂ ଛାତ୍ର ଜିମ୍ନାସିୟା ହାରା ଯୋଗ ଅଧିବେଶନ ଆୟୋଜନ କରାଯାଇଥିଲା ।



भारतीय प्रौद्योगिकी संस्थान भुवनेश्वर Indian Institute of Technology Bhubaneswar

Media/Publication	Odisha Stand		
Date	22 nd June, 2026	Language	English
Headline	IIT Bhubaneswar celebrates International Yoga Day with Zeal and Enthusiasm		
Link	https://odishastand.com/iit-bhubaneswar-celebrates-international-yoga-day-with-zeal-and-enthusiasm/		



Bhubaneswar : Indian Institute of Technology (IIT) Bhubaneswar celebrated the 12th Edition of International Yoga Day with great enthusiasm and fervour. The event was organised under the ambit of the institute's extra-academic activity (EAA) and healthcare units in association with the health club of the campus. This year, the theme for International Yoga Day was 'Yoga for Healthy Ageing'.

Prof. Satya Mahapatra, Nagar Sanchalak, Vivekananda Kendra, Academy for Indian Culture, Yoga & Management, Bhubaneswar, graced the International Yoga Day celebration as the Chief Guest and said: "Yoga is far more than a set of physical postures; it is a holistic way of life that integrates physical health, mental well-being, emotional balance, and conscious living. In an era marked by rising lifestyle disorders, stress, and mental health challenges, embracing yoga can empower individuals to take charge of their health, enhance cognitive potential, and lead happier, more fulfilling lives."

At the outset, an array of yoga asanas (postures), pranayama (breathing exercises), and meditation techniques were performed under the guidance of yoga instructors. Participants of various age groups actively engaged in the session, demonstrating their commitment to holistic well-being.



भारतीय प्रौद्योगिकी संस्थान भुवनेश्वर
Indian Institute of Technology Bhubaneswar

Prof. Shreepad Karmalkar, Director, IIT Bhubaneswar; Prof. Mihir Kumar Das, Dean-Student Affairs; Shri Bamadev Acharya, Registrar and other senior members of the institute were present on the occasion. Dr. Shantanu Patra, Professor-in-Charge (EAA), coordinated the programme. The event saw an overwhelming response from students, faculty members, officers and staff, as well as members from the campus residents.

Before this, yoga sessions were organised by different residential clubs and the Students' Gymkhana during the week-long celebration.



भारतीय प्रौद्योगिकी संस्थान भुवनेश्वर
Indian Institute of Technology Bhubaneswar

Media/Publication	Odisha Haat		
Date	22 nd June, 2026	Language	English
Headline	IIT Bhubaneswar celebrates International Yoga Day with Zeal and Enthusiasm		
Link	https://odishahaat.com/iit-bhubaneswar-celebrates-international-yoga-day-with-zeal-and-enthusiasm/		



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भारतीय प्रौद्योगिकी संस्थान भुवनेश्वर Indian Institute of Technology Bhubaneswar

Media/Publication	Prajukti Odisha		
Date	22 nd June, 2026	Language	Odia
Headline	International Yoga Day celebrated with enthusiasm and excitement at IIT Bhubaneswar		
Link	https://prajuktiodisha.com/iit-bhubaneswar-celebrates-international-yoga-day-with-zeal-and-enthusiasm/		



ଭୁବନେଶ୍ୱର : ଭାରତୀୟ ପ୍ରଯୁକ୍ତି ପ୍ରତିଷ୍ଠାନ (ଆଇଆଇଟି) ଭୁବନେଶ୍ୱର ସ୍ନାତକ ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସକୁ ଅତ୍ୟନ୍ତ ଉତ୍ସାହ ଏବଂ ଉତ୍ସାହର ସହିତ ପାଳନ କରିଛି। ଏହି କାର୍ଯ୍ୟକ୍ରମ ପ୍ରତିଷ୍ଠାନର ଅତିରିକ୍ତ ଶୈକ୍ଷିକ କାର୍ଯ୍ୟକଳାପ (ଇଏଏ) ଏବଂ ସ୍ୱାସ୍ଥ୍ୟସେବା ଯୁନିଟ୍ ଅଧୀନରେ କ୍ୟାମ୍ପସର ସ୍ୱାସ୍ଥ୍ୟ କ୍ଲବ୍ ସହିତ ମିଳିତ ଭାବରେ ଆୟୋଜିତ ହୋଇଥିଲା। ଚଳିତ ବର୍ଷ, ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସର ବିଷୟବସ୍ତୁ ଥିଲା ‘ସୁସ୍ଥ ବାର୍ଦ୍ଧକ୍ୟ ପାଇଁ ଯୋଗ’ ।

