

May 26 - June 1, 2025



# IDY2025

## International Day of Yoga

### NEWSLETTER

#### Yoga Quote

"Yoga connects us with that consciousness which makes us feel the unity of the living being."

Shri Narendra Modi  
Prime Minister



## Wave of wellness in Puducherry: Grand Yoga event as the countdown to IDY 2025 crosses another landmark

Puducherry—celebrated for its tranquil coastline and rich cultural legacy—became the centre of wellness on May 27, 2025, as more than 6,000 Yoga enthusiasts assembled at Gandhi Thidal, Goubert Avenue, Beach Road. This gathering marked the 25-day countdown to International Day of Yoga (IDY) 2025.



The event was inaugurated by Shri Prataprao Jadhav, Union Minister of State (IC), Ministry of Ayush, and Minister of State, Ministry of Health and Family Welfare. In his address, Shri Jadhav highlighted Puducherry's significance as the workplace of Maharishi Aurobindo, calling it "a living example of preserving the eternal values of Indian culture amidst diversity." Emphasising the holistic benefits of Yoga, he said, "Yoga is not just an exercise but an ancient art of healthy living, connecting mind and body".

Shri Jadhav credited Prime Minister Shri Narendra Modi's vision and tireless efforts for Yoga's expanding global presence. He cited this year's theme, "Yoga for One Earth, One Health," selected by the Prime Minister, as reflecting a unified vision for global wellness. "From Puducherry, we affirm that Yoga is vital for today and essential for our future," he said, highlighting Yoga as a journey of self-exploration and harmony with nature.

The event was graced by Lieutenant Governor K. Kailashnathan, Chief Minister N. Rangaswamy, and other dignitaries. A live demonstration of the Common Yoga Protocol (CYP) was led by Dr Kashinath Samagandi, Director of the Morarji Desai National Institute of Yoga (MDNIY), along with a team of demonstrators.

Lieutenant Governor Kailashnathan described Yoga as "a very ancient science of our nation," integrating mental fortitude and physical well-being. He expressed gratitude to Prime Minister Modi for elevating Yoga to the international stage and noted its growing global adoption.

Chief Minister N. Rangaswamy praised Puducherry's serene setting as ideal for inner exploration, calling Yoga "a path to self-awareness, balance, and harmony with nature." He expressed pride in Puducherry hosting this landmark event.

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## Harit Yoga meets tradition: Vat Amavasya festival at NIN Pune

On May 26, 2025, the National Institute of Naturopathy (NIN), Pune, hosted a unique event that beautifully blended tradition with ecological awareness. Celebrated on the Amavasya (new moon day) of the Jyestha month, Vat Savitri



is a traditional festival observed by women across North and Western India. This year, the festival was given a new dimension through its integration with the Harit Yoga initiative under the Ministry of Ayush.

Harit Yoga promotes the interconnectedness of personal well-being and environmental health. This vision was brought to life through the festival's focus on the sacred Banyan tree—a symbol of longevity and wisdom in Indian culture. Apart from its spiritual value, the Banyan tree holds a great ecological importance, providing shade, supporting biodiversity.



The highlight of the event was a symbolic ritual in which women encircled the Banyan tree with hand-woven threads, pledging to protect and nurture it. This act emphasised the tree's cultural and ecological significance while fostering a sense of collective responsibility.

Dr Satyalakshmi, Director of NIN, highlighted the importance of reviving traditional practises that honour nature. She linked the event to the broader objectives of Harit Yoga and IDY, noting that the integration of Yoga practises with environmental consciousness cultivates a truly holistic approach to wellness.

## 'Yoga Laghu Chitra Pattika': Reel making competition

The Department of Swasthavritta, Institute of Teaching and Research in Ayurveda (ITRA), Jamnagar, invites entries for the 'Yoga Unplugged' Reel making competition. Submit your video by June 10, 2025, 11:59 p.m.

**Are you a Yoga lover with a knack for creative reels?**  
**Here's your chance to showcase your passion!**

### What's the challenge?

Create a 90-second reel on the theme "Yoga for One Earth, One Health."

### Who can participate?

Open to individuals or groups aged 17 to 40. Pre-registration is required.

### How to join?

Participate online from anywhere in India. Reels can be submitted in Hindi, Gujarati, or English.

