

May 12 - 25, 2025



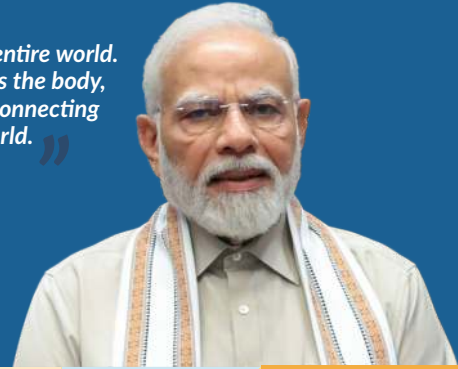
IDY2025

International Day of Yoga NEWSLETTER

Yoga Quote

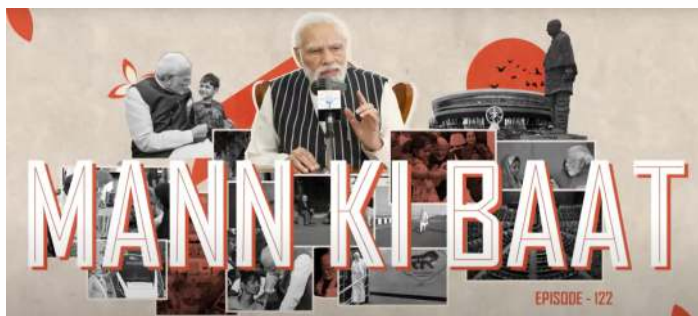
"Yoga is unifying the entire world. Just as Yoga connects the body, mind, and soul, it is connecting people across the world."

Shri Narendra Modi
Prime Minister



PM Modi highlights 'Yogandhra Abhiyan' in the Mann Ki Baat address

As the world gears up for International Day of Yoga (IDY) 2025, Prime Minister Narendra Modi has called upon the nation to embrace Yoga with enthusiastic participation. In his recent 'Mann Ki Baat' address on May 25, 2025, PM Modi praised a remarkable initiative from South – the Yogandhra Abhiyan launched by the Government of Andhra Pradesh under the leadership of Chief Minister Naidu. This ambitious campaign, aimed at nurturing a strong Yoga culture across the state, has set an inspiring goal: to cultivate a vibrant community of 10 lakh Yoga practitioners. The movement is poised to spark motivation far beyond state borders.



The Prime Minister also shared exciting details about the grand 'Yoga Day' event slated to take place in Visakhapatnam, Andhra Pradesh. He revealed his own intent to participate in it alongside a diverse gathering of youth, seasoned practitioners, and many more.

He spoke about a nation inspired by Yoga, recounting how countless young people are going to perform Yoga at iconic places related to the heritage of the country, and how the corporate world, too, is stepping up. From institutions dedicating spaces for Yoga practice to individuals preparing to carry the practice to villages and teach Yoga, the spirit of Yoga is truly permeating every strata of society.

PM Modi lauded the widespread preparations taking place across Andhra Pradesh and the rest of the nation, all converging towards a truly magnificent IDY on June 21, 2025. This collective participation underscores a commitment to health, harmony and the timeless practice of Yoga. IDY 2025 promises to be a day of unity and well-being that will resonate across India and inspire the entire world.

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When breath
meets Earth and
wellness blooms



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For students to
senior and beyond





Harit Yoga in Goa: When breath meets Earth and wellness blooms

Harit Yoga takes Yoga beyond closed spaces into forests, hills, and waterfalls – where the body breathes and the earth heals. It promotes green habits, and natural harmony.

In a refreshing Harit Yoga initiative, the Mormugao Port



Authority led participants on a nature trek to the breathtaking Mainapi Waterfall in Netravali, Sanguem, in Goa.

Surrounded by lush greenery, participants embraced the calm of nature. Medicinal plants were gifted to all, blending natural healing with Yoga awareness.

Adding to the green celebrations, the Mormugao Port Authority and Ministry of Ayush hosted a one-day forest Yoga retreat titled “Whispers of the Wild Within” on May 17, 2025. Held at Tanshikar Spice Farm, Netravali, the retreat offered a soulful blend of sound, stillness, and solitude. Dr N. Vinodkumar (Chairperson, MPA) addressed the participants. Port officials, staff, and members from organisations like NCPOR and Goa Shipyard Ltd formed the enthusiastic participants. Dr Satyanath from the National Institute of Naturopathy and Shri Joy Pereira led the guided Yoga session.

