



International Yoga Day- 2025 *"Yoga for One Earth, One Health"*

DATE: 21/06/2025

Highlights of the Program:

- Zonal Change Leader welcomed all attendees and expressed gratitude for their involvement in planning for the International Day of Yoga celebration.
- Principal presented an overview of past International Day of Yoga events, the 11th edition of the global celebration, with this year's theme as "Yoga for One Earth, One Health", which the PM Modi announced on March 30 during his Mann Ki Baat'.
- Additionally, workshops focusing on specific aspects of yoga, such as breathing techniques (Pranayama), Tadasana, Adho Mukha Svanasana, Bhujangasana, Paschimottanasana, Vrksasana, Trikonasana, and Meditation were suggested.
- Training Officer thanked all participants for their valuable contributions and dedication to making the International Day of Yoga celebration a success.

Glimpses of Activities:

