

AIIMS Bibinagar Celebrates 12th International Day of Yoga

AIIMS Bibinagar, through the CCMBIY–CCRYN team, celebrated the 12th International Day of Yoga 2026 with the theme "Yoga for Healthy Ageing." A week-long series of activities was organized, including radio talks on Garbhanskar, Bala Yoga, Vriddha Yoga, Chakra Meditation, and the history of Yoga and International Day of Yoga. Special programs such as Garbhanskar for pregnant women, Bala Yoga for school children, and Vriddha Yoga for geriatric patients were conducted to promote yoga across all age groups. Essay writing, poetry, and painting competitions were also organized to create awareness about yoga. A special community outreach program for Adolescents in a residential school was taken up to instil the essence of Yoga. Dr. Vinaya, Naturopath and CMO of Suprada wellness, Bangalore joined us as the Chief Guest and conducted a Musical Therapy session thereby inculcating the therapeutic benefits of music in promoting mental well-being and holistic health. June 21 was celebrated with a Mass Common Yoga Protocol, experiencing the nationwide virtual address by Honourable PM Shri Narendra Modi, power packed Yogic performances by the students followed by Satvik Refreshments. The program was conducted well under the guidance of Dr. Amita Aggarwal, Executive Director and CEO, AIIMS Bibinagar, by the Team CCMBIY (Nodal Officer - Dr. Rohini Motwani, Addl. Nodal Officer Dr. Meely Panda, Yoga Specialists: Drs. Jayshree, Sumanth, Sindhu and Minisha) chaired by Dean Research Prof. Dr. Rahul Narang and Co chaired by Assoc Dean Research Dr. Govindrao, and with enthusiastic participation from faculty, students, staff, and the community





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Yadadri Bhuvanagiri, Telangana, India
Unnamed Road, Telangana 508126, India
Lat 17.477421 Long 78.778071

