



International Day of Yoga Report

Theme : Yoga for one earth, one Health

21 June, 2025



Department of Yogic Science

Gurukul Kangri (Deemed to be University), Haridwar



Report on
11th International Day of Yoga
21st June, 2025
Theme-Yoga for One earth & One Health



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On the occasion of the **11th International Day of Yoga**, Gurukul Kangri (Deemed to be University), Haridwar, organized a grand Yoga Sangam under the global theme "One Earth, One Health." The event was conducted by the Department of Yogic Science with the objective of promoting holistic health, environmental harmony, and the timeless values of yoga among students, faculty members, and the wider community.

The programme commenced with a traditional Vedic prayer, creating a spiritually uplifting atmosphere. This was followed by the **live telecast of the address delivered by the Hon'ble Prime Minister of India, Shri Narendra Modi**, who emphasized the significance of yoga in fostering individual well-being and global harmony. Participants attentively watched the address before proceeding to the collective yoga session.

Common Yoga Protocol Practice

A large number of participants enthusiastically performed the **Common Yoga Protocol**, which was instructed by Dr. Yogeshwar Bhardwaj. Protocol included a series of yogic practices such as Tadasana, Vrikshasana, Trikonasana, Bhramari Pranayama, Sheetal Pranayama, Kapalabhati, and Anulom-Vilom Pranayama and meditation in the end. The session highlighted yoga's role in enhancing physical fitness, mental peace, emotional stability, and overall well-being.

Welcome Address

The distinguished guests were formally welcomed by Professor Brahmdev, Dean, Faculty of Yoga & Physical Education who expressed gratitude for their presence and support in making the event successful.

Address by the Special Guest

Speaking on the occasion, **Registrar of Gurukul Kangri Professor Sunil Kumar** described yoga as one of India's most valuable cultural heritages, which has now been embraced across the globe. He encouraged students to incorporate yoga into their daily routine, emphasizing that consistent practice contributes significantly to personal discipline, physical health, and character development.

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Controller of Examinations Professor L. P. Purohit also addressed the gathering and stated that the International Day of Yoga symbolizes the excellence of India's spiritual and cultural traditions. He observed that yoga has become an effective medium for introducing India's rich knowledge systems and scientific heritage to the international community, thereby strengthening the country's global cultural identity.

Address by the Chief Guest

The **Chief Guest, Professor Ishwar Bhardwaj**, a distinguished scholar, delivered an insightful address on the scientific and spiritual dimensions of yoga. He explained that yoga serves as a powerful medium for both inner and outer purification, helping individuals achieve harmony between body, mind, and soul. He further highlighted that regular yoga practice effectively reduces stress, anxiety, and several lifestyle-related diseases while promoting emotional resilience and mental clarity.

Presidential Address

Addressing the gathering, **Honourable Vice-Chancellor Professor Hemlata** remarked that yoga is far more than a physical exercise; it represents a comprehensive philosophy of life that integrates physical, mental, emotional, and spiritual well-being. Elaborating on the theme "One Earth, One Health," she emphasized that contemporary global challenges such as environmental degradation, lifestyle disorders, and mental stress require sustainable solutions rooted in holistic living. She stated that yoga offers a balanced way of life that nurtures both human health and the well-being of the planet.

The programme was coordinated by the **Dr. Udham Singh**, In-charge, Head, Department Yogic Science who informed the audience that, in celebration of the 11th International Day of Yoga, the Department of Yogic Science had organized yoga sessions at more than fifteen different locations. These outreach programmes were designed to maximize community participation and spread awareness about the physical, mental, and social benefits of yoga.

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The event witnessed the active participation of faculty members from various departments, along with representatives from the National Cadet Corps (NCC), National Service Scheme (NSS), the Sports Department, and numerous distinguished citizens of Haridwar. Among the prominent attendees were Professor Satyadev Nigamalankar, Dr. Mahendra Aswal, Dr. Ajendra Kumar, Dr. Ajay Malik, Dr. Shiv Kumar Chauhan, Dr. Dharmendra Balian, Professor Mayank Agrawal, Mohan Singh, Jogendra Kumar, Research Scholar Onit and Kartikey, whose presence added prestige to the occasion.

The celebration concluded successfully with a renewed commitment among participants to adopt yoga as a way of life and to contribute towards building a healthier society and a healthier planet. The event reflected Gurukula Kangri (Deemed to be University)'s continued dedication to promoting India's ancient yogic traditions while advancing the vision of holistic health, sustainable living, and global well-being.



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2025