

INTERNATIONAL DAY OF YOGA 2025

Date: 21st June 2025

Time: 6.30 PM – 7.30 PM

Platform: Google Meet

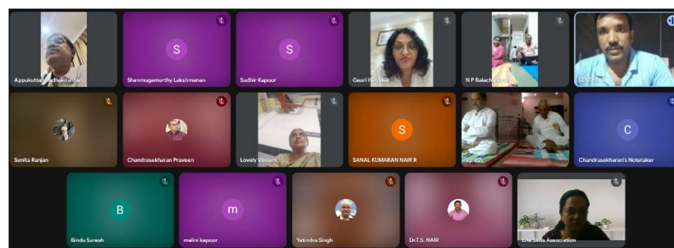
Theme: “Yoga for One Earth, One Health”

EVENT REPORT

Yoga is widely recognised for its health benefits and its ability to reduce stress. Acknowledging its global importance, the United Nations General Assembly declared **21st June** as the **International Day of Yoga**. The proposal was initiated by the Prime Minister of India in the UN General Assembly. The theme for 2025 is “**Yoga for One Earth, One Health**”. By selecting this theme, we convey a message of global unity in pursuit of health and wellbeing. It highlights the interdependence between individual well-being and the planet’s health—a reminder to live in harmony with nature.

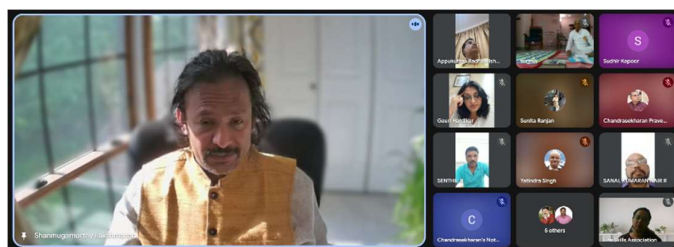
To celebrate the **International Day of Yoga 2025**, the Indian Association of Life Skills Education (IALSE) hosted a virtual event themed “*Yoga for One Earth, One Health*”. The program brought together educators, wellness practitioners, and life skills advocates to reflect on the role of yoga for individual and collective well-being.

The session commenced with a **welcome address** by **Ms. Rama Bhide**, Secretary, IALSE, who introduced the theme of the day and the event's esteemed speakers. The **Presidential Address** was delivered by **Dr. A.**



Radhakrishnan Nair, President, IALSE and Dean, School of Behavioural Sciences, IHU, Florida. Dr. Nair spoke about the integration of yoga into life skills education and its relevance in the age of stress and digital overload.

This was followed by an engaging keynote by the **Guest of Honour, Dr. Shanmugamurthy Lakshmanan**, Vice Chancellor and Co-Founder, Siddha-Vetha Center for Transdisciplinary Studies, New Jersey, USA, and BOD, IHU, Florida. Dr. Lakshmanan emphasized the role of indic wisdom and getting into the roots of Yoga, Ayurveda and ancient practices in promoting sustainable lifestyles and global harmony in today’s world.



The session culminated in a **guided yoga practice** led by **Dr. G. Sureshkumar**, Yoga Master, Chairperson of FPA India (Kerala Chapter), and Treasurer, IALSE and his Guru. The practice included a Yoga pledge, Pranayama, Sookshnavyayam, Asanas, and Mudras, offering participants a holistic wellness experience.



The event concluded with a vote of thanks and a message to integrate yoga into daily life - not just as a form of mindful exercise.

All participants reflected a strong and collective interest in harnessing yoga for personal - physical and mental – wellbeing.

Report prepared by: Ms. Rama Bhide, Secretary, IALSE