Harit Yoga in Goa offered a peaceful pause, highlighting how Yoga in nature promotes not just physical health but mental peace. It demonstrated that true well-being grows best when rooted in nature.

Challenge your Yoga IQ with IDY 2025 Quiz

As India continues to celebrate the time-tested legacy of Yoga through the IDY 2025 countdown, the Ministry of Ayush and MyGov brings in the IDY Quiz 2025. The quiz is open from March 10, 2025 3:00 p.m. to July 6, 2025 5:00 p.m.

Wondering about the purpose?

This nation-wide initiative invites you to test your knowledge on past IDY celebrations, with questions specifically curated from public domains.

Here's more about the contest:

Get ready to challenge your IDY knowledge by answering 10 multiple-choice questions. Login to My Gov to play the quiz. If you don't have a MyGov account, no need to worry. Because it takes just two easy steps to register.

- Add in your details like full name, e-mail address and mobile number.
- And congratulations, your MyGov account is created. Login with the registered e-mail and play the quiz.

Remember – time's ticking. Once you start the quiz, you'll have only 450 seconds to complete it. There's no negative



marking which means you can answer confidently!

Each quiz is uniquely generated by an automated system, ensuring a fresh and exciting experience every time you play. And upon successful participation, each contestant will receive a digital e-certificate as a mark of appreciation.

Take the quiz now. Let knowledge and wellness unite!

For complete details and participation, visit MyGov.in.

<https://quiz.mygov.in/quiz/international-day-of-Yoga-2025-quiz/#terms>

Scan and Participate





'Yogandhra' mobilises millions as Visakhapatnam prepares for record-setting IDY 2025

Visakhapatnam, the coastal jewel of Andhra Pradesh, will host the national celebration of IDY 2025. Preparations are in full swing, and the state hopes to turn the city into a global showcase for Yoga and wellness. Prime Minister Narendra Modi will lead over the event. Chief Minister N. Chandrababu Naidu is personally overseeing the state's efforts in preparation to the big event. His goal is clear: ensure IDY's success and place Andhra Pradesh firmly on the world Yoga map.

Responding to the Prime Minister's call for continued Yoga activities leading up to IDY, the Chief Minister has launched a month-long programme to build anticipation and awareness.

At the heart of the plan is the 'Yogandhra' app, unveiled recently at Rajamahendravaram and Vizianagaram. The campaign aims to involve more than two crore people in Yoga sessions, issue certificates to ten lakh participants, and draw at least five lakh practitioners to the main event in Visakhapatnam.

The app lets citizens register, follow guided practices, and track their progress. Through this digital push, the state hopes to set new benchmarks in both participation and community spirit.

IDY 2025 in Visakhapatnam promises to be much more than a celebration; it is set to mark a milestone in India's drive for health and well-being.



YOGA TECH



Prayoga: A successful experimentation for your well-being



Inspired by Yoga, a Bengaluru based couple, Raksha Rao and Krishna Rao, initially set up a bootstrap startup, Parjanya a few years ago. It has since evolved into the now well-known Prayoga app. It is powered by an AI-based coach, that tracks up to 17 body joints, providing clear voice instructions and visual cues, ensuring users achieve proper alignment and reduce injury risk.

The app is available on iOS devices. It has already garnered

over 100,000 users and continues to expand its offerings with new routines and features.

What sets Prayoga apart is its rootedness in tradition while making the best use of technology. It uses the latest Body Tracking technology to give the users real time feedback as you perform an asana.

Co-founder Raksha Rao says, "Our aim was to make Yoga a lifestyle, not just a fitness fad. We wanted to replicate the experience of a real instructor in your living room, helping users perfect their form and build healthy habits for life"

Be a **YOGA LEADER** in your locality



HOST IDY EVENT
YOGA SANGAM
on 21st June

International Day of Yoga 2025
Yoga for One Earth, One Health



Signature Events of IDY 2025

Can you visualise an entire nation stretching, breathing and bonding together, with Yoga?

It is happening! This IDY 2025, the Ministry of Ayush brings that vision alive with 10 signature activities marking a decade of IDY's impact on holistic health and social harmony. Among these, Yoga Samavesh stands out—a programme rooted in inclusivity and accessibility, focusing on the unique needs of special groups. It ensures that no one is left out when the country rallies for Yoga.

Here we have every age group in the count!