ଭୁବନେଶ୍ୱରର ଭାରତୀୟ ସଂସ୍କୃତି, ଯୋଗ ଏବଂ ପରିଚାଳନା ଏକାଡେମୀ, ବିବେକାନନ୍ଦ କେନ୍ଦ୍ରର ନଗର ସଞ୍ଚାଳକ ପ୍ରଫେସର ସତ୍ୟ ମହାପାତ୍ର ଆନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ ପାଳନରେ ମୁଖ୍ୟ ଅତିଥି ଭାବରେ ଯୋଗ ଦେଇଥିଲେ ଏବଂ କହିଥିଲେ: “ଯୋଗ କେବଳ ଶାରୀରିକ ଆସନର ଏକ ସମଷ୍ଟି ନୁହେଁ; ଏହା ଏକ ସାମଗ୍ରିକ ଜୀବନଶୈଳୀ ଯାହା ଶାରୀରିକ ସ୍ୱାସ୍ଥ୍ୟ, ମାନସିକ ସୁସ୍ଥତା, ଭାବପ୍ରବଣ ସନ୍ତୁଳନ ଏବଂ ସଚେତନ ଜୀବନଯାପନକୁ ଏକାକୃତ କରିଥାଏ। ବର୍ଷିତ ଜୀବନଶୈଳୀ ବ୍ୟାଧି, ଚାପ ଏବଂ ମାନସିକ ସ୍ୱାସ୍ଥ୍ୟ ତ୍ୟାଲେଖି ହାରା ଚିହ୍ନିତ ଏହି ଯୁଗରେ, ଯୋଗକୁ ଗ୍ରହଣ କରିବା ବ୍ୟକ୍ତିବିଶେଷଙ୍କୁ ସେମାନଙ୍କ ସ୍ୱାସ୍ଥ୍ୟର ଦାୟିତ୍ୱ ନେବା, ଜ୍ଞାନାତ୍ମକ ସମ୍ଭାବନାକୁ ବୃଦ୍ଧି କରିବା ଏବଂ ସୁଖୀ, ଅଧିକ ପରିପୂର୍ଣ୍ଣ ଜୀବନଯାପନ କରିବାରେ ସକ୍ଷମ କରିପାରିବ।”

ପ୍ରାରମ୍ଭରେ, ଯୋଗ ପ୍ରଶିକ୍ଷକଙ୍କ ମାର୍ଗଦର୍ଶନରେ ଯୋଗ ଆସନ, ପ୍ରାଣାୟାମ, ଏବଂ ଧ୍ୟାନ କୌଶଳର ଏକ ପରିସର କରାଯାଇଥିଲା। ବିଭିନ୍ନ ବୟସ ଗୋଷ୍ଠୀର ଅଂଶଗ୍ରହଣକାରୀମାନେ ଏହି ଅଧିବେଶନରେ ସକ୍ରିୟ ଭାବରେ ଅଂଶଗ୍ରହଣ କରିଥିଲେ, ସାମଗ୍ରିକ କଲ୍ୟାଣ ପ୍ରତି ସେମାନଙ୍କର ପ୍ରତିବଦ୍ଧତା ପ୍ରଦର୍ଶନ କରିଥିଲେ।



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ଏହି ଅବସରରେ ଆଇଆଇଟି ଭୁବନେଶ୍ୱରର ନିର୍ଦ୍ଦେଶକ ପ୍ରଫେସର ଶ୍ରୀପଦ କରମଲକର; ଡିନ୍-ଛାତ୍ର ବ୍ୟାପାର ପ୍ରଫେସର ମିହିର କୁମାର ଦାସ; ରେଜିଷ୍ଟ୍ରାର ଶ୍ରୀ ବାମଦେବ ଆଚାର୍ଯ୍ୟ ଏବଂ ପ୍ରତିଷ୍ଠାନର ଅନ୍ୟାନ୍ୟ ବରିଷ୍ଠ ସଦସ୍ୟମାନେ ଉପସ୍ଥିତ ଥିଲେ। ପ୍ରଫେସର-ଇନ୍-ଚାର୍ଜ (ଇଏଏ) ଡକ୍ଟର ଶାନ୍ତନୁ ପାତ୍ର କାର୍ଯ୍ୟକ୍ରମର ସଂଯୋଜନା କରିଥିଲେ। ଏହି କାର୍ଯ୍ୟକ୍ରମରେ ଛାତ୍ର, ଅଧ୍ୟାପକ, ଅଧିକାରୀ ଏବଂ କର୍ମଚାରୀଙ୍କ ସମେତ କ୍ୟାମ୍ପସ ବାସିନ୍ଦାଙ୍କ ପକ୍ଷରୁ ବିପୁଳ ଉତ୍ସାହ ପରିଲକ୍ଷିତ ହୋଇଥିଲା।

