

Yoga awareness programmes held at Avinashilingam Institute

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Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, organised a series of awareness and outreach programmes in connection with the International Day of Yoga 2026 to promote the benefits of yoga among students, staff, research scholars, alumni and the community.

The programmes were conducted in accordance with the guidelines of the Government of India and the Ministry of AYUSH to popularise yoga for physical, mental and emotional well-being. A yoga demonstration session was held on June 21, featuring selected asanas, pranayama techniques and meditation practices from the Common Yoga Protocol. Vice-Chancellor Dr. Bharathi Harishankar presided over the event, while Suguna Suryakumar of WCSC SKY Yoga delivered the International Day of Yoga address.

Participants were introduced to the digital resources developed by the Ministry of AYUSH, including the Namaste Yoga App and Y-Break App, which provide guided yoga sessions, wellness information and

short yoga breaks to enhance productivity and well-being.

The institution also disseminated information on the Common Yoga Protocol and encouraged participants to continue yoga practice using digital resources. An awareness poster highlighting the theme of International Day of Yoga 2026, "Yoga for Healthy Ageing", and

the Ministry of AYUSH initiatives was circulated through institutional communication channels and social media platforms.

Stakeholders of the institution were encouraged to witness the Yoga Sangam event led by Prime Minister Narendra Modi in Kolkata on June 21. Through these initiatives, the institution

reaffirmed its commitment to promoting holistic health and wellness and contributed to the national campaign carrying the message, "One Earth • One Family • One Health." The programme witnessed enthusiastic participation and created greater awareness on yoga as a lifelong practice for healthy living and healthy ageing.

