

For Immediate Release; June 21, 2026

PRESS RELEASE

IIT (ISM) Dhanbad celebrates International Day of Yoga 2026 with enthusiastic participation

IIT (ISM) Dhanbad celebrated the International Day of Yoga 2026 with great enthusiasm at the Gymkhana Ground of the institute, bringing together students, employees, dependents and campus residents in a collective celebration of health, wellness and mindfulness.

The event witnessed enthusiastic participation from a large number of members of the IIT (ISM) community, reflecting the growing awareness of yoga as a means of promoting physical fitness, mental well-being and a balanced lifestyle.

The programme was graced by Prof. M.K. Singh, Dean (Academic); Prabodh Pandey, Registrar; Prof. Sanjoy Mandal, Associate Dean (Student Welfare-Student Activities); Dr. Anita Kumari, Sports Officer; Abhishek Basye and other distinguished dignitaries.

Addressing the gathering, the dignitaries highlighted the significance of yoga in fostering a healthy and harmonious society and encouraged participants to incorporate yogic practices into their daily lives.

A special yoga session was conducted by Ajay Kumar, Yoga Instructor, who guided participants through various yoga postures, breathing exercises and relaxation techniques. The session focused on promoting physical fitness, mental clarity and overall well-being.

As part of the celebrations, prizes were distributed among the winners of the Yoga Competition organised on June 13, 2026, as a lead-up activity to the International Day of Yoga. The competition witnessed active participation from members of the institute community and aimed to encourage greater engagement with yogic practices.

The programme was smoothly anchored by Dr. Anita Kumari, Sports Officer, and Deeksha Patle of IIT (ISM) Dhanbad.

The celebration reaffirmed IIT (ISM) Dhanbad's commitment to promoting holistic well-being and fostering a healthy campus environment through regular participation in activities that support physical and mental wellness.

Rajni Singh
Dean (Corporate Communications)