Be it children aged 3–6 years, adolescents, senior citizens, women (12–35 years), and pregnant women, Yoga Samavesh offers Yoga tailored to their needs. It also focuses on key health challenges such as Diabetes, Hypertension, Asthma, Substance Abuse, and Mental Health, offering specially curated Yoga protocols for them.



What makes Yoga Samavesh unique?

Its commitment to inclusivity and accessibility through special Yoga programs. It is notable for the promotion of inclusive Yoga across the nation. These programs also include demonstration events, not only on June 21, 2025, but also on multiple dates leading up to the main celebration.

Yoga Samavesh is a clarion call to all those working for people with special needs — NGOs, government bodies, community organisations, and individuals – to become enablers of transformation.

Want to get involved? You can! You must!

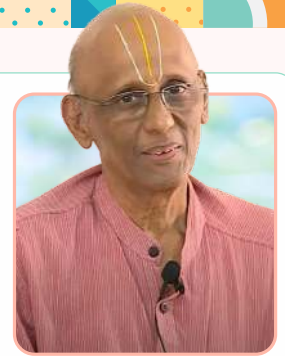
- Participants belonging to the identified special groups will receive training in a Yoga protocol suited to their special needs – conducted by partner organisations of Morarji Desai National Institute of Yoga (MDNIY).
- As a volunteer, you are encouraged to organise a local Yoga Samavesh event, partnering with supporting agencies. You can also contribute by simply spreading the word.

Together, let us work for a more inclusive tomorrow. Because when Yoga embraces all, healing becomes universal.

In Conversation

Shri S Shridharan

Senior Yoga Therapist, Consultant
and Mentor, Krishnamacharya
Yoga Mandiram (KYM)



What was the pivotal moment you decided to dedicate your life fully to Yoga, leaving your banking career?

I was holding the position of Vice President of the investment banking wing of a Public Sector Bank. At the same time, teaching Yoga was my part time work. The work relating to Yoga Therapy which my teacher was doing was amazing. He encouraged me to teach, benevolently without any conditions. That attracted me to end my banking career with 10 years of active service left in the bank. Looking back, I don't regret this decision of mine.

What is one teaching from your Guru, Shri T.K.V. Desikachar, that continues to guide you daily?

His unconditional compassion towards the Yoga seekers and commitment to teaching you irrespective of caste, creed, gender and other criteria, inspires me to this date. His command to me is to teach Yoga to anyone who approaches with a desire. Also, we should not impose our belief system on them but respect their belief system.

His devotion to his father and Guru Shri T Krishnamacharya is an example how one should remain devoted to the teacher.

As Managing trustee, what achievement at KYM are you most proud of?

My teacher Shri Desikachar is the Founder of Krishnamacharya Yoga Mandiram. From its inception in 1974 he was the Managing trustee for nearly 25 years and in a surprise move he asked me to take over. That itself is a proud moment for me, while I was very clear of the great responsibility vested on me. During my period we brought in ISO 9001-2015 to streamline administration. We moved into our own building. Also, KYM got represented in all important forums of Yoga. I am happy to have been part of this journey.

What are your views on IDY 2025's 'Harit Yoga' initiative which integrates Yoga with environmental action based on the ancient concept of harmony with nature?

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Sleep comes easy: Delhi residents share how Yoga restores their nights

Yoga began as a sacred Indian practice and is now a global movement embraced by millions. Yoga's global recognition not only highlights its physical health benefits but mental health benefits as well. Beyond flexibility and mindfulness, it is proving to be a powerful sleep aid, easing stress, balancing hormones and calming the nervous system.

To learn more, we spoke with early-morning park-goers in Chirag Delhi. Here is what they told us:



Kalpana Bohra,
Business owner

Owning and running a makeup studio at the age of 24, coping with PCOD and panic attacks, and living in a joint family left me sleepless. Medication helped only briefly. On my mother's advice I tried Yoga last year, and everything changed. Now I start each day on the mat and end it with deep, refreshing sleep.



Phool Chand,
Contract Employee

Work stress had led to insomnia and strained my family life. Daily Yoga now lets me sleep well, wake up fresh and start the day with confidence.



Himanshu,
M.Sc Yoga

My Yoga practice began in 2019. Late-night scrolling wrecked my sleep, but Yoga Nidra and Bhramari fixed it. Yoga is no longer a workout; it's my way of life.



Krishna,
Housewife

I started doing Yoga with Ramdev Ji's guidance. Yoga makes my body active and helps me fall asleep quickly. Morning Park sessions have changed my outlook to life for the better.



