

Yoga Week Celebration 2026

Sunrise University, Alwar

Theme: Yoga for Healthy Aging
15–21 June 2026

Sunrise University successfully celebrated **Yoga Week 2026** from **15th June to 21st June 2026** with great enthusiasm and active participation from faculty members, staff, and students. The week-long programme was organized under the esteemed presence of **Hon'ble Chancellor Mr. Sumer Singh Ji** and the guidance of **Dr. Kuldeep Yadav, Registrar**.

The yoga sessions were conducted by experienced instructors **Mr. Mange Lal, Mr. Parwinder, and Mr. Sukhram Meena**, who demonstrated various yogic practices, stretching exercises, breathing techniques, meditation, and wellness activities aimed at promoting physical fitness, mental well-being, and healthy aging.

Throughout the week, participants actively engaged in outdoor and indoor yoga sessions, including warm-up exercises, stretching techniques, balance postures, breathing exercises (Pranayama), meditation practices, and relaxation techniques. The programme emphasized the importance of incorporating yoga into daily life for maintaining a healthy body and mind.

The celebration concluded on **21 June 2026**, marking the observance of the **International Day of Yoga**, with a collective yoga session and a pledge to adopt yoga as a regular practice for a healthier and more balanced lifestyle.

The University administration appreciated the dedication of all participants and organizers for making the Yoga Week a grand success.

Day 1 – 15 June 2026

Theme: Yoga Orientation & Warm-Up Session

- Group standing exercises
- Arm stretching and shoulder mobility exercises
- Introduction to Yoga for Healthy Aging



Day 2 – 16 June 2026

Theme: Stretching & Flexibility Development

- Overhead stretching exercises
- Side bending and neck relaxation practices
- Full-body flexibility exercises



Day 3 – 17 June 2026

Theme: Balance and Coordination

- Tree pose and balancing exercises
- Standing posture correction activities
- Coordination and concentration exercises



Day 4 – 18 June 2026

Theme: Indoor Yoga Practice

- Group stretching sessions in conference hall
- Spine and shoulder strengthening exercises
- Joint mobility exercises



Day 5 – 19 June 2026

Theme: Yogic Fitness Activities

- Seated yoga exercises
- Core strengthening movements
- Dynamic yoga drills



Day 6 – 20 June 2026

Theme: Pranayama & Meditation

- Breathing exercises
- Anulom-Vilom practice
- Meditation and relaxation session



Day 7 – 21 June 2026

International Day of Yoga

- Mass Yoga Demonstration
- Collective Meditation Session
- Vote of Thanks and Closing Ceremony
- Group photographs with faculty, staff, and participants



1. Faculty and staff participating in morning yoga exercises.
2. Warm-up and stretching session during Yoga Week 2026.
3. Balance and coordination exercises conducted by yoga instructors.
4. Indoor yoga practice focusing on flexibility and posture correction.
5. Participants performing seated yogic exercises.
6. Pranayama session promoting mental wellness and concentration.
7. Collective yoga demonstration on International Yoga Day.
8. Faculty members practicing meditation and breathing techniques.
9. Active participation of university staff during Yoga Week.
10. Successful conclusion of Yoga Week 2026 at Sunrise University.

Programme Coordinators:

Mr. Ravi Shankar Rao | Mr. Mange Lal | Mr. Parwinder | Mr. Sukhram Meena

Chief Patron:

Mr. Sumer Singh Ji, Chancellor

Patron:

Dr. Kuldeep Yadav, Registrar

Organized by:

Sunrise University, Alwar, Rajasthan.