

April 21 - May 4, 2025



# IDY 2025

## International Day of Yoga

### NEWSLETTER

### Yoga Quote

*"Yoga is a way of life - a holistic approach to health and wellbeing. A way to have mindfulness in thoughts and actions. A way to live in harmony with self, with others and with nature."*

Shri Narendra Modi  
Prime Minister



## Historic IDY 2025: PM Modi selects Vizag for 10th anniversary celebration



Visakhapatnam, the vibrant coastal city of Andhra Pradesh along the Bay of Bengal, has been selected as the backdrop for the national event of International Day of Yoga (IDY) 2025.

Making this public announcement during his visit to Amravati, Andhra Pradesh on May 02, 2025, Prime Minister Shri Narendra Modi, said: "Thanks to the 10th edition of IDY, Yoga is attracting attention all over the world. This time, the entire world will be watching as Andhra will celebrate IDY on June 21."

With less than 50 days remaining for IDY 2025, preparations for the grand event are well underway all over the country, with more than 1,00,000 venues set to host satellite events

simultaneously with the one at Visakhapatnam. The theme for IDY 2025 is 'Yoga for One Earth, One Health'.

The national events of IDY over the years have been marked by PM leading harmonious Yoga demonstrations with enthusiasts. Looking back at some of the key IDY observations of the past, the inaugural event in 2015 was held at Rajpath (now Kartavya Path), New Delhi. In the years that followed, the cities of Chandigarh, Lucknow, Dehradun, Ranchi, Mysuru and Srinagar hosted the national events. In 2020 and 2021, due to Covid-19 pandemic, families across the country observed it at their homes, following the lockdown protocols.

The PM had also stated in his Amravati address: "I would like in the next 50 days, the whole of Andhra promotes Yoga on an unprecedented scale, becoming a strong environment for Yoga. There can be competitions, and the task of setting a new world record may be done in Andhra Pradesh, drawing global attention to the state's efforts. I believe that this will definitely happen under the leadership of Chandrababu ji."

Coming June 21, 2025, Visakhapatnam will turn this vision into reality – becoming a dynamic stage, showcasing India's whole-hearted love for and belief in Yoga.

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## Yoga unites the world: India honours Kuwaiti pioneer with Padma Shri

A practice born in the ancient lands of India, now uniting hearts across deserts and seas. Yoga, India's gift to the world, continues to weave its magic, and on April 28, 2025, its global journey was celebrated in the grand halls of Rashtrapati Bhavan, New Delhi. In a historic moment, H.E. Sheikha Shaikha Ali Jaber Al-Sabah became the first Kuwaiti to receive the prestigious Padma Shri, one of India's highest



civilian honors, for her transformative work in spreading Yoga's wisdom.

A pioneer in Yoga education, Sheikha Shaikha has dedicated herself to promoting the physical, mental and emotional benefits of Yoga across Kuwait, the Gulf region and the Arab world. In 2014, she established Daratma for Yoga education-Kuwait's first officially licensed Yoga studio. Daratma blends the Arabic word Dar (home) and the Sanskrit word Atma (soul), reflecting her mission to bridge cultural gaps and foster holistic well-being.

Her efforts to promote Yoga and community service have garnered international recognition, as well as appreciation from Indian PM Shri Narendra Modi during his visit to Kuwait in December 2024.

## Write for way to wellness: IDY 2025 essay writing competition

As we gear up for IDY 2025, the Ministry of Ayush, Central Council for Research in Yoga & Naturopathy (CCRYN) and MyGov brings in a creative opportunity: "IDY 2025 Essay Writing Competition". From April 7 to May 30, 2025, unleash your creativity and craft a compelling piece that could earn you a Rs. 2000 cash prize and a spotlight on the Ministry of Ayush's social media platforms. Ready to make your mark? Here's how to get started.

Draft 800-1000 words essay centred around the theme "Yoga for One Earth One Health", highlighting the interconnectedness of human, animal, and environmental well-being echoing the ancient yogic wisdom of unity, peace, love, and compassion.

**Ready for submission, here's the format:**

Submit your essay in PDF format (124 kb) with a font size of 12, Times New Roman, double line spacing and numbered pages. Language can be either Hindi or English. Avoid including images or illustrations. Indicate the essay's word count at the end.

But here's not the end, don't forget to add a one-line certification of originality with your essay- "I (insert name) certify that this E-poster is solely made by me and no one else has any claim to the copyright."