Rashi Hans,
BA Political Science

As a student in the chaotic Delhi, academic pressure and constant mental clutter often disrupted my sleep and daily routine. Yoga and meditation let me release worries, relax and sleep through the night.



Devender,
former Shop Owner

I've been doing Yoga for a few years. Practising Kapalbhati helped me a lot. It relieved my back pain and improved my sleep. Good rest leaves me energetic for the day ahead.



Anita,
Housewife

Increasing body weight caused pain in my legs, which stressed me and disrupted my sleep. Since April—thanks to Ramdev Baba's videos— I am into regular Yoga. It has calmed my mind and given me restful nights.

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 and we may feature you in our next issue.



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It is a great vision. The uniqueness of Yoga as a way of life is to restore the link with nature which is slowly losing its importance. This initiative will go a long way in bringing out the feature of Yoga that gives importance to living a life with nature. It highlights Yama and Niyama, which is to link the Yoga practitioners with the outside world and thus bring harmony.

What advice would you offer to Yoga practitioners today?

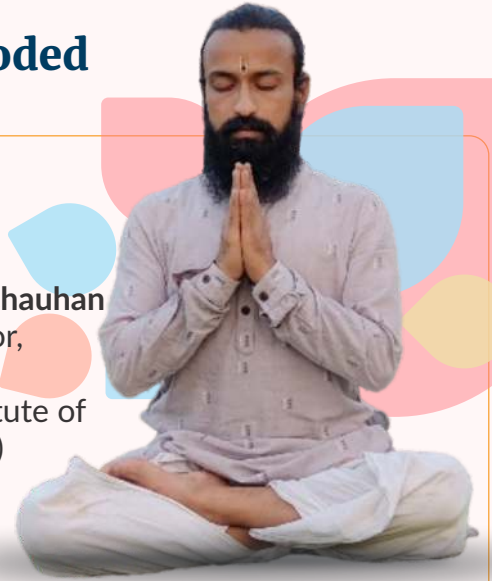
Yoga has taken a centre stage as a respectable practice and profession all over the world, thanks to the initiative of our Hon'ble Prime Minister Shri Narendra Modi ji.

Yoga teachers instead of just taking to students should focus on 'personal' practice without any compromise. Also, that personal practice must be goal oriented with the ultimate true goal of 'independence' under the guidance of a competent Acharya.



CYP Decoded

Rahul Singh Chauhan
Yoga Instructor,
Morarji Desai
National Institute of
Yoga (MDNIY)



Strength in stillness: Supine poses anchor the Common Yoga Protocol (CYP)

Can lying flat be an act of strength? In this edition of “CYP Decoded,” we look up at the sky, literally — by focusing on supine postures, the asanas performed while resting on the back. They may appear restful, yet each carries quiet power: calming the nerves, waking the core, and creating space in the body to breathe, heal, and reconnect.

Why are they in the CYP? Shri Rahul Singh Chauhan, Yoga Instructor at MDNIY, explains that these poses “look easy but work deep,” especially in the abdominal region. “They let you explore your inner space much like gazing into open sky,” he says.

Supine poses balance the body from a fresh angle. They firm the core, support the spine, and stretch muscles without strain. Regular practice also helps regulate digestion, heart rate, and immunity.

Shri Chauhan's favourite is Setu Bandhasana (Bridge Pose) for its soothing effect and heart-healthy benefits.

Among all, Shavasana is considered the most restful. The ancient text Hatha Yoga Pradipika says:

उत्तानं शववद् भूमौ शयनं तच्छवासनम्
शवासनं श्रान्तिहरं चित्तविश्रान्तिकारकम्

“Lying flat on the back like a corpse is called Shavasana; it removes fatigue and brings peace to the mind.”

Supine postures gently lead us into stillness. The body rests, the mind resets, and true strength comes in.



Yoga in school: Yoga Sangam empowers students on path to wellness

Students of Shri Krishna Pandey Inter College, Basti, UP, emphasised a connection between their body and minds through the help of Yoga. An event was organised on the occasion of upcoming IDY, in collaboration with Indian Yoga Association (IYA), Uttar Pradesh Chapter and the Ayush Ministry, Government of India, with the help of Piyushkant Mishra, Chairperson, UP, and Amit Garg, Secretary. The program was conducted in various schools under the 70-day

campaign of "Yoga Sangam."

IYA arranged a CYP session in which around 70 students participated and practiced Yoga.



Under the guidance of Yogacharya Vedant Singh, children practiced different Yoga asanas. While expressing his gratitude to the members of IYA, Principal Shri Yogesh Kumar Shukla, said: "Today everyone should integrate Yoga in their daily routine to gain overall health benefits".

Balrampur students gear up for IDY 2025

The school ground was buzzing, not with the usual morning chatter, but with deep breaths, stretched arms, and smiling faces. Over 500 students gathered at Balrampur City Montessori Inter College on May 14 - not for a test or a competition, but for something more refreshing: Yoga.

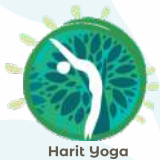
This was no ordinary morning. It marked the beginning of the Yoga Sangam camp, a special event leading up to the IDY on June 21. And the best part? It's all free.

The 70-day Yoga practice series has been launched under the guidance of Piyush Kant Mishra (Chairman, IYA, U.P. Chapter), Secretary Amit Garg, and Dr Anant Biradar (National President, International Naturopathy Organization).



This program will be organised completely free of charge every day until June 21 at various locations in the Balrampur district. The camp will travel to more schools until May 20, inviting more children to join in. Any school in Balrampur can request a session—just call, and the Yoga team will arrive.

The session on May 14 wrapped up with a heartfelt moment. Everyone raised their hands and took a pledge—for a world filled with peace, happiness, and good health through Yoga.



Plastic bottles to bird feeders: Career Point University takes up 'Harit Yoga' green drive

Harit Yoga blends Yoga practice with care for nature. It is one of the Ministry of Ayush's signature events for IDY 2025. Career Point University (CPU), Hamirpur, has taken early initiatives in this activity.

In a recent drive, CPU students teamed up with villagers from nearby hamlets. They gathered discarded plastic bottles on campus and turned them into bird feeders and water stations. The villagers pledged to keep the containers filled, giving birds relief from the summer heat and sparking wider awareness of living in harmony with all creatures. The eco-activity closed with a group Yoga session, doubling as both practice and promotion for the IDY2025.

By involving students, teachers, families and local residents, CPU has shown how the Harit Yoga movement can unite communities—for the birds and for the Earth alike.





Al – Ufaq Primary School, Iraq

On May 8, 2025 the Embassy of India, Baghdad, Iraq organised a Yoga session at Al – Ufaq Primary School.



Mattayom Lincoln Suksa School and AIT, Bangkok

The SVCC, Embassy of India, Bangkok conducted two Yoga sessions on Saturday, May 10, 2025. The first one at Mattayom Lincoln Suksa School under International Youth Fellowship (IYF). Second one at Asian Institute of Technology (AIT).



Radisson Beach Resort, Cyprus

High Commission of India (HCI), Nicosia- in collaboration with Yoga by Marina, hosted a vibrant free Yoga session on May 10, 2025 at the scenic Radisson Beach Resort, Dhekelia.



Babylon Mall, Baghdad

The Embassy of India in Baghdad organised a Yoga session on May 14, 2025, in collaboration with Babylon Mall, as part of the celebrations leading up to the IDY 2025.



Boqiy Bukhara, Uzbekistan

As a part of lead-up to IDY 2025, a Yoga event was held at iconic Boqiy Bukhara in May, 2025.





Mauritius

In connection to IDY 2025, a Yoga session was conducted by IGCIC Yoga teacher Ms. Sowmya ND with the participants of Special Mobile Force on May 16, 2025.



Afrika Tikkun, Diepsloot

The Consulate General of India (CGI), Johannesburg proudly hosted an inspiring IDY workshop at Afrika Tikkun NGO's Diepsloot centre on May 16, 2025.



Vienna, Austria

The Vienna Indian Women's Association (VIWA) in collaboration with Embassy of India in Austria organized a special Yoga session, "Yoga for women" in Vienna on May 17, 2025.



Großer Feldberg, Frankfurt

Yoga session was conducted at Großer Feldberg (881.5m), the highest point of the Taunus range in the state of Hessen with natural surrounding.



Lungtenzampa Middle Secondary School, Thimphu

The Embassy of India, Thimphu and NWCC organised a special Yoga session for students and faculty members of the Lungtenzampa Middle Secondary School, Thimphu on May 21, 2025.





Royal Lake Park in Burke, Virginia

Embassy of India, Washington DC in association with the Happiness Yoga and Mukthi Yoga, organised a Yoga event on May 18, 2025 at Royal Lake Park in Burke, Virginia, with a diverse group of Yoga enthusiasts.



