



## Indian Association of Life Skills Education (IALSE)

invites you to celebrate the

### International Day of Yoga 2025

**Theme: Yoga for One Earth, One Health**

 **Date:** Saturday, June 21, 2025

 **Time:** 6:30 PM – 7:30 PM

 **Platform:** Google Meet <https://meet.google.com/rzs-cmhn-rbq>

 **Practical Session Only**

 **No Registration Fee** |  *Limited to 100 participants*

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#### **Guest of Honour:**

##### **Dr. Shanmugamurthy Lakshmanann**

Vice Chancellor & Co-Founder  
Siddha-Vetha Center for Transdisciplinary Studies  
New Jersey, USA

#### **Session Facilitator:**

##### **Dr. G. Sureshkumar**

Yoga Master  
Chairperson, FPA India, Kerala Chapter  
Treasurer, Indian Association of Life Skills Education



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Join **IALSE** in a rejuvenating yoga session to honour the connection between personal well-being and planetary health. This event promotes harmony through traditional yogic practices that foster inner peace and sustainable living.

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#### **Session Schedule**

**6:30 – 6:45 PM:** Inaugural Address by Dr. Shanmugamurthy Lakshmanan

**6:45 – 7:30 PM:** Guided Yoga Practice by Dr. G. Sureshkumar

### What's Included in the Practice:

- ✓ 3–4 **Pranayamas** (breathing techniques)
  - ✓ **Sookshma Vyayam** – Gentle stretches for legs, hands, neck, head, stomach, eyes
  - ✓ Basic **Asanas** (postures)
  - ✓ Selected **Mudras** (hand gestures for energy flow)
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### Participant Instructions

- **Food:** Practice on an empty stomach (avoid food 4–5 hours prior)
  - **Space:** Choose a calm, well-ventilated area
  - **Clothing:** Wear loose, comfortable clothes (preferably white)
  - **Mat:** Keep a yoga mat or blanket ready
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### About International Day of Yoga

Recognised globally for its positive impact on physical and mental health, **Yoga** was acknowledged by the United Nations General Assembly through a resolution proposed by India's Prime Minister. Celebrated annually on **June 21**, the day reflects yoga's universal appeal. This year's theme, "**Yoga for One Earth, One Health**", highlights the interdependence between individual well-being and the planet's health—a reminder to live in harmony with nature.



### For More Information contact:

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**Join us and experience the transformative power of yoga!**