**With your pen and words, champion the holistic power of Yoga! For more details on the contest, visit MyGov.in.**







## Yoga Sangam embodies global solidarity for health: Shri Prataprao Jadhav

Shri Prataprao Jadhav, Union Minister of State (IC), Ministry of Ayush, and Minister of State, Ministry of Health and Family Welfare, inaugurated the Yoga Mahotsav event to mark 50 days in the count-down to IDY 2025, at Gauri Maidan in Nashik, Maharashtra on May 02, 2025.

Emphasising the importance of Yoga, he said, “Yoga, once an integral part of Indian tradition, is now flourishing within the international community.” He further added, “Thanks to the tireless efforts of the Prime Minister Shri Narendra Modi, today, Yoga forms the foundation of life for millions around the world.”



The event not only celebrated India's rich Yoga heritage but also marked the launch of online registration facility for 'Yoga Sangam', the main event of IDY 2025 which falls on June 21. The online facility, available at <https://yoga.ayush.gov.in/yoga-sangam>, enables aspiring organisers of Yoga Sangam events across the country to register their proposal with the Ayush Ministry. Those organisers who register can become proud “yoga- givers”, facilitating local yoga enthusiasts of their area to be part of the grand synchronised celebrations of IDY 2025 on 21st June, expected to take place at more than 1,00,000 locations across India.

Addressing over 6,000 Yoga enthusiasts at Gauri Maidan the minister explained the concept of 'Yog Sangam'. He drew a parallel: “Just as the Kumbh Mela is a sangam of faith and tradition, Yog Sangam will be a confluence of health, culture, and national unity, connecting millions through the collective spirit of Yoga.”

The event witnessed the presence of dignitaries, including Shri Bhaskar Murlidhar Bhagare, Member of Parliament, Lok Sabha, Nashik, Smt Seema Hiray, MLA, Nashik West, Lieutenant General Dr Madhuri Kanitkar, Vice Chancellor of Maharashtra University of Health Sciences (MUHS), Dr Vishwas Mandlik, Head, Yoga Vidya Gurukul, Nashik and Ms Monalisa Dash, Joint Secretary, Ministry of Ayush.

## Yoga Samavesh empowers special young minds

Yoga is no longer just a fitness routine - it is becoming a bridge of care, connection, and healing. Children with special needs often live in a world of quiet struggles, where even small moments of joy can make a big difference. On April 22, 2025, one such moment came alive in Tamil Nadu, where a special Yoga therapy session was held under the banner of Yoga Samavesh – one of the ten signature events of IDY 2025.

The event was organised by the School of Yoga Therapy (SYT), ISCM, and led by Dr Meena Ramanathan, Principal of SYT and Vice President of the Indian Yoga Association (IYA), Puducherry Chapter.

More than 60 children with special needs joined the session with their educators. Simple Yoga practices brought calm, joy, and focus into the room. The children smiled. They stretched. They connected.

Yoga helped them improve attention, balance, and posture. But more than that, it made them feel seen. It made them feel accepted.

As the session ended, the room echoed with laughter and warm hugs. Dr Meena called it a day well spent with the “divine children of God.”

This event showed the true spirit of Yoga. A practice that



heals, includes, and brings light into lives that need it the most.



## Signature Events of IDY 2025

Imagine uniting with hundreds of thousands of people across India, all moving in harmony through the power of Yoga. Sounds incredible, right? Well, that's exactly what Yoga Sangam is all about, and we're inviting you to be a part of this historic event!



Yoga Sangam

Shri Prataprao Jadhav, Union Minister of State (IC), Ministry of Ayush, and Minister of State, Ministry of Health and Family Welfare, launched the online registration portal for 'Yoga Sangam' the central one among the 10 Signature Events of IDY 2025, on May 2, 2025, on the banks of the holy Godavari River at Gauri Maidan, Ramkund Parisar, Panchavati, Nashik.

**What exactly is Yoga Sangam?** It is the central event of India's IDY-2025 observation. It will unfold a synchronised, yet distributed Yoga demonstration at 1,00,000 locations across India. It will take place at 07.00 AM on June 21, 2025, and participants at all the 1,00,000 locations will follow the Common Yoga Protocol (CYP). It will weave a harmonious tapestry of well-being nationwide, as hundreds of thousands of individuals unite under Yoga's enabling shield.