Baghdad, Iran

A Yoga session was organised by the Embassy of India, in collaboration with Faize Husaini Association in Karbala, on May 18, 2025 as part of the lead-up to the International Day of Yoga 2025.



Nyidtah elementary school, Tabanan, Bali

SVCC Bali in collaboration with 02 Nyidtah elementary school Tabanan organised a Yoga activity at their premises.



Yoga Park: A legacy for generation

As IDY 2025 is approaching, the world has geared up. On this occasion, Yoga enthusiasts are being gifted something by PM Modi that will remain as a legacy forever - Yoga Park. The Yoga Park has been included under the 10 signature events of IDY

2025, through which 1,000 parks across villages and towns in the country are being transformed into Yoga Parks. These parks are connecting the common people with Yoga.

On May 16, the Yoga Park was inaugurated at Verdani Park in Pithoragarh. A Yoga session was organised under the guidance of District Ayurveda and Unani Officer Dr Chandrakala Bhausauda.

During the Yoga session held at Verdani Park, a resolution was taken to spread awareness among people about physical, mental, and spiritual health through Yoga. Yoga is our heritage and shows the path of unity, peace, and healthy living.

Nodal Officer Dr Bhagwati Joshi, District Tourism Officer Kirti Arya, along with members of the general public, were present during the Yoga session.

Across the country, the creation of Yoga Parks is promoting special Yoga practices and Yoga classes for children, senior citizens, and people with health issues.





Yoga Samavesh: For students to senior and beyond

Yoga Samavesh, one among the 10 Signature Events of IDY 2025 is designed to take the rewards of Yoga to diverse and often underserved communities. It is rooted in the principles of inclusivity and accessibility. It specifically focuses on addressing the unique needs of groups with special needs. Many events are being organised under Yoga Samavesh at different locations.



Career Point University, Hamirpur: On May 15, 2025, a Yoga session was held at Government Senior Secondary School, Darbair, Hamirpur, where students participated in customised Yoga practises tailored to enhance focus and concentration



IIT Madras hosted a wellness session as part of the IDY 2025 celebrations on May 16, 2025, where the institute's security personnel actively participated in a guided Yoga session. Led by Ms Himabindu, the session focused on promoting physical and mental well-being while encouraging a healthy lifestyle within the campus community.



Mokshayatan Yog Sansthan organised a Yoga session at Telangana Stree Seva Samstha, Hyderabad, an old-age home where senior citizens practised Yoga. The session was led by Yogacharya Mallari Sridevi. Another location was, Manop Foundation, Noida, UP, where the Yoga session for senior citizens was led by Yogini Rakhi Devi.



Garima Greh – Mitwa Sankalp Samiti, Raipur, Chhattisgarh: A Yoga training program was organised for transgender persons with the support of DoSJE on May 19, 2025. It aimed to promote holistic well-being, self-confidence, and inner harmony through Yoga within the transgender community.



Chetan Academy, Bjalta, Jammu & Kashmir organised an event led by Ayush J&K and Yoga experts as part of the IDY 2025 countdown on May 18, 2025. The initiative aimed to promote holistic wellness through Yoga, encouraging students to join the session and become part of the Yoga Samavesh.



National School for the Deaf and Dumb, Firozabad, UP, conducted a special Yoga session for children with special needs on May 13, 2025. The session was led by Yogacharya Vidya Bhushan of Mokshayatan Yog Sansthan, fostering a sense of inner calm and confidence among the children with speaking and hearing impairments.





FHRAI's 'Harit Yoga' drives green momentum for IDY 2025

With IDY 2025 fast approaching, preparations are gathering pace. Of the 10 signature events announced by the Ministry of Ayush, Harit Yoga—linking personal practice with care for the planet—has captured special attention. The Federation of Hotel & Restaurant Associations of India (FHRAI) is one of its most energetic champions.

May 17, 2025 | Nandi Hills, Karnataka

In partnership with the Ministry of Ayush, FHRAI brought Harit Yoga to the Prestige Group campus nestled in the Nandi Hills valley. More than 150 students, healthcare staff and local residents began the morning with the CYP, then planted 250 medicinal saplings. The twin activity highlighted how inner balance and environmental stewardship go hand in hand.