ଏହା ପୂର୍ବରୁ, ସପ୍ତାହବ୍ୟାପୀ ଉତ୍ସବ ସମୟରେ ବିଭିନ୍ନ ଆବାସିକ କ୍ଲବ୍ ଏବଂ ଛାତ୍ର ଜିମ୍ନାଜା ଦ୍ୱାରା ଯୋଗ ଅଧିବେଶନ ଆୟୋଜନ କରାଯାଇଥିଲା।



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Media/Publication	Yuva Samay		
Date	22 nd June, 2026	Language	Odia
Headline	International Yoga Day celebrated with enthusiasm and excitement at IIT Bhubaneswar		
Link	https://yuvasamay.com/iit-bhubaneswar-celebrates-international-yoga-day-with-zeal-and-enthusiasm/		



ଭୁବନେଶ୍ୱର : ଭାରତୀୟ ପ୍ରଯୁକ୍ତି ପ୍ରତିଷ୍ଠାନ (ଆଇଆଇଟି) ଭୁବନେଶ୍ୱର ଦ୍ୱାଦଶ ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସକୁ ଅତ୍ୟନ୍ତ ଉତ୍ସାହ ଏବଂ ଉତ୍ସାହର ସହିତ ପାଳନ କରିଛି । ଏହି କାର୍ଯ୍ୟକ୍ରମ ପ୍ରତିଷ୍ଠାନର ଅତିରିକ୍ତ ଶୈକ୍ଷିକ କାର୍ଯ୍ୟକଳାପ (ଇଏଏ) ଏବଂ ସ୍ୱାସ୍ଥ୍ୟସେବା ଯୁନିଟ୍ ଅଧୀନରେ କ୍ୟାମ୍ପସର ସ୍ୱାସ୍ଥ୍ୟ କ୍ଲବ୍ ସହିତ ମିଳିତ ଭାବରେ ଆୟୋଜିତ ହୋଇଥିଲା । ଚଳିତ ବର୍ଷ, ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସର ବିଷୟବସ୍ତୁ ଥିଲା ‘ସୁସ୍ଥ ବାର୍ଦ୍ଧକ୍ୟ ପାଇଁ ଯୋଗ’ ।

ଭୁବନେଶ୍ୱରର ଭାରତୀୟ ସଂସ୍କୃତି, ଯୋଗ ଏବଂ ପରିଚାଳନା ଏକାଡେମୀ, ବିବେକାନନ୍ଦ କେନ୍ଦ୍ରର ନଗର ସଞ୍ଚାଳକ ପ୍ରଫେସର ସତ୍ୟ ମହାପାତ୍ର ଆନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ ପାଳନରେ ମୁଖ୍ୟ ଅତିଥି ଭାବରେ ଯୋଗ ଦେଇଥିଲେ ଏବଂ କହିଥିଲେ: “ଯୋଗ କେବଳ ଶାରୀରିକ ଆସନର ଏକ ସମଷ୍ଟି ନୁହେଁ; ଏହା ଏକ ସାମଗ୍ରିକ ଜୀବନଶୈଳୀ ଯାହା ଶାରୀରିକ ସ୍ୱାସ୍ଥ୍ୟ, ମାନସିକ ସୁସ୍ଥତା, ଭାବପ୍ରବଣ ସନ୍ତୁଳନ ଏବଂ ସଚେତନ ଜୀବନଯାପନକୁ ଏକୀକୃତ କରିଥାଏ । ବର୍ଦ୍ଧିତ ଜୀବନଶୈଳୀ ବ୍ୟାଧି, ଚାପ ଏବଂ ମାନସିକ ସ୍ୱାସ୍ଥ୍ୟ ତ୍ୟାଲେଞ୍ଜ ଦ୍ୱାରା ଚିହ୍ନିତ ଏହି ଯୁଗରେ, ଯୋଗକୁ ଗ୍ରହଣ କରିବା ବ୍ୟକ୍ତିଗଣଙ୍କୁ ସେମାନଙ୍କ ସ୍ୱାସ୍ଥ୍ୟର ଦାୟିତ୍ୱ ନେବା, ଜ୍ଞାନାତ୍ମକ ସମ୍ଭାବନାକୁ ବୃଦ୍ଧି କରିବା ଏବଂ ସୁଖୀ, ଅଧିକ ପରିପୂର୍ଣ୍ଣ ଜୀବନଯାପନ କରିବାରେ ସକ୍ଷମ କରିପାରିବ ।”