**How can You, as an Individual, embrace Yoga Sangam?** Becoming part of the Yoga Sangam movement is straightforward. Check out the CYP videos available in 23 Indian languages on YouTube, to self-learn:

<https://www.youtube.com/playlist?list=PLxZ05kgQIFwf6JbbEvThly9AcZ0xrfxvk> and Join a Yoga Sangam event nearby your area on June 21st, 2025.

**Be a Yoga Giver – Organise a Yoga Sangam! Here's how:** Submit your proposal to organise a Yoga Sangam event in your locality on June 21, 2025, via the Ministry of Ayush's Yoga Portal:

<https://yoga.ayush.gov.in/yoga-sangam>

**Why register?** While registering is not mandatory, it enables you to:

- ▶ Upload photos and details of your event to the Yoga Portal on June 21.
- ▶ Receive an online certificate recognising you as a key stakeholder in this historic occasion.

## In Conversation

### Dr Ishwar Bhardwaj

Dean Academics, Dev Sanskriti Vishwavidyalaya, Haridwar, Uttarakhand



**Today when you look back from a life devoted to Yoga and its education, what first drew you toward yogic science?**

My interest in yogic science began unexpectedly when I joined Gurukula Kangri Vishwavidyalaya as a Hindi-Sanskrit teacher. There, the Vice-Chancellor asked me to take the responsibility of overseeing the ashram. He encouraged me to learn Yoga and teach students. Under his supervision, after three days of intensive learning, I began instructing students. I took Yoga training from Dharendra Brahmachari Ji and later initiated a certificate course at the university, marking the start of my 36-year teaching career in Yoga.

**As a pioneer in establishing the first master's and PhD programs in Yoga, what challenges did you face in integrating Yoga into formal academic frameworks?**

This journey wasn't easy, many colleagues doubted the feasibility of integrating Yoga into formal higher education, and initial proposals were rejected. With support from the Vice Chancellor, I approached the UGC directly. After persistent efforts and follow-ups in the early 1990s, we received UGC approval. This laid the foundation for Yogic Science academic growth in the field.

**And how did you overcome the challenges?**

I overcame these challenges by persistently advocating for the courses, seeking official approval from the UGC, and designing the syllabus. As a result, MA program for Yoga started in 1992 and PhD. from the year 1996. Even after the courses were introduced, we faced problems for rooms and instructors, but these were resolved as rooms were allocated, and Yoga instructors were appointed under the UGC scheme in 1996.

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### Tradition or Trend: What is that spark which inspires the Yogic journeys of everyday citizens?

No one starts practicing Yoga in isolation. There is invariably a spark of inspiration that provides the starting point.

For some it's a tradition passed on by their parents. For others, it's motivation drawn from friends, peers or favourite influencers. Whether rooted in traditional heritage or fuelled by current trends, every yogi's journey begins with a connection.

Our team visited Vasant Kunj to get a cross section of views on the same topic – the influence behind the regular Yoga routine of practitioners.



Vidya Raj  
Lakshmi,  
Student

*I have been practicing Yoga since early childhood, motivated by my grandfather, who was a doctor. Like a morning prayer, Yoga became part of my daily routine and has now become an integral part of life. Yoga has consistently guided me towards peace and positivity, supporting my overall well-being at every stage of life.*



Mahesh Kant Mishra,  
Retd Bank  
Accountant

*My father was deeply knowledgeable in it, this influenced my interest in Yoga, I've been practicing Yoga since childhood. As the saying goes: "शरीरमाद्यं खलु धर्मसाधनम्" - "body is the primary means for fulfilling life's duties." That's why I believe one hour a day should be devoted to Yoga, especially in the early morning.*



S.C. Joshi,  
Retd Employee

*My association with Yoga Sansthan, is what has inspired me to be regular with Yoga. This consistent practice has improved both my mental and physical health. It has eliminated the joint pains and other issues I once struggled with. I credit all these positive changes entirely to regular Yoga practice and, I wholeheartedly encourage everyone to practice Yoga.*



Mahtab Rahmani,  
Student

*My college inspired my Yoga journey, where I had the opportunity to learn under the guidance of renowned Yoga instructors. Yoga has also increased my concentration in studies, brought greater mental peace and fostered a more positive attitude toward life and those around me.*



Ram Singh,  
Retd. D.D.A  
Supervisor

*After a heart attack in 2000, I turned to Yoga and have been committed to it ever since, without a break. I'm 74 and healthy without any medication, which I attribute to Yoga. Yoga asanas enhance flexibility, and pranayama supports internal health. I believe children should start early because who start Yoga at a young age rarely need to see a doctor.*



Anju Nigam,  
Retd. Law Officer,  
Delhi Govt.

