

Report of E- Poster Competition for 12th Yoga Day 2026

Name of the Activity	E-Poster presentation competition-IDY2026
Date of the Activity	18/6/2026
Number of Participants	Total No. of participants -150 Students selected for poster presentation- 10
Organized By	D. Y. Patil Deemed to be University School of Ayurveda Department of Swasthavritta & Yoga
Objective	<p>1. Promote Creativity: Encourage participants to express the benefits of yoga for ageing through artistic and visual representation.</p> <p>2. Simplify Learning: Use posters as an easy-to-understand medium to communicate yoga practices and their impact on ageing gracefully.</p> <p>3. Encourage Innovation: Provide a platform for participants to design unique, impactful visuals that can be used in awareness campaigns.</p>
Venue of the event:	D. Y. Patil deemed to be University, School of Ayurveda, Nerul, Navi Mumbai

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Organizing Members:	<ol style="list-style-type: none">1. Dr. Mangala Wange, HOD., Department of Swasthavritta and Yoga2. Dr. Pratik Patil, Associate Professor, Department of Swasthavritta and Yoga3. Dr. Aarti Nangare, Associate Professor, Department of Swasthavritta and Yoga4. Dr. Aishwarya Dukle, Assistant Professor, Department of Swasthavritta and Yoga.5. Dr. Sadhana Nambiyar, Assistant Professor, Department of Swasthavritta and Yoga.6. Dr. Amulya Singh, PG Student, Department of Swasthavritta and yoga
Detailed Reports	<p>An E-Poster Competition on the theme “<i>Yoga for Healthy Ageing</i>” was successfully organized on 18 June 2026, under the supervision of Dr. Mangala Wange, HOD, Swasthavritta & Yoga</p> <p>with enthusiastic participation from students. A total of 150 students took part in the event, out of which 10 were selected for the presentation, each preparing creative and informative posters that highlighted the importance of yoga in promoting physical fitness, mental peace, and emotional</p>

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resilience during the ageing process. The competition was judged by two esteemed faculty members, **Dr. Ashwini Patil, HOD Shalakyia Tantra and Dr. Ritu Wadhwa HOD panchkarma**, who evaluated the entries based on creativity, clarity, relevance to the theme, and presentation skills. During the event, students not only displayed their posters but also explained the concepts behind their designs, elaborating on how yoga contributes to healthy ageing and prevents age-related health challenges. The judges appreciated the innovative ideas and the depth of understanding shown by the participants. Overall, the competition achieved its objectives of fostering creativity, spreading awareness, and inspiring lifestyle changes, while reinforcing the message that yoga is a lifelong practice for resilience, balance, and graceful ageing.

Out of 10 posters 3 winners were selected.


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	1 st Rank – Miss. Nupur Sable
	2 nd Rank- Miss. Vaishnavi Dhadke
	3 rd Rank - Miss. Nishita Bhusare .

12th INTERNATIONAL DAY OF YOGA 2026

YOGA FOR HEALTHY AGEING

योग: अमृतात्वस्य सेतुः
Yoga is the bridge to a life of vitality.



Left Side (Negative Factors):

- अतियाहार (Excess Diet)
- अनियमिता (Irregular Routine)
- चिन्ता, तनाव (Stress, Anxiety)
- अल्पव्यायाम (Lack of Activity)
- कालप्रभावः (Effect of Time)

Right Side (Positive Practices):

