

Report on
International Day of Yoga, 2026
ICFRE – Institute of Forest Genetics and Tree Breeding,
Coimbatore – 641002

The International Day of Yoga is celebrated annually on 21st June across the world. For the 12th International Day of Yoga (IDY) in 2026, the Ministry of AYUSH announced the theme "Yoga for Healthy Ageing". This theme emphasizes yoga as a holistic approach to promoting vitality, resilience, and healthy ageing, enabling individuals to enjoy both a longer lifespan and an active, healthy life. To commemorate the occasion, the ICFRE–Institute of Forest Genetics and Tree Breeding (ICFRE-IFGTB), Coimbatore, celebrated the International Day of Yoga (IDY) 2026 by organizing a series of programmes aimed at promoting the importance of yoga for physical, mental and emotional well-being.

1. Simple Yoga in the work place

A Yoga Awareness Programme was organized on 19th June 2026 at the Conference Hall of ICFRE–Institute of Forest Genetics and Tree Breeding (ICFRE-IFGTB), Coimbatore, as part of the celebrations for the 12th International Day of Yoga (IDY) 2026. The programme commenced with an introductory address by Smt. R. Sridevi, Librarian followed by the welcome address delivered by Dr. S. Saravanan, Scientist-G, who highlighted the objectives and significance of the programme and emphasized the role of yoga in promoting a healthy lifestyle.

The awareness session was conducted by Yogacharya R. Sivakumar, Coimbatore, a distinguished Yoga Teacher and Practitioner with over 27 years of experience and recipient of several awards in recognition of his contributions to the field of yoga. During the session, he explained the causes and effects of common workplace-related health issues, including stress, muscular pain, fatigue, and mental tension. He emphasized the importance of maintaining physical and mental well-being through regular yoga practice and demonstrated a series of simple yogic exercises that can be conveniently performed in the workplace to alleviate these problems. The participants enthusiastically took part in the practical session and learned techniques to improve posture, enhance concentration, relieve stress, and promote overall physical and mental well-being. The programme was well received and contributed to creating greater awareness of the benefits of incorporating yoga into daily life for healthier living.



2. Mass Yoga Practice

A Mass Yoga Practice Programme was organized on 21 June 2026 at the front lawn of the ICFRE–Institute of Forest Genetics and Tree Breeding (ICFRE-IFGTB), Coimbatore, to commemorate the 12th International Day of Yoga (IDY) 2026. The programme was inaugurated by Shri T. Rabi Kumar, IFS, Director, ICFRE–IFGTB. Dr. A. Mayavel, Scientist-E, delivered the welcome address and welcomed the participants.

The yoga session was conducted by Yogi R. Yuwashakthi, Coimbatore, who has 13 years of experience as a Yoga Practitioner and 3 years of experience as a Yoga Teacher. She guided the participants through the Common Yoga Protocol and various yogic practices, highlighting the importance of yoga in promoting physical fitness, mental well-being, emotional balance, and a healthy lifestyle. Participants were encouraged to incorporate yoga into their daily routine to enhance overall health and resilience. The programme witnessed enthusiastic participation from the Institute's scientists, officers, staff members, and other employees. The collective practice of yoga fostered awareness of its numerous physical and psychological benefits while reinforcing the message of this year's International Day of Yoga theme, "Yoga for Healthy Ageing." The programme concluded successfully, with participants expressing their appreciation for the well-organized and rejuvenating session.



3. Tree Planting

A Tree Planting Programme was organized on 21st June 2026 in the Botanical Garden of the ICFRE–Institute of Forest Genetics and Tree Breeding (ICFRE-IFGTB), Coimbatore, as part of the celebrations of the 12th International Day of Yoga (IDY) 2026. The programme was led by Shri T.Rabi Kumar, IFS, Director, ICFRE–IFGTB, along with scientists, officers, and staff members of the Institute. During the event, tree saplings were planted in the Botanical Garden to promote environmental conservation, enhance green cover, and reinforce the importance of maintaining

ecological balance. The initiative reflected the spirit of the International Day of Yoga by highlighting the intrinsic connection between human well-being and a healthy natural environment. The programme also reaffirmed the Institute's commitment to sustainable environmental stewardship and the promotion of ecological consciousness among its employees.

