Farewell Issue



1DY2025 International Day of Yoga NEWSI ETTER

Yoga Quote

Yoga leads us on a journey towards oneness with the world, It teaches us that we are not isolated individuals but part of nature.

Shri Narendra Modi Prime Minister



















PM's message from Vizag: "Yoga is a system that takes us from Me to We"

The International Day of Yoga (IDY) 2025 observation on June 21st created history, drawing the largest ever participation in the 10-year history of the event, as per early indications. Celebrated under the theme "Yoga for One Earth, One Health", the event was witnessed in every corner of India as well as in international locations.



Prime Minister Narendra Modi led the Yoga session from R.K. Beach, Visakhapatnam, joined by Chief Minister, N. Chandrababu Naidu; Union Minister of State (IC) for Ayush, Shri Prataprao Jadhav and Deputy CM K. Pawan Kalyan, were among other dignitaries. Participants followed the Common Yoga Protocol (CYP) in a powerful display of collective well-being.

In his address, the Prime Minister underscored Yoga's unifying essence, citing varied inspirations from Divyang individuals reading yogic texts in Braille, to scientists practising Yoga in space, and to rural youth actively engaging in Yoga Olympiads.

"Whether at the Sydney Opera House, the summit of Everest, or across oceans, the message is the same—Yoga is for all, beyond boundaries, backgrounds, age, or ability," he remarked.

PM Modi praised the people of Andhra Pradesh for the well-organised event and commended the launch of Yogandhra Abhiyan under the leadership of CM Chandrababu Naidu.

The PM spoke of humanity's deep connection with nature: our soil, water, animals, and plants. "Yoga awakens us to this oneness. It begins with self-care and expands to care for society and the planet, transforming the journey from Me to We," he said.

He concluded with a global appeal: "Yoga is the pause button humanity needs—to breathe, to balance, to become whole again. Let this Yoga Day mark the beginning of Yoga for Humanity 2.0, where inner peace becomes global policy."

Inside -



Page 3 From Beach Road to World stage: Andhra Pradesh sets Guinness glory on IDY 2025



Page 9
Around Indian
Borders



Page 12
Yoga at iconic





Union cabinet unites across India to champion wellness for IDY 2025

On the occasion of IDY, Union Ministers across India came together, spanning cities and states, to celebrate the spirit of unity, mindfulness, and wellness. Their active participation served as a powerful message, underscoring the importance of Yoga in daily life.



AHMEDABAD, GUJARAT

"Yoga brings unity among mind, body, and brain. Today Yoga has become a part of the daily routine of people all over the world."

Amit Shah, Union Home Minister



ARUN JAITLEY NATIONAL INSTITUTE OF FINANCIAL MANAGEMENT, FARIDABAD, HARYANA

"IDY has evolved into a powerful global health movement." Nirmala Sitharaman, Union Finance Minister



UDHAMPUR, JAMMU AND KASHMIR

"Yoga gives clarity to people in chaos. Those who practise Yoga in their daily lives have control over their body and mind. It makes us proactive, not reactive."

Rajnath Singh, Union Defence Minister



KANDIVALI WEST, MUMBAI

"Today, the entire world is embracing the practice of Yoga and turning towards traditional medicine."

Piyush Goyal, Un<mark>ion Com</mark>merce and Industry Minister



"Gratitude to PM Shri Narendra Modi for gifting Yoga to the world. It's the foundation of good health for every citizen."

Nitin Gadkari, Union Road Transport and Highways Minister



MAA SAMALESWARI TEMPLE COMPLEX, SAMBALPUR

"As the time-tested and holistic approach to wellness, Yoga is India's gift to the world."

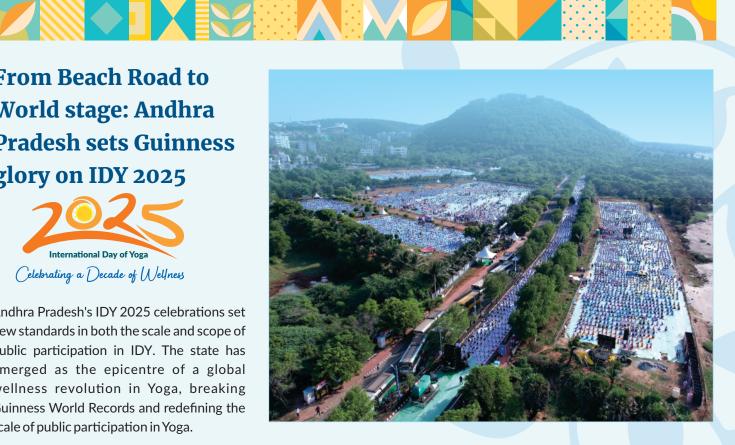
Dharmendra Pradhan, Union Education Minister



From Beach Road to World stage: Andhra **Pradesh sets Guinness** glory on IDY 2025



Andhra Pradesh's IDY 2025 celebrations set new standards in both the scale and scope of public participation in IDY. The state has emerged as the epicentre of a global wellness revolution in Yoga, breaking Guinness World Records and redefining the scale of public participation in Yoga.