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ପ୍ରାରମ୍ଭରେ, ଯୋଗ ପ୍ରଶିକ୍ଷକଙ୍କ ମାର୍ଗଦର୍ଶନରେ ଯୋଗ ଆସନ, ପ୍ରାଣାୟାମ, ଏବଂ ଧ୍ୟାନ କୌଶଳର ଏକ ପରିସର କରାଯାଇଥିଲା। ବିଭିନ୍ନ ବୟସ ଗୋଷ୍ଠୀର ଅଂଶଗ୍ରହଣକାରୀମାନେ ଏହି ଅଧିବେଶନରେ ସକ୍ରିୟ ଭାବରେ ଅଂଶଗ୍ରହଣ କରିଥିଲେ, ସାମଗ୍ରିକ କଲ୍ୟାଣ ପ୍ରତି ସେମାନଙ୍କର ପ୍ରତିବଦ୍ଧତା ପ୍ରଦର୍ଶନ କରିଥିଲେ।

ଏହି ଅବସରରେ ଆଇଆଇଟି ଭୁବନେଶ୍ୱରର ନିର୍ଦ୍ଦେଶକ ପ୍ରଫେସର ଶ୍ରୀପଦ କରମଲକର; ଡିନ୍-ଛାତ୍ର ବ୍ୟାପାର ପ୍ରଫେସର ମିହିର କୁମାର ଦାସ; ରେଜିଷ୍ଟ୍ରାର ଶ୍ରୀ ବାମଦେବ ଆଚାର୍ଯ୍ୟ ଏବଂ ପ୍ରତିଷ୍ଠାନର ଅନ୍ୟାନ୍ୟ ବରିଷ୍ଠ ସଦସ୍ୟମାନେ ଉପସ୍ଥିତ ଥିଲେ। ପ୍ରଫେସର-ଇନ୍-ଚାର୍ଜ (ଇଏଏ) ଡକ୍ଟର ଶାନ୍ତନୁ ପାତ୍ର କାର୍ଯ୍ୟକ୍ରମର ସଂଯୋଜନା କରିଥିଲେ। ଏହି କାର୍ଯ୍ୟକ୍ରମରେ ଛାତ୍ର, ଅଧ୍ୟାପକ, ଅଧିକାରୀ ଏବଂ କର୍ମଚାରୀଙ୍କ ସମେତ କ୍ୟାମ୍ପସ ବାସିନ୍ଦାଙ୍କ ପକ୍ଷରୁ ବିପୁଳ ଉତ୍ସାହ ପରିଲକ୍ଷିତ ହୋଇଥିଲା।

ଏହା ପୂର୍ବରୁ, ସପ୍ତାହବ୍ୟାପୀ ଉତ୍ସବ ସମୟରେ ବିଭିନ୍ନ ଆବାସିକ କ୍ଲବ ଏବଂ ଛାତ୍ର ଜିମ୍ନାଜା ଦ୍ୱାରା ଯୋଗ ଅଧିବେଶନ ଆୟୋଜନ କରାଯାଇଥିଲା।



भारतीय प्रौद्योगिकी संस्थान भुवनेश्वर Indian Institute of Technology Bhubaneswar

Media/Publication	The Biswa Bani		
Date	22nd June, 2026	Language	English
Headline	IIT Bhubaneswar celebrates International Yoga Day		

IIT Bhubaneswar celebrates International Yoga Day

Jatni, 21st June 2026: Indian Institute of Technology (IIT) Bhubaneswar celebrated the 12th Edition of International Yoga Day with great enthusiasm and fervour. The event was organised under the ambit of the institute's extra-academic activity (EAA) and healthcare units in association with the health club of the campus. This year, the theme for International Yoga Day was 'Yoga for Healthy Ageing'. Prof. Satya Mahapatra, Nagar Sanchalak, Vivekananda Kendra, Academy for Indian Culture, Yoga & Man-



agement, Bhubaneswar, graced the International Yoga Day celebration as the Chief Guest and said: "Yoga is far more than a set of physical postures; it is a holistic way of life that

integrates physical health, mental well-being, emotional balance, and conscious living. In an era marked by rising lifestyle disorders, stress, and mental health challenges,

embracing yoga can empower individuals to take charge of their health, enhance cognitive potential, and lead happier, more fulfilling lives." At the outset, an array of yoga asanas (postures), pranayama (breathing exercises), and meditation techniques were performed under the guidance of yoga instructors. Participants of various age groups actively engaged in the session, demonstrating their commitment to holistic well-being. Prof. Shreepad Karmalkar, Director, IIT Bhubaneswar; Prof. Mihir Kumar Das, Dean Student

Affairs; Shri Bamadev Acharya, Registrar and other senior members of the institute were present on the occasion. Dr. Shantanu Patra, Professor-in-Charge (EAA), coordinated the programme. The event saw an overwhelming response from students, faculty members, officers and staff, as well as members from the campus residents. Before this, yoga sessions were organised by different residential clubs and the Students' Gymkhana during the week-long celebration.