*I used to suffer from body aches, including cervical, and knee pain, and the cure came through Yoga. Now, I feel energetic and refreshed throughout the day. I began after retirement but if younger generation starts early, they'll build lifelong health and stay away from diseases. Just a little time every morning can make a big difference.*



Palak Rai,  
Student

*Initially, I wasn't deeply interested in Yoga. However, when I became a student of Ayurveda, where Yoga is an integral part of the discipline, I was inspired by the enthusiasm of my classmates. Their dedication motivated me to start practicing Yoga, and since then I have become calmer and more optimistic, even amidst a hectic schedule.*



If you would like to share your success/ideas or how you preparing for IDY 2025, please submit an article of around 150 words ASAP, so we can publish it in our next issue. Please include photos or feedback and send to: [sharestoriesidy25@gmail.com](mailto:sharestoriesidy25@gmail.com)

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**You've designed comprehensive Yoga curricula for various universities. What key principles or philosophies guide your approach to creating Yoga education programs?**

While designing Yoga curricula, I focused on preserving the purity and ethical values rooted in the Indian knowledge tradition, as inspired by the Gurukula system. Selective approaches taken by me included:

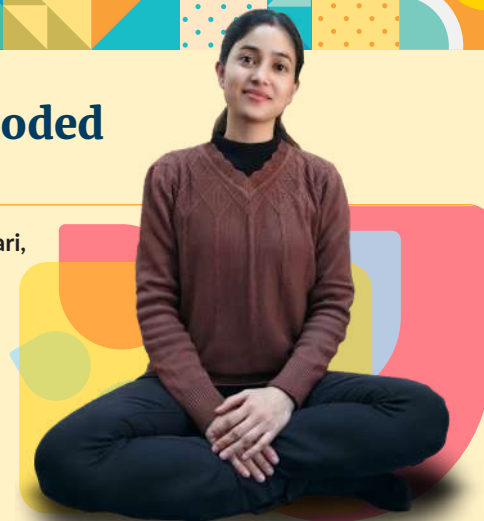
- Emphasized moral education and integrated subjects like Ayurveda and Sattvic lifestyle aligning with yogic values.
- Making Sanskrit was made a core component, as most foundational Yoga texts are in Sanskrit.
- Focused on teaching original scriptures such as the Patanjali Yog Sutra, Hatha Yoga Pradipika, and Bhagavad Gita, rather than relying on commentaries, to preserve authenticity.

**You have worked in key roles with the Ministry of Education, UGC, and other national bodies. Can you tell us from your experience how the IDY has served as a catalyst in promoting Yoga as a formal academic and cultural discipline?**

Since 2015, IDY programs significantly boosted public awareness and interest in Yoga. These events created a nationwide enthusiasm and helped establish Yoga as both a health practice and a cultural discipline. However, for Yoga to evolve fully as a formal discipline, it must be implemented across schools and universities, embedding its mental, physical, and moral benefits into mainstream education from an early age.

## CYP Decoded

Ms Pooja Adhikari,  
Yoga Instructor,  
MDNIY



### Why sitting Asanas matter

In this edition of CYP Decoded, we dive into the sitting asanas, peeling back layers to reveal their essence. We sat down with Ms Pooja Adhikari, a Yoga Instructor since 2019 and a CYP demonstrator, who describes these asanas as gateways to calm and focus. "They connect you to your breath and inner peace-the heart of Yoga," she shares.

Each seated posture in the CYP is a clue to holistic well-being. Take Ustrasana and Uttan Mandukasana, which were added when the CYP expanded from 35 to 45 minutes. Why?

They strengthen the back, improve posture, and open the chest, boosting lung capacity and mental clarity.

Unlike standing asanas, which build stability and coordination, sitting asanas target specific muscles, enhance spine flexibility, and melt stress. Among them, Vajrasana and Bhadrasana stand out as meditative gems. Vajrasana, uniquely practiced even after meals, and Bhadrasana foster focus, aligning with Yoga's meditative roots.

CYP's sitting asanas are designed for all, with modifications like Ardh Ustrasana for beginners. Finalising their sequence was no small feat, with debates ensuring inclusivity across ages and health conditions. Beginners are advised to ease in, starting with simpler variations like Vakrasana to prep for advanced poses.

