



भारतीय प्रौद्योगिकी संस्थान भुवनेश्वर
Indian Institute of Technology Bhubaneswar

Press Release

**IIT Bhubaneswar celebrates International Yoga Day with
Zeal and Enthusiasm**

Bhubaneswar, 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 & 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.

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.
