

A graphic for the International Day of Yoga event. It features a central red silhouette of a person in a yoga pose (Urdhva Dhanurasana) with arms raised. The figure is surrounded by stylized red leaves. The text "INTERNATIONAL DAY OF YOGA JOIN 'YOGA SANGAM' 21-06-2025" is written in blue, bold, sans-serif font across the top of the graphic. At the bottom, a green banner contains the theme "THEME: 'Yoga for One Earth, One Health'" in white, bold, sans-serif font.

INTERNATIONAL DAY OF YOGA
JOIN "YOGA SANGAM"
21-06-2025

THEME: "Yoga for One Earth, One Health"

In accordance with the public notice issued by the National Medical Commission (NMC), the **Neelima Institute of Medical Sciences** observed the International Day of Yoga on June 21, 2025, with great enthusiasm and active participation from faculty, staff, and students.

The event, titled "**Yoga Sangam**", was organized with the aim of promoting awareness about the benefits of yoga in maintaining physical, mental, and emotional well-being.

The celebration commenced early in the morning with a brief welcome address by **Dr Sowmyashree U.** The dignitaries present included the Dean, Heads of Departments and faculty members. A short address was delivered by **Dr P Shruti** the Head of the Department of Community Medicine highlighting the significance of Yoga Day and its role in aligning traditional wellness practices with modern medical education.

Following the inauguration, a **guided yoga session** was conducted on campus under the supervision of yoga instructors. Participants performed various asanas, pranayama, and meditation techniques.

The session emphasized the importance of incorporating yoga into daily routine for stress management, improving concentration, and enhancing overall health. Posters and banners promoting yoga were displayed at the venue.

The event concluded with a vote of thanks by **Dr M Sandhya Rani**, Associate professor of Department of Community Medicine and a collective pledge to adopt yoga as a lifelong practice and to spread its benefits to the larger community.



THANK YOU

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