For complete details and registration, visit:

<https://itra.ac.in/events/competitions-under-Yoga-unplugged-event-for-idy-2025/>



Commemorates of  
"International Day of Yoga - 2025"  
conducting  
**Yoga Laghu Chitrapattika  
Spardha**  
(Reel making competition)  
under the  
"Yoga Unplugged" signature event



### Submission guidelines:

- Video must be HD (1080p) or higher
- Original content only; one entry per participant
- Use non-offensive music/dialogue
- Attach a government-issued photo ID (PDF, max 10 MB)
- Agree to all rules and copyright terms

Ready to compete for exciting prizes?  
Grab your phone and start creating!

To submit your entry, scan QR code

[https://docs.google.com/forms/d/e/1FAIpQLSctFQ\\_Tna1RxQeL2FJyhtcxYx0KVU8EAUUSX\\_Tf\\_QPaST\\_gIg/viewform](https://docs.google.com/forms/d/e/1FAIpQLSctFQ_Tna1RxQeL2FJyhtcxYx0KVU8EAUUSX_Tf_QPaST_gIg/viewform)

Scan and Participate







## YogAndhra: Andhra Pradesh gears up for a record-breaking IDY 2025

When Prime Minister Shri Narendra Modi announced Visakhapatnam as the official venue for IDY 2025 and urged the nation to celebrate the Yoga day in imaginative ways, Andhra Pradesh embraced the challenge with remarkable enthusiasm. Under Chief Minister N. Chandrababu Naidu, the government launched 'YogAndhra,' a visionary month-long campaign to embed Yoga into daily life across the state.

Aiming to engage two crore citizens, 'YogAndhra' plans to certify 10 lakh participants and gather five lakh participants for the main event in Visakhapatnam. The campaign features at least five Yoga sessions daily across Andhra Pradesh. Each day, one session focuses on a special theme, while four others take place at iconic landmarks and culturally significant sites, transforming public spaces into centres of wellness.

The campaign's momentum is evident in a series of vibrant



events organised in recent days:

- On May 29, 6,000 participated in 'Police YogAndhra' at Vijayawada's BRTS Yoga Street.
- On May 30, 3,000 joined at Police Grounds in Chittoor and 1,500 at Sri Venkateswara Swamy Temple, Thotapalli Itda Park.
- On May 31, 1,100 gathered at Sowmyanatha Swamy Temple, Nandaluru, and a scenic session was held at Maginampudi Beach.
- On June 1, a 'Family Yoga' session at YSR Raja Reddy Cricket Stadium in Kadapa united 4,365 people, including local officials. Other iconic spots like Saraswathi Ghat in Rajamahendravaram and Pavitra Sangamam in Ibrahimpatnam also hosted lively sessions.

Thanks to this collective effort, 'YogAndhra' has already recorded over 1.64 crore registrations, supported by 1,25,000 trainers and 2,600 master trainers, bringing Andhra Pradesh closer than ever to a historic Yoga day celebration. The MDNIY and the Central Ayush Ministry are closely involved in the activities, and are providing technical and training support.



## YOGA CELEB



*"I was never a Yoga person. I used to think that Yoga was too slow for me. I had this notion that I will never be able to bring myself to do it. But, I started with the practice. And today, I am in love with Yoga. Yoga, for me, is not just about physical fitness. It has an overarching effect on the mind, body, and soul you're healthier inside out."*

**Rakul Preet Singh**

An Indian Actress



## Signature Events of IDY 2025

Over the years, Yoga has blended seamlessly with both modern healthcare and traditional medicine. Marking a decade of IDY, the 2025 edition introduces "Samyoga"—a signature event designed to expand Yoga's influence across society.

### A movement for integrative health

Samyoga is more than just an event; it's a nationwide



movement showcasing how evidence-based Yoga is being integrated into mainstream medicine. Imagine doctors, Yoga experts, and wellness professionals uniting to share success stories and the latest research on Yoga's holistic benefits.

### Highlights of Samyoga 2025

To be held in New Delhi, the main event of Samyoga will feature:

- Keynote talks by leading medical practitioners on "Modern Medicine & Yoga: A Synergistic Approach"
- Panel discussions on clinical models for Yoga integration
- Media coverage and participation from dignitaries to amplify its impact

Satellite events will take place nationwide, with hospitals and healthcare organizations invited to host their own Samyoga sessions. By participating, these institutions help position Yoga as a key pillar of preventive and integrative healthcare.

Join Samyoga and support India's vision for "Yoga for One Earth, One Health."