Guinness World Records @GWR

Today an incredible 300,105 participants took part in the largest yoga lesson ever, in Visakhapatnam, Andhra Pradesh, India - organised by Gov. of Andhra Pradesh to celebrate International Day of Yoga.

Participants can claim a digital certificate at gwr.co/YogaLesson



On June 21, 2025, at the iconic Beach Road of Visakhapatnam, more than 3 lakh participants gathered to perform Yoga. The mobilisation was carried out meticulously through the 'YogAndhra' initiative. This commendable session was organised by the Ayush Department and powered by digital registration and QR code tracking, which surpassed the previous record of 147,000 participants set in Surat. It created a global benchmark of Guinness world record along the event's 28-kilometer stretch from R K Beach to Bhogapuram.

The second Guinness World Record was set when 22,122 tribal students performed 108 Surya Namaskars in 108 minutes. While praising the remarkable feat of Andhra Pradesh's 23 global records, inclusive of two Guinness records on IDY 2025, Chief Minister N. Chandrababu Naidu said, "The 11th International Yoga Day was a grand success. We have created a history. This is a super hit".

Further, he praised the active participation of the public which included participants from several countries and Yoga event being conducted at 130,000 venues across the state. Highlighting the event's grand success, he announced that the state will release a coffee table book and video capturing the significance of Yoga. Additionally, a "Visakhapatnam" Declaration on Yoga Day" will be launched to inspire daily Yoga practice and reinforce Andhra Pradesh's commitment to wellness and holistic health.





Celebs on Yoga mats



"Yoga inspires, heals, and unites. Let's embrace a healthier today and tomorrow through the spirit of Yoga Mahotsav."



Anupam Kher 🗲

An Indian Actor





"Gratitude. Discipline. Stillness. Yoga gives me all three. This IDY2025, let's flow together as one."

Rajkummar Rao An Indian Actor



"Fitness for Jackky and me is a way of life. It is what connected the two of us and today getting awarded for the same feels so good."- Awarded the title of 'Fit India Couple'.



Rakul Preet Singh and Jackky Bhagnani

Indian Bollywood stars





"Everybody should do Yoga. Yoga is important for our lives, and it is very important to keep the body fit. I always do it."

Hema Malini An Indian Actress

MATHURA, UTTAR PRADESH







In Conversation



Dr Hansaji Jayadeva Yogendra

Director, The Yoga Institute

Being at the forefront of the Yoga movement, what inspired you to begin your Yoga journey?

When I reflect at my Yoga journey, I sense a gentle preparation for this path since early childhood. At just three, Shri Yogendra ji, founder of The Yoga Institute, chose me for India's first-ever Yoga documentary with Doordarshanperhaps unseen forces were already shaping my journey.

Later, under Shri Yogendra ji and Dr. Jayadeva's guidance, I trained formally at The Yoga Institute, dedicating my life to guiding and mentoring millions. When I became part of the Yogendra family it directly connected me to the lineage that had dedicated itself, making spiritual growth accessible to millions.

As Director of The Yoga Institute, the world's oldest Yoga institution, how do you keep a century-old Yoga tradition authentic while making it relevant for today?

At The Yoga Institute, we remain deeply committed to preserving the vital essence of classical Yoga. The founder of The Yoga Institute, Shri Yogendra ji, was visionary in recognising that these timeless teachings must reach householders, not remain confined to secluded ashrams. Our effort is to create a structured, accessible system which brings the true tenets of classical Yoga authentically to the people without distortion or commercialisation.

After teaching millions, what's the one yogic principle do you find most transformative?

Duty consciousness is one of the most transformative principles of Yoga. Duty is not a burden; it is the path through which one grows in strength, character, and inner peace. As Ved Vyasa astutely observes, for one who performs duty with sincerity, all else follows naturally.

