

REPORT ON
INTERNATIONAL DAY OF YOGA, 2025
KTG AYURVEDIC MEDICAL COLLEGE,
HEGGANAHALLI, BENGALURU.

YOGA is an invaluable gift of ancient Indian tradition and it has emerged as one of the most

Trusted means to boost physical and mental well-being. The word "Yoga" is derived from the

Sanskrit root YUJ meaning "to join" or "to unite", symbolizing the unity of mind and body;

Thought and action; restraint and fulfilment; harmony between human and nature, and a holistic

Approach to health and well-being.

Due to Hon'ble Prime Minister of India Narendra Modi's relentless efforts, June 21st was

Declared as International Day of Yoga by the United Nations General Assembly, in its resolution, the

UNGA endorsed that "yoga provides a holistic approach to health and well-being apart from striking a

Balance between all aspects of life. The wider dissemination of information about the benefits of

Practicing yoga would be beneficial for the health of the world population." This infused an era of

Holistic health revolution in which attention was given more to prevention rather than the cure.

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With the celebration of International Day of Yoga, India with global community emphasized the

Importance of fitness in daily life. While sharing India's

Sl No	Activity Name	Date
1.	Rangoli competition	5 th June 2025
2.	Essay competition	5 th June 2025
3.	Yoga dance	5 th June 2025

vision for a healthier world population,

Hon'ble Prime Minister of India Narendra Modi has mentioned, "The theme of Yoga Day 2025 has

Been kept as 'Yoga for One Earth One Health' to make the whole world healthy through yoga.

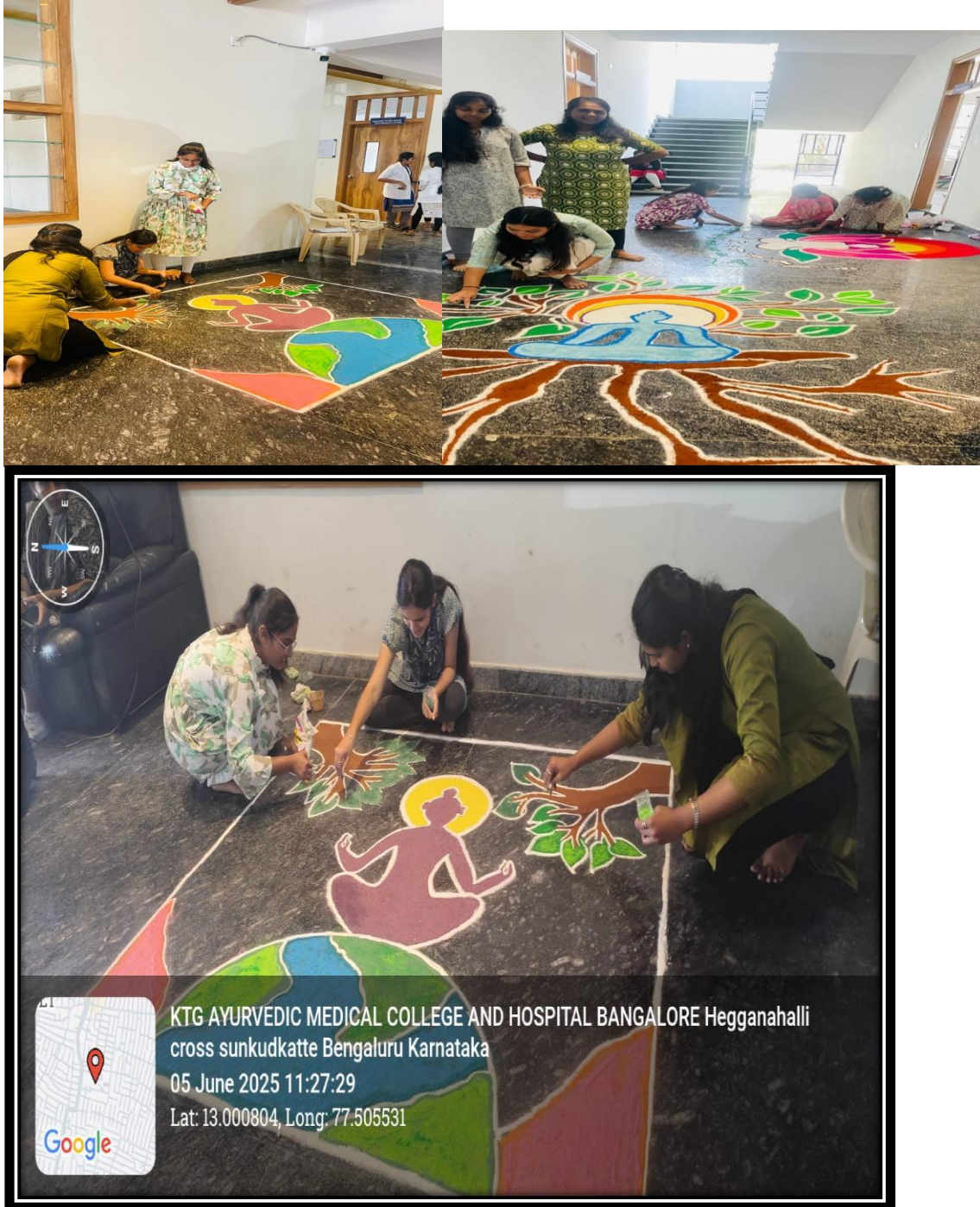
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	competition	
4.	Sun rise Yoga seminar	20 th June 2025
5.	Work place yoga	20 th June 2025
6.	Yoga with Family yoga with pet	20 th June 2025
7.	Yoga Day Celebration –Yoga Sangam	21 st June 2025