## In Conversation

### Dr Vishwas Vasant Mandlik

Founder, Yoga  
Vidya Dham



### How did your early exposure to Yoga and initiation by Swami Niranjanananda Saraswati shape your mission to establish Yoga Vidya Dham?

When I was of 18 years, I started practising Yoga. I became Yoga teacher and engaged in Yoga institute as a social worker. I started new institute "Yoga Vidya Dham", at Nashik in 1975.

I have developed about 50 different courses in Yoga to teach people and have developed therapy courses for patients.

Swami Niranjananand Saraswati initiated me in Rushi Sanyas in 2006 which gave the spiritual strength to this work.

### How do you blend Yoga therapy with Naturopathy at Arogyadham Nisargopachar Kendra to treat patients?

I observed that Naturopathy practices give immediate results for many symptoms and are very simple without side effects. So, I included it in Yoga therapy. The diet as guided in Naturopathy proves very crucial role in treatment. Ultimately, the combination of Yoga and Naturopathy is the best solution for treatment.

### What key activities are you planning to make IDY 2025 impactful?

I have developed short term courses (one week – one hour a day) as covering Omkar chanting, Yoga Nidra, Surya namaskar, Yoga Sanjeevan Course, Yoga Common Protocol, etc. We had given training to our Yoga teachers for these courses. We are going to conduct these courses in different places and in different cities free of cost before and after IDY.

### What key quality do you aim to instil in aspiring Yoga teachers?

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## Healing beyond pills: when the Yoga mat becomes medicine

What is Medicine? Traditionally, medicine is the science and art of preventing and treating illness to restore health. But can a simple Yoga mat serve the same purpose?

This idea, captured in "Mat became the medicine," highlights how Yoga offers more than physical fitness; it inspires deep transformation and holistic well-being.

To explore this phenomenon, the IDY 2025 Newsletter team spoke with practitioners who shared how Yoga has enriched their lives, with rewards that go beyond physical health, helping to foster emotional balance.



**Adesh Pal Singh,**  
Advocate

*At 70, over 35 years of Yoga helped me overcome severe headaches and daily challenges. Regular practice, especially Anulom-Vilom and Bhramari, keeps me healthy and active in my legal career.*



**Radha Chawdhary,**  
Business Owner

*Daily Yoga balances my work and well-being, reduced migraines and diabetes risk, and lessened my reliance on medication. My children also practise, benefiting from Yoga's unmatched calm and peace.*



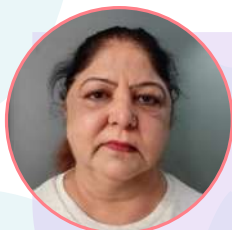
**Chingkhie Asem,**  
Student

*Starting Yoga at India Gate during the first IDY, I overcame sinus and allergy issues. Continued practice has greatly improved my health and resilience to seasonal changes.*



**Raju,**  
Luggage Carrier

*Yoga therapy eased my slipped disc and eliminated numbness and dizziness. After just seven sessions, I've recovered over 70% and feel much better physically.*



**Seema Sharma,**  
Housewife

*Yoga therapy relieved my high BP, body pain, and insomnia. Once dependent on medication, I now practise Yoga at home and feel significantly healthier and more energetic.*



**Praveen Kr. Tiwari,**  
Retd. Govt.  
Teacher

*Practising Yoga since 1975 keeps me fit, energetic, and free from chronic illnesses. Yoga's resilience helped me face life's hardships, including caring for my bedridden wife with strength and positivity.*



**Sahil, President,**  
HIV Positive  
People's  
Community

*After HIV, TB, and paralysis, Yoga therapy restored my mobility and well-being. Today, I'm physically and mentally stronger, crediting Yoga for giving me a renewed, better life.*

**Want to share your own Yoga-success story? Or tell us how you're gearing up for IDY 2025? Send about 150 words, photos or feedback to [sharestoriesidy25@gmail.com](mailto:sharestoriesidy25@gmail.com) and we may feature you in our next issue.**

**Got  
some  
news to  
share?**



«Page 4

A key quality to instil in aspiring Yoga teachers is authenticity. This means teaching from their own experience and understanding of Yoga, rather than just repeating what they've learned. When teachers are authentic, they connect more deeply with their students and embody the true spirit of Yoga.