Reflecting on the first IDY, what did that moment mean for Yoga?

For over a century, our institute has quietly brought Yoga into homes, helping people face daily challenges with balance. Yet, when multilateral institutions like the United Nations formally endorsed Yoga through IDY, proposed by our Honourable PM, Shri Narendra Modi-furthered the reach of Yoga and galvanised world peace and prosperity. Yoga contributes quietly but powerfully to the larger goal of global peace.

What is the single biggest misconception about Yoga that you wish to correct?

The greatest misconception is that Yoga is about withdrawing from life. People mistakenly assume that a yogic way of life is about escaping duties, relationships, and the world.

At The Yoga Institute, we have long championed the householder Yoga movement-guiding people to engage fully and mindfully in daily responsibilities. Yoga is about how you can continue to fulfil your responsibilities, but with calmness, clarity, and compassion.







Yoga is a ray of hope in today's troubled times and a complete solution, says Union Ayush Minister

On June 21, 2025, Visakhapatnam hosted vibrant celebrations for the 11th IDY, with Union Ayush Minister Shri Prataprao Jadhav lauding the event as a milestone in the global Yoga movement.

During his welcome speech he said, "The Prime Minister Shri Narendra Modi Ji initiated the unprecedented step of getting a resolution passed at the United Nations General Assembly to celebrate the IDY. This initiative has now transformed into a global public health movement celebrated in over 180 countries."

"Today, when the world is grappling with major challenges like imbalance, stress, conflict, and lifestyle-based physical and mental ailments caused by wrong diet and habits, our Indian Yoga has emerged as a ray of hope and a complete solution", he added.

Shri Prataprao Jadhav noted that IDY has completed a decade, and said, "We have launched 10 Signature Events this year. These include Harit Yoga (Green Yoga) with tree plantation, Yoga Connect, Yoga Parks, Yoga Bandhan, Yoga Mahakumbh, and Yoga Sangam, being celebrated by over 10 lakh (1 million) organisations across the country."

Congratulating the Andhra Pradesh Government for the grand scale of the event, the Union Ayush Minister commended the leadership of CM N. Chandrababu Naidu, under



whom a 'YogAndhra Abhiyan' was launched in Andhra Pradesh on May 21. As part of this campaign, 22,122 tribal students collectively performed Surya Namaskar for 108 continuous minutes, earning Guinness World Record for mass synchronised participation.

He further said that inspired by the Prime Minister, the Ministry of Ayush has taken an initiative to promote healthy food among the public and today, at 70 locations in Delhi, the ministry was distributing Ayush Aahar (Ayush Diet) to all the participants of this IDY programme. "This Ayush Aahar is based on Moringa-based food products and will emerge as a healthy and tasty food alternative for the people," he said.

YOGA TECH



Nispand: A new-age yogic wellness super app

India- a nation where Yoga is born and nurtured, has seen momentum being added to yogic innovation through modern technology. A notable initiative in this area is 'Nispand'. It is not just an app but an effort to make wellness personal and accessible.

Created by The Yoga Institute, under the guidance of Hrishi J Yogendra and Hansaji Yogendra, Nispand is deeply rooted in a 105-year-old legacy which was launched on January 11, 2022.

What makes Nispand stand out? It has been honoured as a winner in Startup India's Yoga tech challenge 2024, supported by the Ministry of Ayush. With over 1,000 guided meditations, tools for journaling and breathwork, and

personalised wellness paths, users don't just follow routines. They begin a journey inward, whether it's 90-second calm breaks or goalbased Yoga sessions, Nispand fits into anyone's day, at any pace.



Now available on the Google Play Store and Apple App Store, Nispand is influencing lives across the country with more than 1 lakh downloads. As India reclaims its yogic roots in the digital era, Nispand stands tall as a beacon of mindful living.





From Parliament to Parks: Yoga Day echoes across the capital

On the occasion of IDY 2025, New Delhi transformed into a vibrant hub of wellness and unity. From iconic landmarks to tranquil parks, national leaders joined citizens across the capital to celebrate the timeless practice of Yoga with energy, grace, and collective spirit.



Om Birla, Lok Sabha Speaker took part in Yoga sessions at both the Parliament Complex and Red Fort, promoting wellness through India's historic and democratic spaces.

Shivraj Singh Chouhan, Union Minister of Agriculture, Farmers' Welfare, and Rural Development performed Yoga with great zeal and positivity at C. Subramaniam Auditorium of Pusa Campus, New Delhi.