Rooted in traditional Yoga texts, these asanas promote meditation and breath awareness, while modern science confirms their benefits: better posture, reduced stress, and sharper focus. They prepare practitioners for pranayama and meditation by opening the chest and aligning the spine, ensuring comfort and alertness.

In short, the sitting asanas in CYP are a perfect mix of tradition and science gentle yet powerful.



## Yoga on train

Every morning, as Mumbai wakes up to its rush, a quiet revolution moves through its local trains. Among the clatter and crowd, something unexpected happens - Commuters stretch their arms, breathe deeply, and feel calm even in a moving train.

It all started with a simple idea on a crowded local train. Ruchita Shah, a daily commuter and Yoga lover, thought if people can play cards and chat on trains, why not do Yoga? She got permission from Western Railways and began the first session on International Yoga Day in 2017. A few passengers joined. Slowly, more did. And just like that, Yoga found a place on Mumbai's tracks.

Ruchita Shah is the founder of Heal-Station, the group behind this moment. Heal-Station began small but now has a growing team of over 100 Yoga teachers.

For IDY 2025, Heal-Station joined the 100-Day Countdown. Two teachers board local trains every day, guiding passengers through quick Yoga routines. The goal is simple: to make Yoga a daily habit.

Heal-Station doesn't limit itself to trains. They now conduct Yoga on BEST buses, metro trains, and even boats. They've also taken Yoga to truck drivers in Vashi's APMC market - people who usually miss out on wellness programs.

"We want this to become a national movement," says Shah. With the slogan "Ab se hoga train main Yoga" (Now Yoga will happen on trains), Heal-Station wants to take this movement beyond Mumbai.

In a city that never stops, Yoga has found a way - in a moving train, in a moment of stillness.



## YOGA TECH



### YogiFi- Boosts up 'Make in India' initiative

India's Make in India initiative is fueling innovation, and YogiFi, an AI-powered Yoga mat, is a shining example. Blending ancient Yoga wisdom with cutting-edge tech, this swadeshi gem by Wellnesys Technologies Private Ltd. is transforming wellness globally.

This smart Yoga AI mat is attracting individuals to make a purchase due to its on-intrusive patented sensor fabric

technology. The mission is to recreate the conditions of a real Yoga class at home. This Yogic mat instructions aligns with the YogiFi: Smart Yoga Trainer app.

One can easily learn Yoga along with the skilled training classes with real-time feedback, tracking progress in strength, flexibility, and balance.

Designed in 2018, it was incubated at the Technology Innovation Hub (TIH) iHub at IIT Mandi.

Founder and CEO of YogiFi- Muralidhar Somisetty says, "The idea of YogiFi is essentially, not just the smart Yoga mat but it is about making smart Yoga as a service, so that, people who are beginners to even experts, to Yoga teachers, there's something to look into this, and it's essentially a good starting with the very basic principle of starting where you are and listening to your body." It is a one of the well-developed swadeshi products driven with AI with global outreach in 17+ countries including the US, the UK, Singapore, Germany etc. The digital fitness solutions continue to evolve, representing YogiFi as the future of Yoga practice in India as well as around the world.





## **Hambantota, Sri Lanka**

On April 23, 2025, CGI Hambantota organised a revitalising Yoga session for the children of Vihara Maha Devi School, under the Southern Provincial Department of Probation.



## **Baghdad, Iraq**

On April 23, 2025 a great enthusiasm was observed among the Iraqi Yoga practitioners who synced up together practising Yoga asanas.



## **Bessarabia, Romania**

As a part of IDY 2025 celebration, the Embassy of India in Bucharest organized a special session themed "Yoga for Seniors" at the Community Assistance Center "Basarabia" on April 24, 2025.



## **Guyana**

Glimpses of Yoga was seen in Guyana on April 27, 2025. Yogis and Yoginis from Guyana and India participated in Yoga session at the National Park amidst nature.



## **Reykjavik, Iceland**

On April 28, 2025- The Embassy of India in Reykjavik, in partnership with Harpa Concert Hall, launched a vibrant countdown to International Day of Yoga 2025.





## Al Shaheed Park, Kuwait

On April 24, 2025 Yoga enthusiasts in Kuwait practiced at iconic sites including Kuwait Towers, the beach, and Shaheed Park, showcasing the unifying spirit of Yoga.