RANGOLI COMPETITION 5TH JUNE 2025

Rangoli competition was conducted for the students of KTG Ayurvedic medical college on 5th June 2025 with theme **Yoga and Nature**. 7 teams participated with 3 members in each team, Competition judges were Dr Banupriya, and DrRamy and winners were announced on Yoga Day celebration

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ESSAY COMPETITION

Essay competition was conducted for the students of KTG Ayurvedic medical college On 5th June 2025 with theme **Yoga Practice Challenges**. 15 student participated, Competition judges were Dr Nagalakshmi , Dr Swathi winners were announced on Yoga Day celebration.

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YOGA DANCE COMPETITION

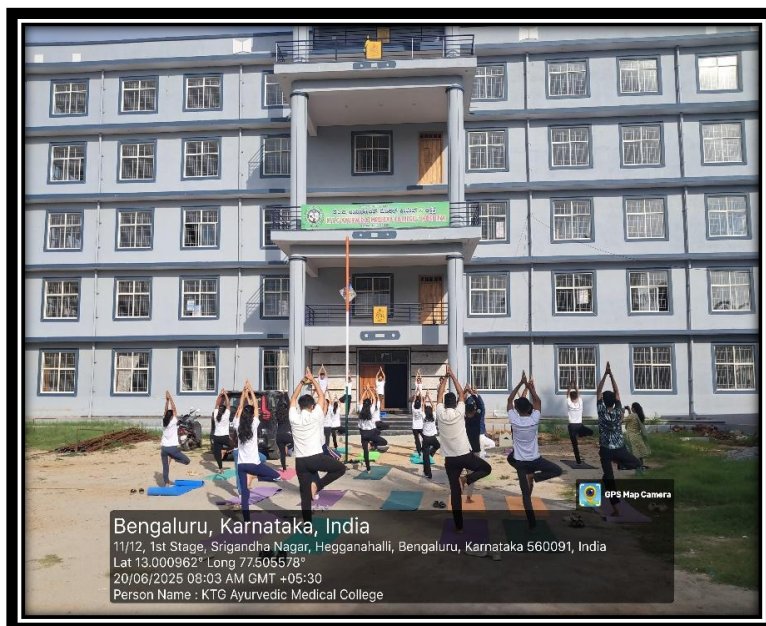
Yoga dance competition was conducted for the students of KTG Ayurvedic medical college on 5th June 2025 with theme **Posture Innovation**. 3 Teams participated, Competition judges were Dr MamataBhagwat, and Dr Bhavana winners were announced on Yoga Day celebration.