At Baansera Park, Vinai Kumar Saxena, Lieutenant Governor of Delhi led a mass Yoga session, inspiring participants with his enthusiastic presence and commitment to healthy living.



At Kartavya Path, a grand event saw J.P. Nadda, Union Minister of Health and Family Welfare as Chief Guest, adding significance to the celebration with his thoughtful participation.



Along the Yamuna in Sonia Vihar, Rekha Gupta, Chief Minister of Delhi and Manoj Tiwari, MP joined citizens for a serene Yoga session in a refreshing riverside setting.



At Delhi's tranquil Nehru Park, **Dr S. Jaishankar, External Affairs Minister of India**, embraced the peaceful morning with focused Yoga practise, reflecting the inner balance vital to global diplomacy.



Iyengar Yoga Convention 2025 celebrates 'Yoga Bandhan'

IDY 2025 saw the world coming together to carry forward the theme "Yoga for One Earth, One Health". In Hamburg, the delegates team, led by Marina and Christo from the Iyengar Yoga Institut, Hamburg, and Iyengar Yoga, Deutschland e.V., organised a special Yoga event under the banner of 'Yoga Bandhan', from June 7- June 9, 2025, in Hamburg, Germany.



Day 1 of the event was addressed by Dr Rajvi H Mehta. lyengar Yoga teacher from India. With her unique ability to create new images in the minds of her students. It enabled everyone to hold challenging poses with grace and "effortless effort," transforming the practice from mere endurance to profound absorption. During the IDY 2025 preparations, multiple Yoga sessions were organised by Iyengar Yoga Convention at both national and international level, from Hollywood, FL, and Lima, Peru, to Italy, Poland, Greece, and London. Each tailored to local communities and featuring signature sessions such as workshops led by Father Joe Pereira, open-air classes, and awareness programmes for youth and special groups. In India, the initiative unfolded at multiple levels: Yoga Bandhan for



international reach from Ahmedabad, Gujarat to Kripa foundation in Arunachal Pradesh.

The events were a remarkable success, uniting dedicated students across globe for a transformational experience. The highlight of the event focused on the shared realisation "Yoga is beyond man-made boundaries."



Pranayama: Calm, clarity, connection through breath

In this discussion on CYP, we are going to introduce the power of Pranayama through the expert views of Madhu Khurana, Yoga Therapist at Morarji Desai National Institute of Yoga (MDNIY). She describes Pranayama not just as a breathing technique, but a transformative journey within.

As she says, "It is a profound state that connects me to the immortal prana (the vital life force within) and aligns me with my inner self." Her realisation deepened during the COVID-19 pandemic. While working closely with patients, she experienced Pranayama's healing potential first-hand. "I witnessed remarkable improvements in their overall wellbeing through consistent practice".

Pranayama is a key part of the CYP because of its holistic impact. It enhances lung capacity, calms the nervous system, purifies energy channels (nadis), and brings mental clarity. The three techniques in CYP - Nadi Shodhana, Sheetali, and Bhramari - are simple yet deeply effective.

Even 15 minutes a day can create a shift. "Breathing becomes slower and deeper, a spontaneous state of breath suspension occurs, not forced but reflecting a calm, centred inner state," says Madhu.



She beautifully sums up the essence of Pranayama in:

One word - 'Connection'

One image - 'A still lake at sunrise'

One emotion - 'Gratitude'

In her words, "It is a silent teacher, a sacred pause, a moment of return to oneself." Pranayama truly invites us to slow down, breathe deeply, and reconnect with life.





This IDY 2025, the Indian forces came together, from the soaring heights of the Himalayas to the sun-kissed shores of the Andamans, from the golden deserts of the west to the misty hills of the east and practised Yoga with resilience, unity and harmony.





Northern Frontiers: Where soul feel the clouds





Siachen

Indian Army practised Yoga from the world's highest battlefield embracing "Yoga as a way of life".





Namo Ghat, Varanasi

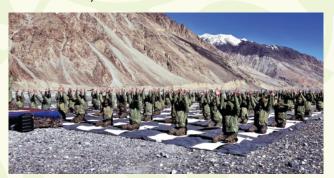
91 UP Bn NCC showcased yogic enthusiasm, promoting "Yoga for One Earth, One Health".





HQ Western Air Command, New Delhi

Air warriors at AOC-in-C actively took part in Yoga session aligning with IAF's vision of "People First, Mission Always."