## Tunisia

To mark IDY 2025, on April 26, 2025 Ambassador Devyani Khobragade led a serene Vipassana meditation session, rooted in India's Buddhist tradition.



## Fiji Sevashram Sangha, Suva

In alignment with the IDY 2025, ICCR Suva hosted a rejuvenating Yoga session at the Fiji Sevashram Sangha on April 26, 2025 uniting individuals from all walks of life.



## The University of Cyprus, Nicosia

The High Commission in Nicosia, in collaboration with the University of Cyprus and Art of Living, organized a vibrant Yoga session at the University's Sports Complex, on April 30, 2025.



## SVCC, China

At the Embassy of India in Beijing, SVCC hosted a workshop on "Yoga for Holistic Healing," guided by an expert from ICCR, where Yoga enthusiasts practiced asanas and breathing techniques.





## **LBSCIC, Tashkent Uzbekistan**

As part of the IDY 2025 celebrations, the Denau Institute of Entrepreneurship and Pedagogy hosted a special Yoga event.



## **Sanghai, China**

As part of the IDY 2025 celebrations, on May 1, the Consulate General of India in Shanghai, led by CG Pratik Mathur, organized a "Yoga Awareness for Children" session in collaboration with the Indian Association, Shanghai.



## **Perth, Australia**

On May 1, 2025 the CGI Perth along with HSS Seniors celebrated Yoga on Chairs at Perth.



## **Halpathota, Galle, Sri Lanka**

On 1st May 2025, CGI Hambantota organized a special Yoga Session for Children of Halpathota 'Lamasewana' Detention Home under Southern Provincial Department of Probation.



## **Port Victoria, Seychelles**

The Special Yoga Session for enthusiasts was held on May 1, 2025 at Port Victoria, Seychelles, organized by the High Commission in collaboration with the visiting Indian Ocean Ship IOS SAGAR (INS Sunayna).





## IGCC, Dhaka, Bangladesh

The High Commission of India in Dhaka hosted a special event on May 1, 2025 at the Indira Gandhi Cultural Centre to commemorate IDY remaining days until 21st June.



## Royal University of Fine Arts, Cambodia

On May 1, 2025 a special Yoga session with enthusiastic participation from RUFA's faculty and students was organised by the Embassy of India, in collaboration with the Royal University of Fine Arts.



## Chittagong, Sri Lanka

The Assistant High Commission of India in Chittagong organised a Yoga event on May 1, 2025



## SVCC, Colombo, Sri Lanka

Organised by ICCR Colombo, 1000 students of Hindu College celebrated ancient wisdom of Yoga on May 1, 2025.



## Berne, Switzerland

On May 2, 2025 the Embassy of India in Switzerland & the Principality of Liechtenstein hosted an exclusive Yoga session for fellow diplomats in Berne and officials from the Federal Department of Foreign Affairs on Swiss.





## India's golden sweep: Total domination at 2<sup>nd</sup> Asian Yogasana Championship

The 2<sup>nd</sup> Asian Yogasana Sport Championship was held at the KD Jadhav Arena, Indira Gandhi Sport Complex, New Delhi, from April 25 to 27, 2025. More than 21 nations participated including Japan, Mongolia, Nepal, Sri Lanka, Uzbekistan, and others, showcasing the growing prominence of Yogasana as a competitive sport across Asia.

India unleashed a jaw-dropping performance, clinching 87



medals – 83 gold, 3 silver, and 1 bronze, earning the top spot on the medal tally. Japan followed with 10 medals (3 gold, 3 silver and 4 bronze), while Mongolia, Oman and Nepal round out the top five standings.

Udit Sheth, President of Yogasana Bharat, beamed with pride: "Our team's Yogasana mastery was spellbinding! With 83 golds, they've set a blazing standard. As competition grows, we'll keep pushing for excellence. Bravo, Team India!"

The event concluded with a medal ceremony celebrating the athletes' achievements and a formal farewell to the dignitaries. The closing ceremony was graced by Harsh Malhotra, Minister of State for Corporate Affairs, Government of India, and Ajay Chaudhary, ACP, Delhi, along with senior officials from the Asian and World Yogasana Federations, marking a fitting end to a highly anticipated championship.