SUN RISE YOGA SEMINAR

“The ideal time to practice yoga is during the SandhyaKalas. Twenty minutes before and after sunrise, noon and sunset, this is known as Sandhya Kala period or the transition period,” said Swati. It is believed in the Yogic culture that during this period, the flow of energy is in an upward state We conducted Sun rise Yoga for students and teachers of KTG Ayurvedic Medical college on 20th June 2025 where more than 50 students and 3 Teachers participated in Sun riseyogaseminar.Wherein We conducted Yoga protocol And Suryanamaskar

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WORK PLACE YOGA

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Workplace yoga is important because it significantly boosts employee well-being and productivity by reducing stress, improving physical health, and enhancing team dynamics. It offers a holistic approach to employee wellness, promoting a healthier and more positive work environment. We conducted Work place yoga for teachers of KTG Ayurveda Medical College on 20th June 2025 where in more than 20 teaching faculty participated.



YOGA WITH FAMILY YOGA WITH PET

Yoga, whether practiced with family or pets, offers significant benefits for physical and mental well-being. Family yoga fosters connection and strengthens bonds, while pet yoga, also known as dog or animal yoga, provides stress relief and promotes mindfulness for both humans and animals. Both practices can improve overall health, happiness, and create a more harmonious environment.

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YOGA DAY – YOGA SANGAM 21ST JUNE 2025

Event began with the Honourable PM's Addressing yoga day live streaming where in more than 50 students and 10 teaching faculty attended at 6:30 AM

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The event began by inaugural programme done by dignitaries by lightening lamp followed by prayer song sang by Sharanya and vishal of second year students at 7:00AM

Followed by welcoming dignitaries –Done by Dr Yashaswini T Assistant professor Department of swasthavritta

1. Mr Shashidhar Gowda – Founder and secretary Mandara public School
2. Dr Vedamuthy Hiremath – Principal KTG Ayurvedic medical college
3. Dr Mamata Bagawat- Professor, HOD Department of Kayachikitsa
4. Dr Srinivas – Professor, HOD Department of Shalyatantra
5. Dr Shruthi J – Associate professor, Department of Rasashastra and Bhaishajyakalpana
6. Dr Moksha mam - Associate professor, Department of Kaumarabrutya

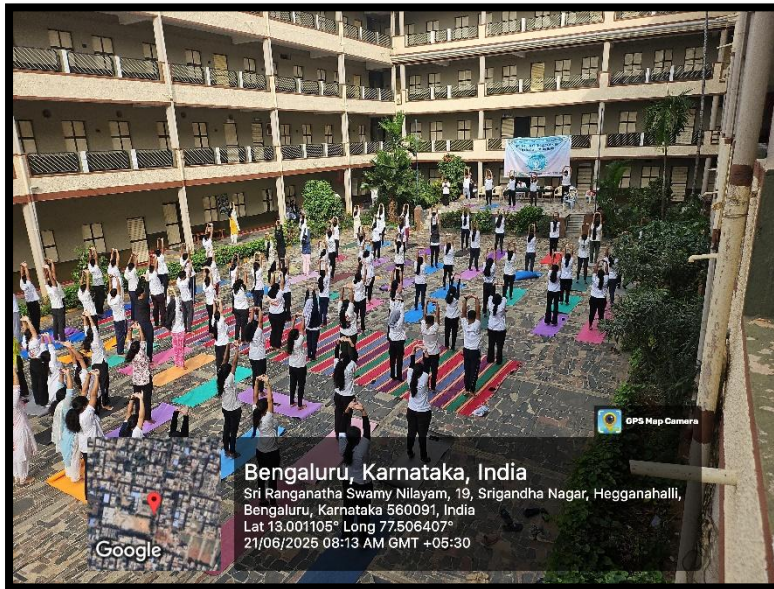
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7. Dr Yashaswini T Assistant professor Department of swasthavritta

8. Mrs Sudha, Yoga Instructor

Followed by yoga protocol

Yoga protocol Guided by Dr Yashaswini T Assistant professor Department of swasthavritta and Mrs Sudha, Yoga Instructor. Demonstration Done by Sharanya and group Instruction was given by Anisa 2nd year student.



Chief Guest had given speech on importance of Yoga day

Principal given speech on importance of yoga in daily life

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Felicitations for Chief Guest Mr Shashidhar Gowda

Prize Distribution for different competitions was held

Followed by Yoga Geetha sung by Vishal and Dr Yashaswini T



Followed by Vote of thanks done by Rohith 2nd year student.

The function ended with National Anthem