



इग्नू  
जन-जन का  
विश्वविद्यालय

**प्रगतिपथ**  
(विश्वविद्यालय समाचार)

RANK 1  
**inirf**



**21st June 2025**

**RC—Varanasi**

**IGNOU, Regional Centre Varanasi has celebrated the 11<sup>th</sup> International Day of Yoga on 21<sup>st</sup> June 2025, with great enthusiasm and spiritual fervour. This year's global theme, "Yoga for One Earth, One Health," highlights the unifying power of yoga in promoting holistic health and environmental harmony.**

**The event was organized at 6:00 AM in the serene surroundings of the Regional Centre premises. The session was presided over by Dr. Upendra Nabh Tripathi, Regional Director, IGNOU Regional Centre, Varanasi, who shed light on IGNOU's commitment to promoting yoga through its various academic programmes and community outreach.**

**The yoga sessions with prescribed protocol of GOI was expertly conducted by Sri Sunil Kumar Singh, a seasoned Assistant Teacher of Art of Living organisation. His guided session included foundational asanas, pranayama techniques, and meditation practices aligned with the Common Yoga Protocol issued by the Ministry of AYUSH, GOI. Participants experienced the profound benefits of conscious breathing, mindful movements, and inner stillness.**







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The event witnessed active participation from all Academics, Prof. R N Sharma, Coordinator LSC 27109 and staff of Regional centre all joining in a collective spirit to celebrate the ancient wisdom of yoga. The emphasis on "One Earth, One Health" has resonated deeply with participants, reflecting the interconnectedness of individual health and planetary well-being.

The event concluded with a vote of thanks and a resolve to continue incorporating yogic practices into everyday life for a healthier and more harmonious future.

