

REPORT OF IDY-2026 (72 DAYS) COUNTDOWN PROGRAMME



**MINISTRY OF
AYUSH**



SPONSORED BY

**MORARJI DESAI NATIONAL INSTITUTE OF YOGA
MINISTRY OF AYUSH
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NEW DELHI**



Organised by

**CENTRE FOR DISTANCE AND ONLINE EDUCATION
MAHARAJA SRIRAM CHANDRA BHANJA DEO UNIVERSITY
SRIRAM CHANDRA VIHAR, TAKATPUR, BARIPADA-757003**

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1. Introduction:

The observance of the International Day of Yoga (IDY) represents one of the most significant global cultural and health initiatives of the twenty-first century, rooted in India's ancient civilizational heritage yet resonating across modern global consciousness. The genesis of IDY can be traced to the historic address of Narendra Modi, the Honourable Prime Minister of India, at the United Nations General Assembly (UNGA) on 27 September 2014, wherein he proposed the idea of dedicating a day to yoga as a means of fostering harmony between human beings and nature. Recognizing yoga as “an invaluable gift of ancient Indian tradition,” he emphasized its role not merely as a physical exercise but as a holistic discipline integrating mind, body, and spirit.

This proposal received unprecedented global support, leading to the adoption of a resolution by the United Nations General Assembly on 11 December 2014, with the co-sponsorship of 177 countries—a record in UN history. Consequently, 21 June, the summer solstice and the longest day of the year in the Northern Hemisphere, was declared as the International Day of Yoga. Since its first observance in 2015, IDY has evolved into a global mass movement, transcending geographical, cultural, and political boundaries, and promoting preventive healthcare, wellness, and sustainable living.

In India, the Ministry of AYUSH has been the nodal body responsible for conceptualizing, organizing, and disseminating yoga-related programmes across the nation. Institutions such as the Morarji Desai National Institute of Yoga (MDNIY), New Delhi, have played a pivotal role in designing standardized practices like the Common Yoga Protocol (CYP), ensuring uniformity and scientific grounding in yoga dissemination. The IDY 2026 celebrations have been conceptualized under an expansive outreach campaign titled “100 Days, 100 Cities, 100 Organisations,” inaugurated during the Yoga Mahotsav at Vigyan Bhawan in March 2026, thereby marking a structured countdown towards 21 June 2026.

Within this broader national and international framework, the Centre for Distance and Online Education (CDOE) at Maharaja Sriram Chandra Bhanja Deo University (MSCBU), Baripada, Mayurbhanj, undertook the responsibility of organizing the 72-day countdown programme on 9th and 10th April 2026. The initiative aimed not only at promoting the Common Yoga Protocol but also at fostering awareness about the multifaceted benefits of yoga among students, educators, and the wider community. The programme thus functioned as both a preparatory milestone and a localized manifestation of a global movement dedicated to holistic well-being.

2. Inauguration, Institutional Engagement, and Yoga Competitions:

The preparatory phase of the programme commenced on 9th April 2026 under the visionary leadership of the Honourable Vice-Chancellor, Prof. Mahendra Kumar Mohanty. The day began with a formal press meet attended by sixteen journalists from various media houses, reflecting the institution's commitment to public engagement and awareness dissemination. During this interaction, the Vice-Chancellor articulated the university's proactive role in promoting health, wellness, and community participation, while also acknowledging the sustained efforts of the Ministry of AYUSH and the organizing team of CDOE, MSCBU.

Following the press interaction, the formal inauguration of the programme took place at the university's indoor stadium, marking the ceremonial commencement of the two-day event. The inaugural session was characterized by a sense of collective enthusiasm and institutional pride, as faculty members, administrative staff, students, and invited guests assembled to witness the beginning of this significant initiative.

The highlight of the morning session was the Yoga Competition, which attracted an impressive participation of 80 individuals from diverse backgrounds. The participants included university staff, students from affiliated colleges, and school students from reputed institutions such as MPK Girls High School, MKC High School, KV Lamiposi, UGP High School, Vivekananda Siksha Kendra, Saraswati Sisu Vidya Mandir, Lady Hamilton School, Sripad Jung School, Kamala Nehru Girls High School, and Bhanjpur High School.

The competition served as a platform for showcasing the discipline, dedication, and physical agility of the participants. Evaluated by a panel comprising experienced yoga practitioners and

in-house experts, the performances were assessed on parameters such as precision, flexibility, posture alignment, and overall composure. Beyond its competitive aspect, the event functioned as a pedagogical exercise, encouraging participants to internalize the principles of yoga and embody them through practice. The diversity of participants further underscored the inclusive nature of yoga as a universal discipline accessible to all age groups and social segments.

3. One Day Seminar on “Yoga for Wellness, Wisdom and World Peace”:

The intellectual dimension of the programme unfolded during the second half of 9th April through a One-Day Seminar titled “Yoga for Wellness, Wisdom and World Peace,” held in the Annex Hall of MSCB University. This session represented a crucial intersection of theory and practice, bringing together academic insights, scientific perspectives, and philosophical reflections on yoga.