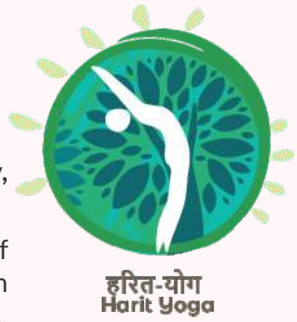


May 20, 2025 | Ethiopian Embassy, New Delhi

Three days later FHRAI, the Ministry of Ayush and MDNIY hosted “Coffee with Harit Yoga” on the embassy lawns. Welcoming the gathering, Ambassador Fesseha S. Gebre called Yoga “India’s gift to the world,” adding that the evening married “hospitality, mindfulness and sustainability.”



Acharya Lokesh Muni graced the occasion and praised Prime Minister Narendra Modi for putting IDY on the global map and stressed that Yoga builds both inner peace and resilience. A short tree-planting round after the session reinforced the event’s green message. By weaving Yoga, tree planting and cultural exchange into one experience, FHRAI is showing that caring for ourselves and caring for the Earth are two sides of the same yogic pose.



YOGA CELEB



“Yoga brings balance.

Yoga + Nature creates healing and harmony. Being with nature strengthens the immune system, sharpens our senses and improves general sense of wellbeing. Also brings joy.”

Dia Mirza Rekhi

Bollywood Actress, Producer,
Eco Investor,
UNEP Goodwill Ambassador





Himalayan salutations: J&K unfurls Yoga across schools, temples and troops

Jammu and Kashmir, framed by snowy peaks and crisp mountain air, is made for Yoga. Using this natural studio, local institutions are staging a wave of events to highlight the practice's physical and mental benefits ahead of IDY 2025.

Doon School, Srinagar

With support from Ayush J&K, the campus hosted “Yoga Unplugged,” a session aimed at digital detox and stress relief through calming asanas.



Government Higher Secondary School, Kaprin, Shopian

Here, 145 pupils and staff explored Yoga's role in building strength, focus and emotional balance.



TRC Park, Borihallan, Shopian

Directed by Dr Nuzhat Bashir, 105 teachers and students rolled out their mats for an energising morning routine.



Avantiswami Temple, Awantipora, Pulwama

Under the Harit Yoga banner, a large crowd gathered among ancient stones to pair tree planting with sun salutations.



District Police Lines, Kishtwar

Police, CRPF and NDRF personnel joined a special class geared toward flexibility, resilience and team morale.



AHWC & Holy Gate School

About 40 students and staff came together for a session themed “Unity of Body, Mind and Soul.”



From schoolyards to sacred sites, Jammu and Kashmir is proving that a Yoga mat laid on mountain soil can be a launchpad for healthier bodies, calmer minds and a more connected community.



Kaivalyadhama's Yoginaar initiative to engage youth in IDY 2025

Kaivalyadhama, one of the world's oldest pioneering institutes of Yoga, has consistently taught traditional Yoga, following the principles and philosophy of Patanjali's Ashtanga Yoga. It also holds the distinction of being the first Yoga institute to proactively conduct scientific research demonstrating the benefits and applications of Yoga.



On May 23, 2025, Kaivalyadhama organised Yoginaar—a series of short and unique Yoga-centric learning and knowledge-sharing sessions. These sessions offer focused takeaways and are conducted in hybrid mode—online and offline. 'Yoginars' by Kaivalyadhama aim to bring the vast wealth of traditional and esoteric knowledge of Yoga to a broader audience, in a very simple, crisp and engaging format. This particular Yoginaar was titled 'The Nyaya Philosophy,' with insights provided by Professor V. N. Ojha and Miss Radhika Radia, and key institute heads were among the attendees.



योग अनप्लग्ड
Yoga Unplugged

The program aligned with the nationwide theme announced by PM Modi, 'Yoga for One Earth, One Health', and the event was organised under 'Yoga Unplugged' one of the 10 Signature Events announced by the Ministry of Ayush, specifically designed to make Yoga more attractive and engaging for young people.

Kolkata Menopause Society: Uniting women in yogic spirit

Yoga fervour has also reached the city of Kolkata. On May 21, 2025, an event was organised by the Kolkata Menopause Society at MAGS Medical & Research Centre Private Limited in Kolkata. This event was part of Yoga Samavesh, one of the ten signature events for IDY 2025, held under the guidance of the Ministry of Ayush, Government of India and based on the theme: 'Empowering Women to Reach the Stars'.

The event focused on promoting holistic well-being and self-empowerment among women. The aim of the initiative was to spread awareness about the transformative benefits of Yoga, not just for physical health, but also for emotional balance, fertility wellness, and a harmonious lifestyle. It reinforced the core values of Yoga and its role in enhancing the overall quality of life.

