

NATIONAL YOUTH DAY

12 January 2026

National Youth Day is celebrated every year in India on 12th January to commemorate the birth anniversary of Swami Vivekananda, one of India's greatest philosophers, spiritual leaders, and youth icons. The day was officially declared as National Youth Day in 1984 by the Government of India, following the recommendation of the Government of India's Ministry of Youth Affairs and Sports, to honour Vivekananda's contribution to inspiring youth.

National Youth Day 2026

National Youth Day 2026 will be celebrated with various events organized by the Ministry of Youth Affairs and Sports, state governments, educational institutions, and youth organizations across India. Programs typically include yoga competitions, seminars, cultural events, awareness campaigns, and lectures on youth development. The day is not only a tribute to Swami Vivekananda but also a platform to motivate young Indians to participate in nation-building activities and contribute positively to society.



Youth and Yoga

Yoga provides training of mind and body to bring emotional balance. Young people need such tools to listen inward to their bodies, feelings, and ideas. Yoga may assist them in developing in sound ways, to strengthen themselves, and be contributing social beings. Yoga is not just a physical workout but a comprehensive program for personal development. The eight limbs of yoga, as explained in the Yoga Sutras by the great sage Patanjali, provide a roadmap for living a balanced and meaningful life.

Benefits of yoga

Whether you are a beginner or an experienced practitioner, the transformative potential of incorporating yoga asanas into your daily routine is immense.

Here are some tips to get started: have some easy postures. Pay attention to alignment and breath consciousness.



Practice consistently, even for only 10-15 minutes a day. This will develop strength and flexibility as well as mindfulness. Remember, yoga is not a competition. It is about respecting and caring for your body. Honor your limitations, and do not compare yourself with others. Your yoga journey is unique to you, and that's what makes it special.

Take classes with a certified instructor. They will give you personal guidance and help polish your practice individually. Especially if you're a beginner, it's important to seek professional guidance to ensure you're practicing the asanas correctly and safely.

To bring an awareness of yoga to the students of Bharathidasan govt College for women **Dr. Radhika Khanna, Associate Professor, Head of the dept of Electronic Media and Mass Communication,**

Pondicherry university imparted Yoga to students. She imparted the yoga in a entirely different way. She taught the yoga as a dance class. Students enjoyed the teeheeing and learn the many asanas on **12 January 2026**. Before takin g the Yoga class the students and faculties paid tribute to Swami Vivekananda. BGCW Faculties of NSS unit -1 and unit -2, Dr. S.T. Arokkiya Mary and Tmt. A. Chandirakala organized the function effectively and efficiently.