Galwan Valley

Indian Army personnel stretched over 15,000 feet above sea level-saluting to resilience on IDY 2025.





Eastern Frontiers: Where hills meet horizons





Visakhapatnam

Indian Naval Dockyard celebrated IDY 2025 to promote holistic wellness and yogic practises.





Sela Tunnel, Arunachal Pradesh

On IDY 2025, BRO personnel, families and children celebrated Yoga in India's toughest terrains.

Western Frontiers: Where desert meets historical traces





Kishangarh Fort, Jaisalmer

Seema Prahari of BSF Rajasthan Frontier organised a vibrant Yoga Sangam to celebrate IDY 2025.





Rann & Creek sector, Kutch

Bald Eagle Brigade undertook special Yoga session to mark IDY 2025.

Southern Frontiers: Where land meets sea coasts





South Naval Command, Kochi

At INS Garuda, over 500 naval personnel embraced Yoga and actively took part in IDY 2025 celebrations.





Indira Point, Andaman and Nicobar Islands

At the southernmost point of Indian union, CINCAN joined the troops from Indian forces and Coast guard in a sunrise Yoga session.







Yoga Bandhan: Strengthening global unity through the spirit of Yoga

At MDNIY, the event Yoga Bandhan unfolded as a symbol of India's global engagement through Yoga. As one of the 10 Signature Events of IDY 2025, it brought together Yoga ambassadors, practitioners, authors, and wellness leaders from 15 countries, creating a space for cultural dialogue, shared learning, and holistic vision.

Organised by MDNIY, Ministry of Ayush, the event showcased Yoga as a global movement of peace and wellbeing. Delegates shared ideas, joined the CYP session, and embraced the spirit of 'Vasudhaiva Kutumbakam' - the world is one family.

Yoga Bandhan wasn't just a celebration; it was a reaffirmation of India's commitment to promote wellness across national boundaries. The event fostered global partnerships in Yoga education, training, and research through collaboration and people-to-people connections.

Now, let's hear from the global delegates who made this moment meaningful...



Prof. Geo-lyong Lee, South Korea"I have visited India before, but this time

"I have visited India before, but this time it was special as IDY is here. It's an honour to be with Yoga practitioners and Yoga gurus."

Ms Yin Yan, Founder, Yogi Yoga, China

"I'm happy to be part of Yoga Bandhan this year.

I see Yoga's global growth; it's a gift from God
and from Asian civilisation to the world."

Mr Gregor Kos, Yoga in Daily Life, Austria

"Yoga in daily life is part of the ancient Indian tradition of harmonising body, mind, and soul."



Mr Josh Pryor, President & CEO, Yoga Australia

"I had a beautiful time at MDNIY on the occasion of IDY 2025. A very exciting day with Yoga professionals."

Mrs Sinthamani Arunasalam, Malaysia

"IDY 2025 is special because I'm in India. Thanks to the Ministry of Ayush and the High Commission of India for letting us experience the real culture of Yoga Day."









Yoga at the Buddhist monument, **Sanchi** - ancient stupas and Ashokan pillars.





Yoga at **Rahioli**, **Balasinor** – a prehistoric Dinosaur Fossil Park and excavation site.





Yoga at the **Konark Sun Temple** in **Odisha** - chariot-shaped architecture dedicated to the Sun God.





District Administration of Reasi organised a Yoga session at world's highest railway bridge — **Chenab Rail Bridge, Jammu and Kashmir.**





Yoga at **Chittorgarh Fort**, **Rajasthan** – a timeless symbol of valor and heritage.





Yoga at iconic sites



Yoga at the historic **Purana Qila** - one of Delhi's oldest forts with Mughal-era architecture.





Yoga at **Moovar Koil, Kodumbalur, Tamil Nadu**- an ancient Chola-era site.





To mark IDY 2025, the railway officers, scouts & guides joined forces for yogic practices at **New Pamban Bridge, Tamil Nadu**.





Yoga at Qutub Minar, Delhi - a symbol of India's rich cultural heritage and timeless unity.





Yoga at Mehrangarh Fort, Jodhpur - a majestic symbol of Rajasthan's royallegacy.





Yoga Mahakumbh: A nationwide celebration of wellness, unity, and inner transformation

The Yoga Mahakumbh 2025 unfolded across diverse corners of India, weaving a vibrant tapestry of wellness, mindfulness, and community engagement. From the serene banks of Pangong Lake in Ladakh to the green expanse of Ved Van Park in Noida, and from the tranquil setting of the Heartfulness Meditation Centre in R.K. Puram to NBCC's Corporate Office in Delhi, each event reflected the unifying spirit of Yoga. Organised by leading institutions and supported by dedicated partners, these gatherings offered a rich blend of traditional practices, cultural expressions, and transformative experiences, reinforcing Yoga's timeless relevance in modern life.



