



TCET/FRM/IP

Revision: B

Date: 21/06/2026

Report on International Yoga Day 2026

➤ Event Details

Thakur College of Engineering & Technology (TCET), Kandivali, Mumbai, observed the 12th International Yoga Day on June 21, 2026. Aligned with the global theme "**Yoga for Healthy Ageing**," the event emphasized the systematic integration of yogic practices into daily life to foster health, harmony, and inner awareness.

The program was attended by over 90 students, 10 faculty and staff members. The core of the session was executed in strict accordance with the **Common Yoga Protocol (CYP)**, providing a standardized and structured sequence that included posture demonstrations (asanas), breathing techniques (pranayama), and guided meditation.

Yoga trainer led insightful discussions on the underlying science and philosophy of yoga, highlighting its efficacy in cultivating mental clarity, emotional resilience, and a balanced lifestyle. The event successfully combined reflective mindfulness with collective energy, reinforcing TCET's holistic approach to education and institutional commitment to personal development.

The details of International Yoga Day celebration are as indicated below:

➤ Date, Duration and Time:

Name of the Program	Date	Timing	Venue
International Yoga Day	21 st June 2026	07:30 AM to 09:00 AM	TCET Lobby

➤ Participants:

- Adv Rajesh Erande, Professional Yoga Instructor
- OIC NCC, Associate NCC Officer (Army wing), Associate NCC Officer (Navy wing)
- Faculty Members and Staff
- NCC Cadets, NSS Volunteers, Rotaract Members, EWT, Green Club and TCAP

➤ Objectives:

- Encourage students and faculty to adopt yoga as a means of improving physical health, mental well-being, and emotional balance.
- Promote the 2026 theme, "Yoga for Healthy Ageing," by creating awareness about the benefits of lifelong yoga practice
- Inspire participants to incorporate mindfulness, breathing exercises, and healthy habits into their daily routines.
- Foster unity, self-discipline, and a culture of wellness through collective participation in yoga activities.



➤ **Coordinators of Programme & Resource Persons involved:**

- **Dr. Lochan Jolly**, Dean (Student and Staff Welfare)
- **Cdr Vijay Pratap Singh**, Mentor & OIC TCET NCC Unit
- **Lt. Dr. Nivant Kambale**, Associate NCC Officer (3 Maharashtra Battalion)
- **Sub Lt. Sunil Khatri**, Associate NCC Officer (1 Maharashtra Naval Unit)
- **Advocate Rajesh Erande**, Professional Yoga Instructor
- **Dr. Vinita Agarwal**, Deputy HOD (ES&H)
- **Mr. Amar Irkar**, Sports Trainer
- **Mrs. Sonali Kini**, Sports Trainer
- **Mr. Mahesh Biradar**, EWT PO

➤ **Plan and Schedule:**

The International Yoga Day celebration at TCET commenced at 07:30 AM with a warm welcome by the NCC cadets, setting the tone for the event with a heartfelt introduction to the significance of the day. This was followed by a brief yet powerful insight into the origins and essence of International Yoga Day, highlighting the 2026 theme, "**Yoga for Healthy Ageing.**" Following this, the esteemed guest and professional yoga instructor, Adv. Rajesh Erande, was introduced alongside the student yoga demonstrators for the day, NCC Cadets Cdt Shravani Korgaonkar and Cdt Guruprasad Dubey.

Subsequently, the core session commenced under the expert guidance of **Adv. Rajesh Erande**. The demonstrators led the participants through the complete sequence of the Common Yoga Protocol (CYP), beginning with loosening practices and transitioning into various foundational asanas. The session also incorporated vital **pranayama** (breathing techniques) and **dhyana** (meditation), emphasizing the physiological and psychological benefits of a regular yoga discipline.

Following the session, a brief conclusion was delivered, encouraging participants to carry the energy of the practice into their daily lives. At 08:45 AM, a formal vote of thanks was extended, acknowledging the efforts of the faculty, cadets, and all participants. The event concluded at 09:00 AM with a heartfelt rendition of the National Anthem, providing a fitting close that celebrated the shared spirit of unity and well-being.

➤ **Highlights of the Activities:**

The 12th International Yoga Day celebration at TCET opened with a formal introductory assembly focusing on the global theme, "**Yoga for Healthy Ageing.**" The opening address highlighted the significance of the occasion, underscoring how regular yogic practices promote longevity, physical vitality, and mental clarity. By connecting daily mindfulness to long-term well-being, the introduction set a purposeful tone for the day.

The program then transitioned into a practical workshop led by an invited guest instructor, who guided students and faculty members through the **Common Yoga Protocol (CYP)**. The session advanced systematically from loosening exercises to traditional asanas, pranayama (breathing techniques), and dhyana (meditation). The instructor emphasized proper alignment, breath control, and the immediate health benefits of each practice.