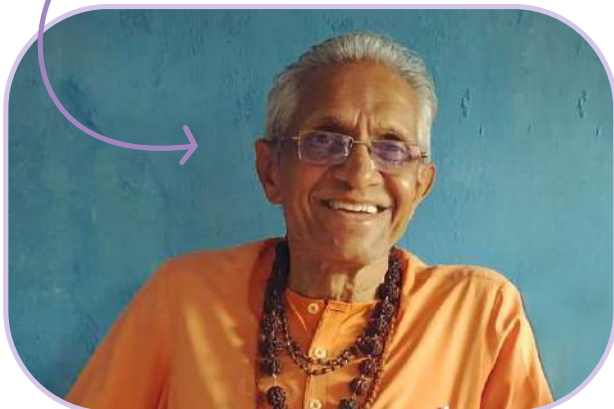
**What legacy do you aim to leave for the global Yoga community in the coming decade?**

I aim to leave a legacy of integrity, inclusivity, and inner transformation within the global Yoga community.

My goals are to:

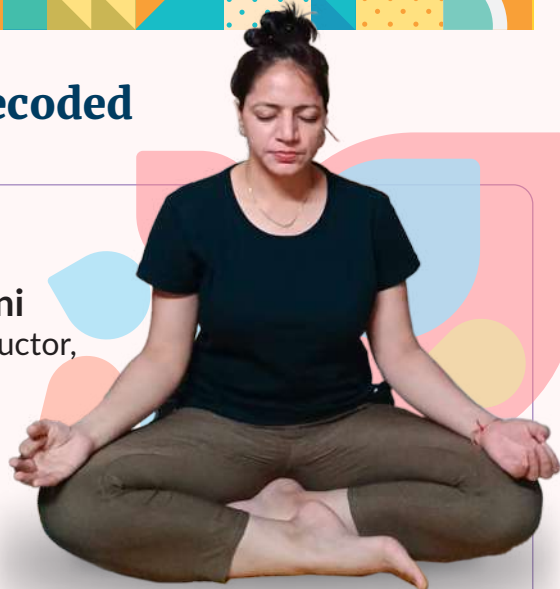
- Bridge ancient wisdom with modern needs, making Yoga accessible for all.
- Training compassionate, authentic teachers who can create positive ripple effects in their communities
- Promote inclusivity, ensuring that Yoga is not limited by geography, age or socio-economic status.
- Encourage mental and emotional well-being, through Yoga's deeper dimensions.

*Ultimately, I wish to inspire mindful, kind, and conscious living, both on and off the mat.*



## CYP Decoded

**Sonu Rani**  
Yoga Instructor,  
MDNIY



### Kapalabhati: The energising breath for body and mind

Ever wondered if your breath alone could reset your mind and body? Kapalabhati, a dynamic breathing technique in the CYP, might be your answer.

#### Expert Insight

Sonu Rani, Yoga Instructor at MDNIY, describes Kapalabhati as a source of energy and clarity. "It's not just about burning fat; it revitalises the body, uplifts the mind, and boosts focus," she says.

#### How it works

Kapalabhati means "shining forehead" and involves rapid, forceful exhalations with passive inhalations. This practice detoxifies the system, stimulates abdominal organs, aids digestion, boosts immunity, and manages stress. It's also helpful for weight management, strengthening the lungs, and balancing the nervous system.

#### Who should avoid

Those with high blood pressure, heart conditions, epilepsy, or pregnant women should practise only under medical supervision.

#### A simple daily ritual

Just a few minutes a day can make a noticeable difference in energy and mental clarity.

**Inhale calm. Exhale stress.  
That's the Kapalabhati way.**







## Yoga Bandhan bridges India and Vietnam at Ha Tien Beach

The tranquil Ha Tien Beach Resort in Vietnam hosted “Yoga Bandhan,” a flagship IDY 2025 event focused on global Yoga connections.

Organised by Navayog Suryoday Seva Samiti and SKM Yoga and Feeling, the event welcomed Mr Pearl Goyal from the Indian Embassy and leaders from the Vietnam Yoga Federation, highlighting strong India-Vietnam ties.



योग-बन्धन  
Yoga Bandhan

Under the guidance of Dr Shivam Mishra, Director of SKM Yoga, over 200 participants from various regions experienced a day of traditional and modern Yoga practices. By celebrating wellness and cultural harmony, Yoga Bandhan fostered unity and promoted Yoga's universal spirit far beyond Vietnam's scenic shores.