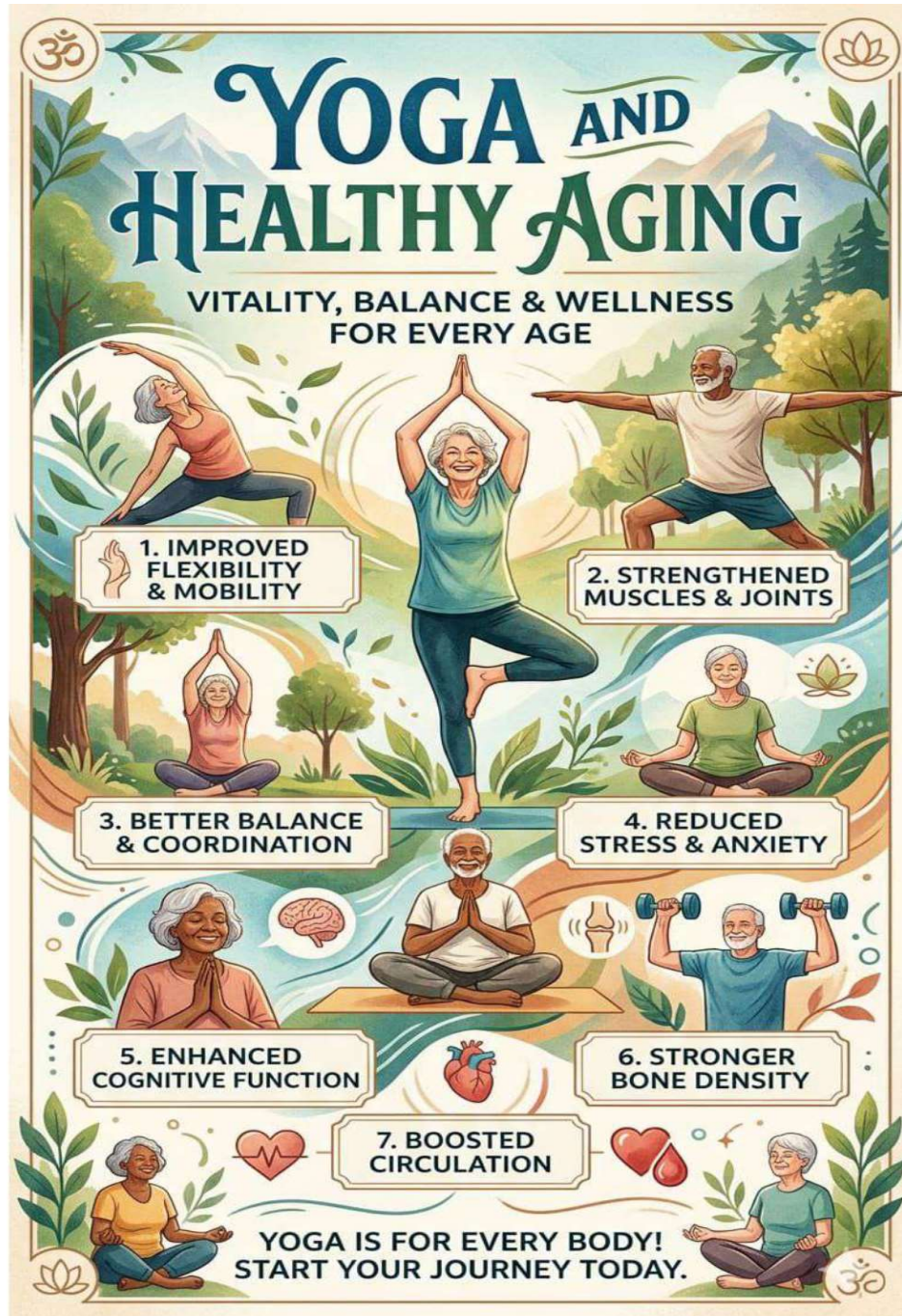
- यम (Ethical Living)
- नियम (Self Discipline)
- आसन (Steady Posture)
- प्राणायाम (Life Energy)
- प्रत्याहार (Sense Control)
- धारणा (Focused Mind)
- ध्यान (Meditation)
- समाधि (Blissful Living)

वृद्धत्वं न दुर्बलता, योगेन भवति समर्थता ।
Old age is not weakness, through yoga it becomes strength.

आहार (Nourishment) | विहार (Lifestyle) | योग (Union) | आरोग्य (Health) | दीर्घायु (Longevity)

योग अपनाएं, स्वस्थ जीवन पाएं, हर उम्र में मुस्कुराएं ।
EMBRACE YOGA, EMBRACE WELLNESS, AGE GRACEFULLY.

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YOGA *for* HEALTHY AGEING

BE PRESENT.
BE POSITIVE.
BE YOU.

♥ AGE GRACEFULLY. LIVE FULLY. ♥


Yoga keeps you active, independent and joyful at every age. ♥

BENEFITS OF YOGA FOR HEALTHY AGEING

- 
IMPROVES FLEXIBILITY
 Keeps joints supple and movement easy.
- 
BUILDS STRENGTH
 Enhances muscle tone and supports balance.
- 
BETTER BALANCE
 Reduces risk of falls and builds confidence.
- 
SUPPORTS BREATHING
 Improves lung capacity and overall vitality.
- 
CALMS THE MIND
 Reduces stress, anxiety and supports memory.
- 
PROMOTES WELL-BEING
 Boosts mood, energy and quality of life.

START WHERE YOU ARE.
GO AT YOUR OWN PACE.
YOGA IS FOR LIFE. ♥

SIMPLE. SAFE. FOR EVERY BODY.

- 
BREATHE
 Deep breathing brings calm and clarity. ♥
- 
STRETCH
 Gently stretch to stay flexible and pain-free. ♥
- 
STRENGTHEN
 Build strength for independence and confidence. ♥
- 
BALANCE
 Improve balance for stability in daily life. ♥
- 
RELAX
 Relax and unwind for a peaceful mind and heart. ♥

YOGA TODAY FOR A STRONGER, HAPPIER TOMORROW.
♥ Healthy Ageing. Happy Living. ♥

YOUR MAT.
YOUR TIME.
YOUR WELL-BEING. ♥

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