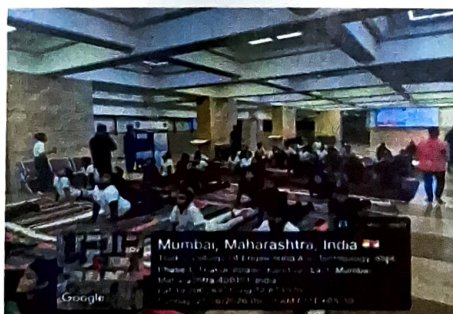
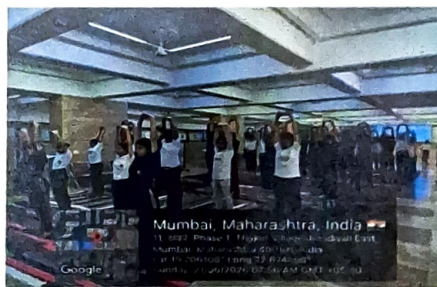


The event concluded with a brief reflection on weaving these wellness habits into busy academic schedules, followed by a formal vote of thanks and a group photograph. Ultimately, the program succeeded in fostering holistic health awareness and inspiring all participants to embrace a more balanced lifestyle.

➤ **Actions Taken:**

- **Planning & Coordination:** A structured schedule was prepared in advance, including venue arrangements, volunteer assignments, and event management to ensure smooth execution.
- **Expert Engagement:** A qualified yoga instructor was invited to conduct the session and guide participants through various asanas, pranayama, and relaxation techniques.
- **Awareness & Participation:** Conveyed the significance of Yoga Day, mobilized cadets, faculty, and students to actively participate in the session.
- **Successful Execution:** The yoga session was conducted in an organized manner with guided demonstrations, breathing exercises, meditation, and interactive instructions for all participants.
- **Closing & Documentation:** The programme concluded with a vote of thanks, group photographs, and proper documentation of the event to record participation and outcomes.

➤ **Glimpses of Event:**



➤ **Risk and Mitigations:**

Sr. No.	Risk	Mitigation
1.	Participants experiencing muscle strain, dizziness, or dehydration during strenuous postures.	Stationed a first-aid team with medical kits and water stations at the venue, and instructed participants to perform variations within their physical comfort limits.
2.	Beginners struggling with advanced postures, leading to disengagement or a break in the Common Yoga Protocol (CYP) flow.	Instructed the student demonstrators at the front to showcase both standard and simplified (modified) versions of each asana for varying fitness levels



➤ **Learning Outcomes:**

- Participants developed a better understanding of the importance of yoga in maintaining physical fitness, mental well-being, and emotional balance.
- The event encouraged students and staff to adopt simple yoga and breathing exercises as part of their daily routine for a healthier lifestyle.
- Collective participation strengthened teamwork, discipline, and a sense of unity among students, faculty members, and volunteers.
- The programme successfully promoted awareness about holistic wellness and reinforced the institution's commitment to health-oriented initiatives and personal development.

➤ **Scope for Improvement:**

- **Regularity of Sessions:** Establish periodic or weekly yoga modules rather than restricting the practice to an annual event, thereby cultivating a sustainable health culture on campus.
- **Broader Collaborative Outreach:** Scale up future attendance by designing targeted peer-to-peer mobilization campaigns for students and collaborating with external certified wellness experts.
- **Diversified Workshop Topics:** Broaden the event matrix to include dedicated, interactive seminars focusing specifically on mindfulness meditation, stress management techniques for academics, and nutritional health.

➤ **SWOT Analysis:**

Parameter	Strength	Weakness	Opportunity	Threat
Execution	Well-organized event with active participation from students, faculty, and NCC cadets, promoting discipline and wellness.	Limited duration restricted hands-on learning and interaction with participants.	Introduce regular yoga sessions, wellness workshops, and collaborations with certified yoga organizations.	Reduced enthusiasm in future events if continuous engagement and follow-up activities are not maintained
Impact	The theme "Yoga for Healthy Ageing" successfully promoted awareness about lifelong wellness.	Limited outreach to external communities and institutions.	Expand outreach through awareness campaigns, expert talks, and inter-college wellness initiatives.	Busy academic schedules and competing activities may affect participation and long-term commitment



➤ **Conclusion:**

International Yoga Day 2026 at TCET served as a meaningful reminder of the importance of maintaining balance between physical health and mental well-being. The event provided an inclusive platform where students, faculty members, and wellness practitioners came together to participate in yoga sessions that promoted mindfulness, self-discipline, and inner harmony. More than just a physical activity, the programme emphasized the value of regular yoga practice in reducing stress, improving concentration, and fostering a healthier lifestyle. The programme concluded on a positive note, reinforcing the institution's commitment to holistic development and inspiring participants to incorporate yoga into their daily lives for long-term well-being

➤ **5W1H Analysis:**

What	International Yoga Day 2026
When	21 st June 2026 – 07:30 am to 09:30 am
Where	TCET Lobby
Who	Faculty members and Students of TCET and Professional Yoga instructor.
Why	To promote physical well-being, mental clarity, and mindfulness through yogic practices.
How	Offline one-day event with guided yoga, breathing sessions, and interactive discussions.

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