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Media/Publication	Darshan News		
Date	21 st June, 2026	Language	Odia
Headline	International Yoga Day celebrated with enthusiasm and excitement at IIT Bhubaneswar		
Link	https://darshannews.in/?p=43961		



ଭୁବନେଶ୍ୱର, ୨୧/୦୬: ଭାରତୀୟ ପ୍ରଯୁକ୍ତି ପ୍ରତିଷ୍ଠାନ (ଆଇଆଇଟି) ଭୁବନେଶ୍ୱର ଦ୍ୱାଦଶ ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସକୁ ଅତ୍ୟନ୍ତ ଉତ୍ସାହ ଏବଂ ଉତ୍ସାହର ସହିତ ପାଳନ କରିଛି । ଏହି କାର୍ଯ୍ୟକ୍ରମ ପ୍ରତିଷ୍ଠାନର ଅତିରିକ୍ତ ଶୈକ୍ଷିକ କାର୍ଯ୍ୟକଳାପ (ଇଏଏ) ଏବଂ ସ୍ୱାସ୍ଥ୍ୟସେବା ଯୁନିଟ୍ ଅଧୀନରେ କ୍ୟାମ୍ପସର ସ୍ୱାସ୍ଥ୍ୟ କ୍ଲବ୍ ସହିତ ମିଳିତ ଭାବରେ ଆୟୋଜିତ ହୋଇଥିଲା । ଚଳିତ ବର୍ଷ, ଅନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସର ବିଷୟବସ୍ତୁ ଥିଲା ‘ସୁସ୍ଥ ବାର୍ଦ୍ଧକ୍ୟ ପାଇଁ ଯୋଗ’ ।

ଭୁବନେଶ୍ୱରର ଭାରତୀୟ ସଂସ୍କୃତି, ଯୋଗ ଏବଂ ପରିଚାଳନା ଏକାଡେମୀ, ବିବେକାନନ୍ଦ କେନ୍ଦ୍ରର ନଗର ସଞ୍ଚାଳକ ପ୍ରଫେସର ସତ୍ୟ ମହାପାତ୍ର ଆନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ ପାଳନରେ ମୁଖ୍ୟ ଅତିଥି ଭାବରେ ଯୋଗ ଦେଇଥିଲେ ଏବଂ କହିଥିଲେ: “ଯୋଗ କେବଳ ଶାରୀରିକ ଆସନର ଏକ ସମୃଦ୍ଧି ନୁହେଁ; ଏହା ଏକ ସାମଗ୍ରିକ ଜୀବନଶୈଳୀ ଯାହା ଶାରୀରିକ ସ୍ୱାସ୍ଥ୍ୟ, ମାନସିକ ସୁସ୍ଥତା, ଭାବପ୍ରବଣ ସନ୍ତୁଳନ ଏବଂ ସଚେତନ ଜୀବନଯାପନକୁ ଏକୀକୃତ କରିଥାଏ । ବର୍ଦ୍ଧିତ ଜୀବନଶୈଳୀ ବ୍ୟାଧି, ଚାପ ଏବଂ ମାନସିକ ସ୍ୱାସ୍ଥ୍ୟ ତ୍ୟାଲେଞ୍ଜ ଦ୍ୱାରା ଚିହ୍ନିତ ଏହି ଯୁଗରେ, ଯୋଗକୁ ଗ୍ରହଣ କରିବା ବ୍ୟକ୍ତିବିଶେଷଙ୍କୁ ସେମାନଙ୍କ ସ୍ୱାସ୍ଥ୍ୟର ଦାୟିତ୍ୱ ନେବା, ଜ୍ଞାନାତ୍ମକ ସମ୍ଭାବନାକୁ ବୃଦ୍ଧି କରିବା ଏବଂ ସୁଖୀ, ଅଧିକ ପରିପୂର୍ଣ୍ଣ ଜୀବନଯାପନ କରିବାରେ ସକ୍ଷମ କରିପାରିବ ।”