## YOGA TECH



### JURU: A 'Make in India' yogic innovation

India, the birthplace of Yoga, has also pioneered blending Yoga with nature—exemplified by JURU. More than just a brand, JURU is a technological and sustainable innovation offering eco-friendly Yoga gear. Founded by Puja Sharma, a Chennai-based entrepreneur and passionate Yoga practitioner, JURU launched its first mat in January 2014.

Crafted from JUte and natural Rubber, JURU mats provide a non-slip, durable, and comfortable experience, earning global acclaim.

JURU's ethos echoes Yoga's principle of harmony with nature, making it a favourite among mindful practitioners. Beyond mats, JURU's range includes cotton Yoga pillows, mat

bags, blocks, and straps—all available online. Embracing the “Make in India” initiative and leveraging Amazon Launchpad, JURU has expanded its reach across India and into international markets. Puja Sharma credits the brand's growth to the Yoga community's support and feedback, driving her to continually innovate and meet practitioners' needs.





## Inter-Ministerial Committee reviews final preparations for IDY 2025

As the IDY draws near, the spirit of Yoga is uniting millions in anticipation of the IDY 2025, to be observed on June 21.

To strategise preparations and ensure impactful outreach, an Inter-Ministerial Committee (IMC) meeting was convened at Sushma Swaraj Bhawan, New Delhi.

Chairing the session, Shri Prataprao Jadhav, Minister of Ayush, emphasised the significance of a Whole-of-Government approach, calling IDY a movement that unites ministries, institutions, and stakeholders. He stated, "The IDY is not just a celebration, it is a movement that unites Ministries, institutions, and citizens in a shared commitment to holistic health." Shri Jadhav also expressed his gratitude to Yoga Gurus for their pivotal role in formulating the CYP.

Vaidya Rajesh Kotecha, Secretary, Ministry of Ayush, shared that IDY 2024 saw 24 crore participants and announced under the banner of 'Yoga Sangam' over 1 lakh simultaneous events for IDY 2025, led by the PM himself from Visakhapatnam, making it the focal point of the day. He also called for collective action from Yoga Gurus, Ayush institutions, and government bodies to make IDY 2025 a truly transformative experience.

Shri P.N. Ranjit Kumar, OSD-IDY Coordination, Ministry of Ayush stated that more than 250 events have already taken

place under the auspices of the Ministry of Ayush and various Central Government bodies. This included the different "Signature Events" as well as campaigns such as the 'Yoga Unplugged'. He mentioned that over 5 lakh individuals are expected at the main event in Visakhapatnam, a record-setting congregation. Additionally, the Ministries of Tourism and

Culture are set to host IDY events at 150 iconic tourist sites across the country, promoting Yoga alongside India's cultural heritage.

The meeting closed with a collective call to action, sharing responsibility with all stakeholders reaffirming their commitment to ensuring that IDY 2025. Ms Monalisa Das, Joint Secretary (Ayush) proposed the formal vote of thanks.

The IMC meeting highlighted the aim of this year's celebration, to not only to honour India's ancient tradition of Yoga but also to advance its role in global health and wellness.



### MINISTER'S MANTRA

***"The International Day of Yoga is not just a celebration—it is a movement that unites Ministries, institutions, and citizens in a shared commitment to holistic health"***

Shri Prataprao Jadhav,  
Union Minister of State (IC), Ministry of Ayush  
and Minister of State, Ministry of Health and  
Family Welfare





## **Princess Street Gardens, Edinburgh, Scotland**

On May 27, 2025, the Consulate General of India (CGI), Edinburgh, marked the countdown with a serene Yoga session at the Princess Street Gardens with the iconic Edinburgh Castle in the backdrop.



## **Singapore**

On May 27, 2025, a special Yoga session was organised by HCI, Singapore marking IDY 2025 celebrations.



## **Government House, Perth, Australia**

Perth witnessed a vibrant start for the IDY 2025, with early Yoga celebrations hosted at some of the city's most iconic locations in May, 2025.



## **Jamaica, Caribbean**

The Jamaica Defence Force hosted a Yoga session with the HCI, on May 27, 2025. The session was a collaborative effort between the JDF and the High Commission to celebrate Yoga week 2025.



## **Uganda and Burundi cities**

EOI Uganda, in association with HSS Uganda & Sewa International Uganda organised a Yoga event at the High Commission on May 27, in various cities of Uganda and Burundi.