The event saw the participation of around 30 individuals, and is set to culminate in a grand celebration on June 21.

As an invitation to all, the event echoes a powerful message "Come together, breathe mindfully, and move with purpose—for ourselves, for our families, and for the Earth we call home."





How I made Yoga my own...

Liliana Baghriyan, Armenian

I married to an Indian diplomat. I was once hesitant about non-Christian practises. But Yoga slowly became my sanctuary. I joined the online Foundation Course of MDNIY and my Yoga journey began. I conducted over 80 Yoga sessions across Sri Lanka's Southern Province, at government offices, schools and institutes. Now, I look forward to pursuing a Master's in Yoga.



Aditi Sejwal, Yoga teacher, Author and Writer

During lockdown, anxiety gripped me tightly. In that stillness, I returned to my long-lost mat. Yoga, once a tool for competition, became my refuge. Each breath calmed my chaos, each pose felt like coming home. I didn't plan to teach, but healing led me there. Today, my mat isn't a battlefield - it's home. This Yoga Day, I honour my journey from athlete to seeker, from survival to soulful teaching.



Shrishti Patel, UPSC Aspirant

As a UPSC aspirant, I'm walking a path filled with intense focus, long hours, and mental strain. Amid this demanding journey, I turn to Yoga- not just for physical well-being, but as a source of mental clarity and emotional balance. With every session, Yoga helps me stay grounded and calm.



YOGA RECAP



Croatia flows with the spirit of Yoga: IDY 2024 recap

In 2024, the Indian Embassy in Croatia organised 65 Yoga events across the country, reflecting the growing enthusiasm of the Croatian people for Yoga and Indian cultural values.

The celebrations held on June 20, 2024, at the Zagreb Fairgrounds, attracting around 100 participants. Beyond the city of Zagreb, the Embassy's efforts spanned the entire nation, with Yoga sessions conducted in various cities. These events catered to diverse groups, fostering a widespread appreciation for Yoga's benefits.

The Ayush Cell at the Embassy of India in Zagreb has been



instrumental in promoting traditional Indian wellness practices. Croatia's enthusiastic participation in IDY 2024 and its ongoing collaborations in traditional wellness systems highlight the country's dedication to fostering a culture of health, harmony.



Khandwe Guruji: Beacon of selfless service and Yogic wisdom

Ram Moreshwar Khandwe (Khandwe Guruji)
President, Janardan Swami Yogabhyasi Mandal,
Nagpur, India



Yoga has the immense power of serenity, discourse analysis for psychological well-being, hence it stands out as a remarkable testament to transformation, and selfless service. Khandwe Guruji's life is one such kind. Born on April 6, 1941 as Ram Moreshwar Khandwe – to the journey of Khandwe Guruji, his soul rekindled with the essence of Yoga and its teachings.

Initially he worked as an employee of the Reserve Bank of India and was also engaged with social work.

While serving at the RBI for over 35 years, Khandwe Guruji's life took a new direction when he got to know that Guru Shri Janardan Swami was suffering from cerebral haemorrhage and nobody was there to take care of him. From 1976 to 1978, he personally took care and found interest in Guruji's spirituality and Yogic abhyasa. Later in 1978, when Guru Shri Janardan Swami took samadhi, the monumental responsibility of carrying forward his mission fell upon Khandwe Guruji.

Under his leadership, he nurtured the growth of Yogabhyasi Mandal, expanding it from a handful of classes in Nagpur to

over 100 centers, all operating on the principle of selfless service. Guruji's innovative approach to Yoga-therapy, tailored to accommodate individuals with physical limitations, has made the practice accessible and effective for thousands.

Further, his efforts have been commemorated through milestones like the mass Yogasana event in 1992 and the creation of a five-storey monument in honour of Janardan Swami's mission. His recent book titled 'Khandwe Guruji's Anubhavsiddh Yogopchar' co-authored by Dr Anirudhha Gurjalwar, MD is making waves in the Society.

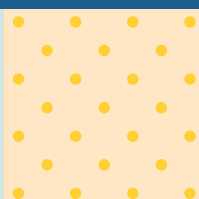
Today at the age of 85, Khandwe ji is revered not just as a Yoga teacher but as a spiritual mentor who has inspired generations. His intention has always been his personal mastery with his tireless commitment to spread yogic wisdom. His life reflects a rare harmony of humility, wisdom, and action. Through Yoga, he has gifted society a legacy of well-being and inner peace.



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