योग-महाकुम्भ Yoga Maha Kumbh



On June 20, 2025, **NBCC's Corporate Office** offered a holistic Yoga therapeutic sessions. Organised by the Indian Naturopathy Organisation and Parvidya Research Foundation, they celebrated Yoga as a transformative way of life.



On June 19, 2025, the Mahabodhi International Meditation Centre (MIMC) organised a spectacular event at the breathtaking Pangong Lake, Ladakh. Over 800 participants, including students, Indian Army personnel, and international delegates, enjoyed guided Yoga.



On June 18, 2025, a Yoga event was held at the **Heartfulness Meditation Centre**, R.K. Puram, organised by CONCOR and MDNIY in collaboration with the Heartfulness Institute. The event featured Yoga demonstrations, wellness sessions, promoting community well-being.



On June 15, 2025, **Arham Dhyan Yog** launched its Yoga Mahakumbh event in Noida, UP, uniting youth and families through vibrant sessions. Ved Van Park buzzed with energy as essay and debate competitions.





Ø ...

Yoga unites the world!

Glad to see immense enthusiasm all across the planet for International Day of Yoga.

I took part in a Yoga Day programme in Visakhapatnam, Andhra Pradesh. People from all walks of life also joined. Here are some glimpses...





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Her Excellency continued to advocate for the health and wellbeing of Queenslanders by hosting an International Yoga Day Event at Government House. Coordinated by the Consulate General of India, this event marked the 11th International Day of Yoga.





The Global Feed: IDY Moments



India in the UK 🐡 @HCI_London · Jun 21

Ø ...

Replying to @HCl_London

HC @VDoraiswami addressed the gathering & read a special message from His Majesty the King on the occasion of 11th International Day of Yoga.

Mr. Graham Lord, Senior VP for Health & Life Sciences @KingsCollegeLon highlighted the importance yoga in enhancing both mental and Show more







Ø ...

Glimpses of the 11th International Day of Yoga 2025 in Tokyo! 🍱 🧘 💌

Inaugurated by Madam Yoshiko Ishiba, Spouse of Hon'ble PM of Japan.

Occasion was graced by Madam Satoko Iwaya, Spouse of the Hon'ble Foreign Minister.

Ambassador @AmbSibiGeorge addressed the gathering of over two thousand yoga enthusiasts.

Also, marked by presence of Reverend Myoken Hayama & Reverend Tomohiro Kimura of Tsukiji Hongwanji, Spouse of Ambassador Madam Joice Sibi, senior government officials, Resident Ambassadors and diplomats and friends of India in Japan.



Chief Guest of the 11th #IDY Celebrations, Dr. the Hon. Navinchandra Ramgoolam, Prime Minister of ==, narrated how PM @narendramodi during his recent visit took personal interest in inspiring both him and Mrs. Veena Ramgoolam to learn yoga, including by arranging qualified teachers.



India in the Netherlands 🐡 @IndinNederlands

ø ...

H.E. Mr. Arman Israelian, Head of the Mission of the Republic of Armenia to NATO, shares his thought on the occasion of the International Day of Yoga. 🗼 🏂



The Global Feed: IDY Moments







India in ROK 🧼 @IndiainROK · Jun 21



The 11th International Day of Yoga (IDoY) was celebrated at the iconic Gwanghwamun Square with the Gyeongbokgung Palace as a backdrop on June 21, 2025.

Organized by the Embassy of India, in collaboration with the Korean Yoga Association (KYA), the event saw over 700

Show more





India in the Netherlands * @IndinNederlands

Ø ...

H.E. Almir Sahović, @ahms2 Ambassador of Bosnia and Herzegovina, speaks about the timeless relevance of Yoga and shares his admiration for India. $\frac{1}{2}$



H.E. Mr. Almir Sahovic

Olympic Council of Asia is in Kuwait. 21 June at 13:57 · 🚱

International Yoga Day | 21st June, 5:00 AM | Kuwait 22 =

Yoga, India's 5,000-year-old gift to the world, continues to unite people through focus, balance, and inner strength.