The seminar featured distinguished speakers who contributed to a nuanced understanding of yoga’s relevance in contemporary society. Prof. (Dr.) Dinesh Prasad Swain, Professor and Head, Department of Yogic Science from Asian Institute of Public Health (AIPH) University, Bhubaneswar, delivered a comprehensive lecture focusing on the scientific underpinnings of yoga. Through an engaging PowerPoint presentation on “Yoga and Wellness,” he elaborated on how regular yogic practices influence physiological systems, reduce stress, enhance cognitive functioning, and promote emotional stability. His discourse emphasized the integration of yoga into daily routines as a preventive and therapeutic tool in addressing modern lifestyle disorders.

The Chief Speaker, Prof. Bharat Kumar Panda, Professor and Head, Department of Education and Physical Education from the Central University of Odisha (CUO), Koraput, offered a complementary perspective by exploring the philosophical and educational dimensions of yoga. Drawing upon classical texts and traditional shlokas, he highlighted the ethical, moral, and spiritual aspects of yogic philosophy. By contextualizing these teachings within contemporary educational frameworks, he demonstrated how yoga can contribute to holistic human development, fostering not only physical fitness but also intellectual clarity and moral consciousness.

The seminar thus functioned as a dialogic platform, bridging ancient wisdom and modern scientific inquiry, and reinforcing the relevance of yoga as a comprehensive system of knowledge and practice.

4. Common Yoga Protocol Session and Community Participation:

The central event of the 72-day countdown programme was the Common Yoga Protocol (CYP) session was organised on the morning of 10th April 2026 at the MSCB University Indoor Stadium. Conducted from 7:00 AM to 7:45 AM in strict accordance with the guidelines of MDNIY, the session witnessed an overwhelming participation of 626 individuals, including students, faculty members, administrative staff, and members of the general public.

The session commenced with a traditional invocation, setting a serene and focused atmosphere conducive to yogic practice. Participants then engaged in a structured sequence of asanas, pranayama, and meditation techniques, designed to ensure a balanced and comprehensive workout for the body and mind. The meticulous execution of the protocol reflected both the preparedness of the organizers and the enthusiasm of the participants.

The session was expertly conducted under the guidance of Programme Coordinator and Instructor Dr. Sujata Panda, supported by a team of experienced instructors including Dr. Himanshu Parida, Dr. Sujata Jena, Dr. Sagar Mantri, and Sri Kamal Baitha. Their demonstrations ensured accuracy, safety, and adherence to prescribed standards, thereby enhancing the overall quality of the session.

The programme was graced by several distinguished dignitaries, including the Honourable Vice-Chancellor Prof. Mahendra Kumar Mohanty, Chairman of the P.G. Council Prof. Kamal Lochan Barik, Director of CDOE Prof. Sukanta Kumar Nayak, and invited guest Shri Siba Shankar Patra, Corporator. Their presence not only lent prestige to the event but also signified institutional and civic support for the initiative.

An additional highlight was a special yogasana performance by the Swami Vivekananda Yoga Research Centre, Baripada Stadium, led by trainer Jyotiranjana Das. This performance

demonstrated advanced yogic techniques and inspired participants by showcasing the aesthetic and disciplined dimensions of yoga practice.

Following the successful completion of the Common Yoga Protocol session, a brief valedictory function was organised to recognize and celebrate the efforts of participants and organizers. Winners of the Yoga Competition held on the previous day were felicitated with awards and certificates, acknowledging their excellence and dedication. The distribution of tiffin to all participants further reflected the organizers' attention to hospitality and participant well-being.

The entire programme was meticulously coordinated by Dr. Pratap Kumar Jena, Nodal Officer and Deputy Director, CDOE, MSCBU. His leadership and organizational acumen ensured the seamless execution of all activities, from planning to implementation. The collaborative efforts of faculty members, staff, volunteers, and participants contributed significantly to the success of the event.

5. Conclusion:

In conclusion, the 72-day countdown programme for IDY 2026 at MSCB University stands as a testament to the institution's commitment to promoting health, wellness, and holistic education. By integrating physical practice with intellectual discourse and community engagement, the programme successfully embodied the core objectives of the International Day of Yoga initiative. It not only prepared participants for the main celebration on 21st June 2026 but also reinforced the enduring relevance of yoga as a transformative practice in contemporary society.

Photos



1. Press Meet to organise the IDY-2026 (100Days) Count Down Programme.



2. Yoga Competition on 09.04.2026



3. One Day Seminar on “Yoga for Wellness, Wisdom and World Peace” on 09.04.2026



4. IDY 72DAYS COUND DOWN PROGRAM ADDRESSED BY Hon'ble VC Sir , MSCB University



5. IDY 72DAYS COUND DOWN COMMON YOGA PROTOCOL PRACTICE



6. COMMON YOGA PROTOCOL DEMONSTRATION BY YOGA INSTRUCTORS , MSCB UNIVERSITY



7. IDY 72DAYS COUND DOWN COMMON YOGA PROTOCOL PRACTICE



8. IDY 72DAYS COUND DOWN COMMON YOGA PROTOCOL PRACTICE



9. YOGA PERFORMANCE BY SCHOOL STUDENTS IN IDY (72 DAYS COUNT DOWN) PROGRAM AT MSCB UNIVERSITY



PRIZE DISTRIBUTION TO YOGA COMEPETION WINNERS BY HON'BLE VC SIR