



Jamshedpur Women's University

International Yoga Day 2026

21st June 2026, Jamshedpur

Jamshedpur Women's University Hosts Grand 100-Day Countdown Event for International Yoga Day

Under the guidance of Vice Chancellor Prof. Ela Kumar, Jamshedpur Women's University celebrated International Yoga Day 2026 with a grand event at its Bistupur campus. The program was organized by the Indian Yoga Association (IYA), Jharkhand State Chapter, in collaboration with its associate organization Grameen Upkar Sansthan.

This was the 69th day of the 100-day countdown series leading up to IDY 2026. The event witnessed enthusiastic participation from a large number of students, faculty members, and staff.

EVENT HIGHLIGHTS

The program was conducted in two phases:



Phase 1: Morning Yoga Session | 7:00 AM - 8:00 AM

The session began with lamp lighting. It included collective practice of Yogasanas, Pranayama, and meditation. Students from the Department of Yoga presented an attractive dance performance showcasing various yoga postures.

Dr. Kishwar Ara, Dean of Student Welfare, delivered the welcome address. The Chief Guest, Mr. Saryu Rai, MLA from West Singhbhum, addressed the gathering. He stated that *"Yoga unites people and it is essential to make it a part of our lifestyle."*



Phase 2: Awareness Workshop | 3:00 PM

The second phase was a one-day awareness-cum-workshop on Yoga held at the Kharkai Auditorium in Bistupur. The session also began with lamp lighting.

Experts spoke in detail about the importance of yoga, stress management, Ayurveda, and integrating yoga into daily life. Speakers included Dr. Subodh Kumar, Amit Kumar, Dr. Kamakhya Kumar, Preeti Choudhary, Ayurveda practitioner Manish Dudiya, and AYUSH Medical Officer Mukul Kumar.

Emphasizing the theme 'Yoga: Wellness, Wisdom and World Peace', the speakers highlighted the need to adopt yoga in life. Special focus was given to Yama-Niyama, mental balance, and positive thinking.

The event was further enriched by cultural performances. Students presented songs, dances, and yoga demonstrations that captivated the audience. The collective rendition of *'Itni Shakti Hamein Dena Daata'* was a special highlight.



PARTICIPATION

The event saw participation from Dr. Salomi Kujur, Registrar; Dr. Sudhir Kumar Sahu, Dean of Faculty of Humanities; Dr. Sanatan Deep, Head of Sports & Cultural Department; Kalidas Tiwari, Ajay Kumar and other officials, teaching and non-teaching staff, along with approximately 1000 students.



The program concluded with a vote of thanks by Dr. Sudhir Kumar Sahu, followed by the National Anthem. The event ended on a note of enthusiasm, energy, and a positive message.



The university termed the event a matter of pride, as it effectively spread the message of health, knowledge, and world peace through yoga.