## **The United Nations Peacekeeping Force in Cyprus (UNFICYP), Nicosia**

On May 28, 2025 HCI, Nicosia, in collaboration with UN Cyprus and Art of Living, organised a rejuvenating Yoga session at the UNFICYP Sector 1 headquarters.



## **Museum of the Future (MOTF), Dubai**

On June 1, 2025, Members of Arab Region Yoga Instructor Council, Dubai kicked off IDY month by practising Yoga at world's most complex structures and Dubai's iconic location- MOTF.



## **Centre of Special Education (CSE), Oman, Muscat**

On May 29, 2025, a Yoga session was organised by EOI, Muscat for children with special needs at Centre of Special Education (CSE).



## **Lake Sevan, Armenia**

To mark the celebration of IDY 2025, EOI Armenia organised a picturesque Yoga event and filming of a video at banks of largest Armenian water body- Lake Sevan on May 31, 2025.



## **Lietzensee lake, Berlin**

As part of IDY 2025, EOI Berlin and the Tagore Centre organised a Yoga session at Berlin's Lietzensee lake, bringing together Yogasanas and pranayama at a scenic outdoor setting in May 2025.







## IDY signature events spark a wellness wave across Jammu and Kashmir

Jammu and Kashmir, a region rich in culture and traditions, has recently embraced holistic health, environmental awareness and mindfulness. Under the guidance of Dr Nuzhat Bashir Shah, Director Ayush, J&K, UT, various programmes and events have been organised as part of the 10 signature events.



**Government Shaheed DSP Manjeet Singh Higher Secondary School, Poonch:** Under the “Yoga Samavesh” initiative, on May 26, 2025, an iconic Yoga camp was organised for the student's promoting wellness and well-being.



**Krishan Chander Degree College, Poonch:** On May 27, 2025, a Yoga activity was organised and was led by Sorab Jeet Sharma, Imtiaz Ahmed, and all Yoga instructors.



**Police Technical Training Institute (PTTI), Vijaypur:** With about 420 police personnel's participation, a Yoga event was organised on May 27, 2025 under the theme “Yoga Unplugged”.



**Baramulla, Jammu and Kashmir:** Under the “Yoga Samavesh”, a special Yoga session was organised for specially-abled children on May 28, 2025.



**Martand Sun Temple, Anantnag, and Forest Training School, Chitternagar:** On May 28, 2025, The Department of Ayush, Anantnag, in collaboration with Archaeological Survey of India, organised a Yoga event under “Harit Yoga”.



**Government Degree college Udhampur Women:** On May 30, 2025, a special “Yoga Unplugged” session was organised as part of IDY 2025, featuring a CYP demonstration and an awareness lecture on gynaecological disorders- their holistic management through Yoga.







## Yoga Samavesh: An initiative of IDY 2025, celebrates inclusion and healing across India

On the road to IDY 2025, India embraced healing, compassion, and inclusivity through the **Yoga Samavesh** initiative- a powerful signature event of IDY 2025. From hospitals to old age homes, each Yoga Samavesh event brought diverse communities together through specially designed sessions. This series of soulful Yoga celebrations captured the true spirit of **"One Earth, One Health."** The beauty of inclusivity is shared within the pictures through Yoga Samavesh.

### Jamnagar: Yoga for the golden years

At the Aapanu Ghar Vriddhashrama, elderly residents participated in a week-long Yoga camp filled with warmth and wellness. Organised by the Department of Swasthavritta, ITRA, the sessions focused on graceful aging, gentle movement, and inner peace, fostering strength and companionship through Yoga.



### Mumbai: Little yogis, big smiles



At Tata Memorial Hospital, children came together in a joyful Yoga session brimming with energy and positivity. Organised by Kaivalyadhama Yoga Institute, this event highlighted Yoga's power to heal and uplift even in difficult times. Their laughter and enthusiasm turned the hospital space into a sanctuary of smiles.

### Delhi: Sign language meets soul language

Indian Sign Language Research and Training Centre hosted an inclusive Pre-Yoga training session on May 29, 2025 in

collaboration with Navyoga Suryodaya Seva Samiti. This unique session welcomed hearing-impaired participants, ensuring Yoga was accessible to all through the universal language of movement.



### Puducherry: Cuddalore: Yoga for recovery and hope



In a heartwarming outreach, the School of Yoga Therapy, ISCM (SBV), with Indian Yoga Association (IYA) (Pondicherry chapter) and Gardaí Mental Health Centre, organised a therapeutic Yoga session on May 28, 2025 for alcohol and cannabis de-addiction residents. Tailored practices and compassionate instruction made this session a powerful symbol of recovery and community healing.