At the Olympic Council of Asia, we champion wellness as a pillar of human and athletic development. Led by H.E. Padmashri Dr. Adarsh Swaika (Ambassador of India to Kuwait) and Padmashri Dr. H.R. Nagendra (Counsellor to the Hon'ble Prime Minister of India for Yoga), Kuwait Yoga Day highlighted yoga's global relevance.

Observed on the longest day of the year, June 21st symbolises the light and energy yoga brings to life.





Yoga Around the World





On the 11th IDY 2025, the ancient practice united millions across 191 countries in approximately 2,000 events at 1,300 locations outside India. From serene lakes to historic landmarks, Yoga's universal message of health, harmony, and well-being resonated globally, showcasing its power to transcend borders and cultures.



Berlin, Germany

A unique Yoga-on-yacht session on scenic Wannsee Lake marked IDY 2025, uniting diplomats and Yoga enthusiasts.





Riyadh, Saudi Arabia

The Indian Embassy marked IDY 2025 with the Saudi Yoga Committee and diaspora. Diplomats and top Saudi Yoga leaders joined in.





Tokyo, Japan

Sacred chants of 'Om' echoed across Tokyo as the Indian Embassy celebrated IDY 2025, invoking peace and collective well-being.









Paris, France

Yoga enthusiasts gathered near the Eiffel Tower for IDY 2025, celebrating unity and wellness on the scenic banks of the Seine.





London, United Kingdom

IDY 2025 was celebrated at The Strand with an open Yoga session hosted by the High Commission of India (HCI) and King's College London, promoting 'Yoga for One Earth, One Health'.





El Salvador

IDY 2025 was celebrated with 500 Yoga enthusiasts, highlighting the spirit of wellness, harmony, and cultural connection through Yoga.





Sao Paulo, Brazil

IDY 2025 was celebrated at the historic Museu do Ipiranga, where Yoga enthusiasts gathered to promote unity, health, and wellbeing.







Panama City,

IDY 2025 was celebrated at Soho Mall with over 200 participants, embracing the message-'Yoga for One World, One Health'.





Bratislava, Slovakia

IDY 2025 was celebrated at the iconic Bratislava Castle with participants from the diplomatic corps, local community, and Indian diaspora, echoing yogic peace.





Colombo, Sri Lanka

IDY 2025 was celebrated at the iconic Independence Square with over a thousand participants, uniting leaders, icons, and Yoga enthusiasts in harmony.





Hanoi, Vietnam

IDY 2025 was celebrated with 1,000 Yoga enthusiasts, including senior officials, diplomats, and parliamentarians, embracing 'Yoga for One Earth, One Health'.









Limassol, Cyprus

Cyprus witnessed its biggest-ever Yoga gathering as 250+ participants joined the IDY 2025 grand finale at Molos Deck.





Drakensberg, South Africa

IDY 2025 was celebrated with an outdoor Yoga and meditation session at Royal Natal Park, uniting participants amid the scenic UNESCO World Heritage site.





Dar es Salaam, Tanzania

Over 1,600 Yoga enthusiasts joined IDY 2025 celebrations organised by the HCl, embracing unity, wellness, and the spirit of Yoga.





Batu Caves, Kuala Lumpur, Malaysia

IDY 2025 was celebrated at the iconic Batu Caves Complex, highlighting Yoga's unifying power.







How I made Yoga my own...

Aakarsh Shrivastava, Yoga Trainer

After B.Tech and a good career start, COVID-19 hit me hard, and my health crashed. Nothing worked- until I turned to Yoga. From Foundation to wellness course, Yoga changed everything. I healed, found purpose, and went on to pursue a Yoga Diploma. I now conduct workshops and even presented CYP before the President in 2024.





Ekta Jain, Journalist. Delhi

I'm Ekta Jain, a journalist from Delhi and a long-time Yoga practitioner. I started my journey at MDNIY, later continued in Canada, and now regularly practise asanas and pranayama. Yoga has boosted my strength, flexibility, and joy. I actively share Yoga's benefits on social media to spread awareness.

Divyjyoti Malhotra, Sprinter, former National medalist

I was a national- level sprinter until PCOD, and thyroid threw everything off. At 19, I chose Yoga, meditation, and Ayurveda.

No guides, just books and belief. I showed up for myself every day and healed in four months, without a pill. Today, Yoga isn't just practice- it's who I am.





Samrudhi Kaushik, Student

My Yoga journey began at 4, practising with my father and siblings. It slowly shaped my lifestyle. A special moment came when Yoga Day was declared on June 21(my birthday). During lockdown, Yoga became my emotional anchor. It helped me heal, reflect, and choose better. Today, Yoga guides me, both on and off the mat.