## YOGA CELEB



*"For me, the dance I do is also a form of Yoga. Besides that, I also practice Yoga regularly. There are so many breathing exercises, and it's important to do them in life so you can live peacefully. It's very important, and I would advise everyone to do Yoga."*

**Hema Malini**  
Indian Bollywood Actress







## Harit Yoga- A signature event of IDY 2025 blossoms on earth day

On Earth Day 2025, India painted its landscapes with hope, health, and harmony through the Harit Yoga initiative-a signature event of IDY 2025. This Earth Day, something beautiful unfolded across India. From riverbanks to mountain gardens, this nationwide movement transformed Yoga sessions into vibrant celebrations of wellness and environmental love. The following images capture these powerful moments of unity, wellness, and green action.



Delhi: Harit Yoga begins with green step

The event in heart of the capital was organised by Morarji Desai National Institute of Yoga (MDNIY). Yoga lovers and officials came together to plant hope. Shri P.N. Ranjit Kumar, OSD-IDY Coordination, Ministry of Ayush, as the Chief Guest led the way, showing how Yoga is more than poses. It is a lifestyle.

The Pink City glowed with grace and greenery during its Harit Yoga event. A special Yoga session was organised to promote physical, mental, and environmental well-being, accompanied by the distribution of Ayurvedic drinks and the formation of a human chain to symbolise unity in environmental stewardship.



Jaipur: A pink city turned green



Lucknow: River Yoga by the Gomti

One another shining example of Harit Yoga in action is the River Yoga Campaign in Lucknow. Here, the 137 Composite Ecological Task Force Battalion (Territorial Army) of the 39 Gorkha Rifles leads a unique initiative to clean the Gomti River, along with practicing Yoga along the riverfront. This initiative was in collaboration with Lucknow Nagar Nigam, Babasaheb Bhimrao Ambedkar University (BBAU), and the State Mission for Clean Ganga.

In Chhattisgarh, the IYA State Chapter organized a tree plantation drive at Teli Gundar School, Patan Tehsil, Durg district, where medicinal plants were planted, and tree guards were installed to ensure their long-term protection.



Chhattisgarh: Villages bloom with smiles





A rejuvenating Harit Yoga session at the serene Atmantan Wellness Centre in Mulshi, Maharashtra, held in collaboration with FHRAI and supported by the Ministry of Ayush saw massive response in the form of practice of Common Yoga Protocol (CYP) Yoga practice amidst lush green pasture and rejuvenating environment.



Mulshi, Maharashtra: Wellness in nature's embrace



Leh Trans Himalayan Herbal Garden: A tribute to mother earth

Harit Yoga thrived with the “Ek Ped Maa Ke Naam” campaign, planting over 100 fruit and medicinal trees as a tribute to Mother Earth. A nature-inspired Yoga session fostered mindfulness, while the event spotlighted Poshan Vatikas, promoting sustainable health and ecological balance through holistic well-being.

## Yoga Samavesh at Hamirpur: CPU organises inclusive Yoga sessions for all



The Career Point University (CPU), Hamirpur became a hub of calm, purpose and peaceful energy, while organizing the Yoga sessions for different sections of society, under the Yoga Samavesh initiative, one of the ten signature events to mark the International Day of Yoga (IDY) 2025. A special Yoga session was organised in collaboration with the Morarji Desai National University (MDNIY) on May 03, 2025, focusing on wheelchair users, especially those suffering and recovering from spinal issues, resulting from accidents and injuries.

Session was not just a physical practice, but a pathway to emotional strength, mental resilience and holistic healing. Focusing to support the recovery by restoring hope and empowering every participant through health tips and Yoga practices to support their unique journey towards healing

Meanwhile, university also organised a Yoga session at Divya Manav Jyoti Seva Trust, Himachal Pradesh on May 04, 2025, to promote the holistic development and overall well-being of children. This initiative resulted as a hope, to create healthier and more balanced lifestyle for young minds, helping them build resilience and self-awareness through ancient yogic practices.



Yoga Samavesh is an initiative grounded in the principles of inclusivity and accessibility, specifically addressing the unique needs of selected groups with special needs. It targets conditions and groups such as senior citizens, children, women, hypertension, diabetes, mental health, substance abuse and marginalized groups. The core objective of Yoga Samavesh is to popularise these targeted Yoga interventions for special groups.







## How I made Yoga my own...



**Harsh Ranjan, Bsc. Ayurveda Biology  
JNU, New Delhi**

"As a child, I participated in Yoga competitions, which deepened my curiosity and discipline. For me, Yoga is not just exercise, it is a way of life. I practice Yoga daily to be a part of the Yoga Day celebration on June 21. I wish to inspire others to embrace Yoga for personal and social well-being."