### Chennai: Yoga empowers women municipal workers

S. Lalitha of Abhyasaa Yoga Centre organised free Yoga sessions for women municipal workers from May 15 to 30, 2025, under the Yoga Samavesh. These frontline workers found strength, balance, and respect in daily sessions tailored to their needs and schedules.







## How I made Yoga my own...

Yoga and I share a long-standing bond. I remember choosing Yoga as my daily activity back in school, while most of my friends opted for music or dance. With IDY 2025 approaching, I've started waking up early and practise Yoga again. I plan to encourage my friends to join me in practising Yoga every day to energise their bodies.

**Shreedhar Rath**  
Student, PGDMC, IIMC



**Sunaina**  
ESG Industrials specialist, MSCI

As a corporate professional, life often feels like a whirlwind of deadlines, and constant digital engagement. Amidst this daily hustle, Yoga has always been my grounding force. I began practising Yoga at the age of 7 or 8, and over the years, it has given me immense stability—both physically and mentally. Courses at MDNIY gave me the tools and confidence to share the benefits of Yoga with others.

**Abhijeet Gaikwad**  
Proprietor, Rich Heritage Yoga Centre

My Yoga journey began after hospitalisation for vestibular neuritis in 2013. I healed through Yoga at NIN Pune, got certified from Kaivalyadhama, and founded Rich Heritage Yoga Centre in 2015. With 3 branches in Wagholi, we've trained 200 instructors, served 10,000+ clients, and run TTCs and therapy courses. Our tagline, 'Let the journey begin,' inspires many.



## YOGA RECAP



### Ecuador embraces Yoga culture with IDY 2024 celebrations

In Ecuador, Yoga is more than just a practice – it's a growing way of life. From city centres to coastal towns, the love for Indian culture and wellness traditions is strong.

IDY 2024 was celebrated with great energy across Ecuador. Events took place in Quito, Guayaquil, Cuenca, and Manta. Local communities joined in large numbers, showcasing their enthusiasm for Yoga.

These events were organised by the Indian Mission in Ecuador, with support from Yoga schools and city municipalities. The sessions included Yoga demonstrations, workshops, and talks on wellness.



With many Yoga centres and active participation in IDY, Ecuador shows deep respect for Indian traditions. Yoga here is not just exercise—it's a cultural bridge connecting Ecuador and India in health, peace, and harmony.



## Shri Des Raj: From early devotee to global Yoga leader



**Shri Des Raj**  
President, Bharatiya Yog Sansthan

Yoga thrives on committed leaders who embody its teachings — Shri Des Raj Ji is a shining example. Beginning his journey in 1985 at a Yoga centre linked to Bharatiya Yog Sansthan in Tagore Park, Delhi, Des Raj Ji's dedication saw him rise from student to teacher, centre in-charge, zonal and district president, state-level executive, and ultimately, General Secretary for 11 years. Since May 2021, he serves as President of Bharatiya Yog Sansthan, guiding an organisation with over 4,200 free centres across 23 Indian states and more than 60 international centres in 10 countries.

Des Raj Ji, at 67, exemplifies yogic discipline, rising at 3

a.m. daily to practise advanced postures like Vajrasana, Halasana, and Sharvangasana. His influence extends globally, promoting Yoga in Canada, Mauritius, Fiji, Dubai, and the USA. An accomplished author, he regularly contributes to "Yog Manjiri" and has written 13 books on Yoga and holistic health, with a 14<sup>th</sup> forthcoming.

Des Raj Ji's leadership has shaped IDY celebrations, leading transformative camps and meditation sessions that echo the global initiative launched by PM Modi and the United Nations in 2015. His teachings have reached millions through over 100 episodes on Lok Sabha TV. In recognition, he has received honours including the Yog Rattan Award and Maharishi Patanjali Yoga Rattan Award.

He remains committed to Bharatiya Yog Sansthan's mission "Jiyo Aur Jeewan Do," inspiring others to live meaningful lives through Yoga, health, and service. Des Raj Ji's life stands as a testament to Yoga's power to transform individuals and communities worldwide.



May 26 - June 1, 2025

# IDY 2025

## International Day of Yoga NEWSLETTER

Issue 11



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