Yoga and work life balance: Yoga to combat the 9-to-5 grind

Yoga is an ancient practice whose relevance has only grown with time. Amid work pressure, long hours, and screen fatigue, even a short daily session can reduce stress, improve posture, boost energy and help achieve a healthier work-life balance.

To understand how Yoga supports busy professionals, our team headed to Talkatora Garden and spoke with those who incorporate it into their daily routines.



Gopal Roy,
Superintendent,
Ministry of Finance

I've been practising Yoga regularly for the past 5 years. It has taught me calm and composure. It offers immense relief and has become an integral part of my daily routine.



Priyanka, Masters Student

My mornings begin with Yoga, which helps me stay fresh, calm, and focused throughout the day. As a karate and kabaddi player, flexibility is essential for me, and Yoga plays a vital role in maintaining that.



Rajeev Sehgal, Businessman

Since 2005, I've been a regular practitioner of Yoga. Through Jala Neti and Sutra Neti, my Deviated Nasal Septum has significantly improved. Pranayama has been valuable in my professional life, keeping me fresh, focused, and energised.



S. K. Malhotra, Retd Govt Employee

I've been practising Yoga for 20 years now. Even when I was working, I would still wake up early for my daily practice. Yoga, helps me stay balanced and keeps my daily routine on track.



Preeti, Student

I have recently completed my 12th standard. It has been eight months since I began practising Yoga, and I truly enjoy it, as it greatly improves my flexibility. Yoga has been beneficial for me, both physically and mentally.



Ravi, Student & part-time Yoga Instructor

Yoga makes me active and helps maintain health, I've been practising it for around 2 years now. I also teach and motivate others toward benefits of Yoga.



Rohit Seth, Businessman

I've been working as a garment designer for the past ten years. Practising Yoga in the morning not only boosts my immunity but also keeps my face looking fresh throughout the day. Yoga has truly become an essential part of my daily routine.



Anvi Zanzarukia: An exemplary yogic youth icon

Kum<mark>ari Anvi Vijay Zanzaruki</mark>a, The Rubber Girl of India

From receiving the Gujarat Gaurav Award, to the National Award for Empowerment of Persons with Disabilities (2020) by President Ram Nath Kovind and the Prime Minister's Bal Puraskar (2022), Anvi's journey is testament to resilience and determination.

Born with severe health challenges like Down syndrome, Hirschsprung's disease, and multiple congenital heart defects, her early years were marked by frequent illness, severe constipation, and learning difficulties which impacted her IQ, speech and learning abilities.

Anvi, the youngest Divyang recipient recognised for her achievements in Yoga, began her Yoga journey when her parents noticed her sleeping with her legs folded- a position that eased her discomfort. This prompted them

Encouraged by her school and Yoga teacher, Namrata Verma, Anvi started formal training in 2018 at age 10 and quickly impressed her teacher with her natural flexibility and grasp of asanas.

With daily Yoga practise her immunity improved significantly, her constipation was drastically reduced, her dependence on medication decreased, and she became more social, confident and expressive.

Recognised for her inspiring journey, PM Modi featured her in "Mann Ki Baat" episode on September 25, 2022, and her story appeared in the 100-episode commemorative booklet of Mann Ki Baat. Today, Anvi is more than a Yoga practitioner, she is a youth icon and motivational figure for everyone.

Presently, Anvi leads the campaign "Karo Yoga, Raho Nirog", promoting the health benefits of Yoga. She also performs at schools, colleges, book fairs, and cultural events, like the Purple Fest in Delhi and Goa (2025), and at a 50-day celebration by the Ministry of Ayush in Surat.

Anvi's story is a testament to determination, family support, and the transformative power of Yoga, inspiring people of all ages.

Yoga for One Earth, One Health





A final Namaste and a heartfelt Thank You!

As we close the final issue of the IDY 2025 Newsletter, we wish to extend our deepest gratitude to you, our readers.

Thank you for joining us on this incredible journey, celebrating the unifying power of Yoga from the record-breaking shores of Andhra Pradesh to iconic landmarks across the globe. You have been a vital part of this movement.

The spirit of Yoga will remain unbroken. And we look forward to reconnecting with you next year.



Stay tuned for the IDY 2026 edition!

Signing off with sincere thanks,

The IDY 2025 Newsletter Team



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