**Ashima Khanna Singh,  
Yoga Therapist**

"I have been making every day videos for 6-8 minutes starting from Day 90 to IDY. I have made 31 videos already and will be continuing till IDY, so 90 videos on Yoga, in a synchronised manner is what is my target. My research before and each day, makes me feel connected to Yoga."



**Kanchan Pandey,  
Yoga Therapist**

"Beyond the physical postures, Yoga has gifted me a profound sense of inner peace and mindfulness. In preparation for IDY 2025, I'm deepening my understanding of Yoga philosophy and practicing consistently to share this transformative power with others. Hoping to inspire others to find their own inner stillness through Yoga."

## YOGA RECAP



## Bolivia embraces Yoga spirit at 4000m on IDY 2024



Bolivia has shown consistent enthusiasm for the IDY, celebrating it every year with active participation. The IDY 2024 was marked with great fervour in the city of Cochabamba. A special Yoga session was also organised at "Isla del Sol" on Lake Titicaca, a famous tourist spot and a sacred site in Bolivian history, located at a height of 4000 metres. The presence of Bolivia's Vice President, David Choquehuanca, added significance to the event. The celebration blended culture and wellness, as Bolivian artists performed Indian classical Kathak and folk Garba dance, highlighting the deepening cultural connection between the two nations through the spirit of Yoga.



## Journey from stars to stretches



**Shri Anil Kumar Jain**

Vice- President, Astro Science Research Organisation (ASRO)  
Director, Mahabodhi International Meditation Center, Ladakh

Yoga has been an empowering journey for many. The journey of Shri Anil Kumar Jain, however, goes beyond that, and is a motivational path for others to follow. A B.Sc., B.E. (Mech) Hons., M.A. (Eco.), and D.M.M. graduate, Jain superannuated as Additional Director General in the Indian Supply Service. But his retirement marked not an end, but a profound new beginning.

His connection with Yoga began at age 17 during his student days at IIT Roorkee. He says, "Yoga was a selected optional course. I chose it and then I started practising Yoga. I have never stopped". Yoga cured his chronic migraine and eyesight issues, inspiring a lifelong devotion.

Jain primarily mentions three Yoga asanas which he practises on a regular basis for the cure of eyesight issue – the

Sarpasana, Sarvangasana and Dhanurasana. These yogic practices have been so effective that he is fully healthy at the age of 72 and has rarely taken medications for any health issue.

Since 2016, Shri Jain has been serving as Director at the Mahabodhi International Meditation Centre in Ladakh – a humanitarian hub and a recognised Yoga and meditation centre. He is actively involved in planning and implementing holistic wellness initiatives for the institution.

Today, he leads Yoga outreach across Ladakh, including iconic sessions at Pangong Lake and an ambitious proposal for a Yoga Mahakumbh. Every year as a part of IDY, from 21st June- a one-week Yoga festival week is organised under his directorship at Ladakh. Recently, under his guidance and suggestions, an active project for setup of High-Altitude Research and Meditation Centre is ongoing, catering especially to defence and paramilitary forces. Through his holistic approach merging Yoga and compassion, he is contributing to creating a legacy of healing and harmony in Ladakh's rugged terrains.

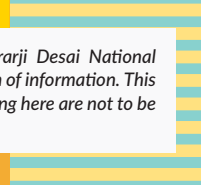
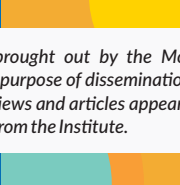
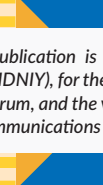
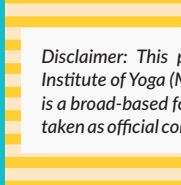
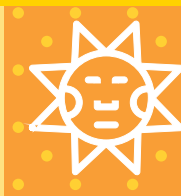
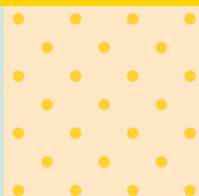
Shri Anil Kumar Jain stands as a true ambassador of integrated well-being where ancient wisdom meets modern relevance, and where the inner cosmos is as important as the outer one.



April 21 - May 4, 2025

**IDY 2025** International Day of Yoga  
**NEWSLETTER**

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