SWAMINARAYAN UNIVERSITY

THE RESERVOIR OF ALL KNOWLEDGE

(Established under Gujarat Private Universities Act, 2009)

FACULTY OF LAW

REPORT ON

11th INTERNATIONAL YOGA DAY

Theme: "Yoga for One Earth, One Health"

EVENT DETAILS: -

PROGRAMME INITIATED BY:		SWAMINARAYAN UNIVERSITY.
DATE	:	21st June 2025
TIME	:	07: 30 am onwards
PLATFORM	:	Offline
VENUE	:	Swaminarayan University Ground
FEES	:	Free of Cost
GUEST:	:	President, Vice President, Vice Chancellor, Registrar, Director of SSVG, Deans of respected Faculties etc
Ceremonial Parts:	:	A lamp lighting ceremony by dignitaries marked the start.
Vote of thanks:		By a faculty member in Ayurveda (Assistant Professor) to conclude.

Organizers & Participants:

Event organized by Swaminarayan University, in association with its NSS (National Service Scheme) unit. Included all constituent colleges and Schools under Swaminarayan University & Schools of Shree Swaminarayan Vishvamangal Gurukul.

More than 1,500 participants: including students, teaching faculty, administrative and non-teaching staff

Introduction:
International Yoga Day is celebrated every year on **June 21st** to raise awareness about the many benefits of practicing yoga. Yoga, an ancient practice with origins in India, combines physical postures, breathing exercises, and meditation to promote mental and physical well-being.

Background:
The idea of an International Day of Yoga was first proposed by Prime Minister Narendra Modi of India during his speech at the United Nations General Assembly in 2014. The proposal received overwhelming support, and on December 11, 2014**,** the UN declared June 21st as International Yoga Day. The date was chosen as it is the summer solstice**,** the longest day of the year in the Northern Hemisphere, which holds special significance in many cultures.

Morning Yoga Session:

On 21 June, early morning session starting around 7:30am with participants doing loosening exercises followed by standing, sitting, supine, prone postures, and deep relaxation (Savasana).

Theme of the International Day of Yoga

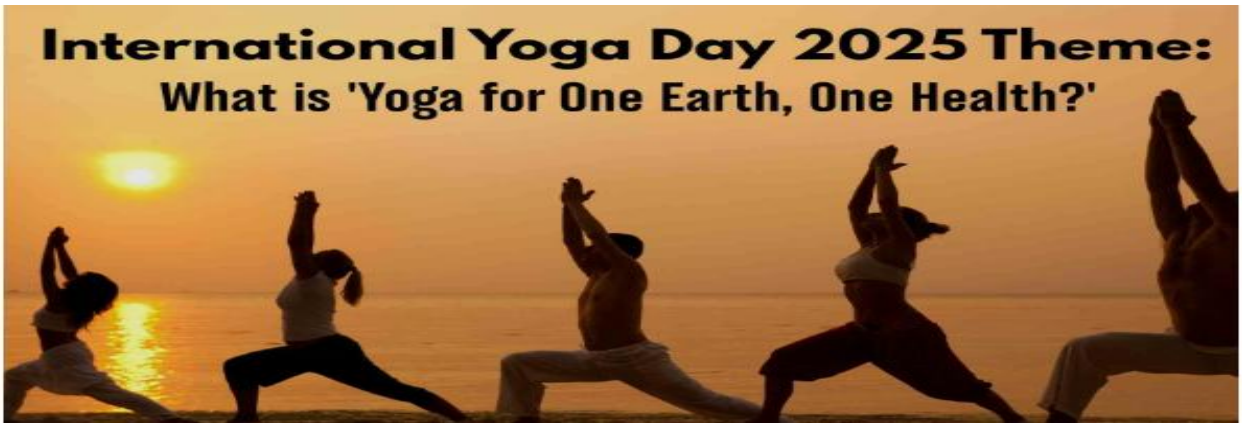
The 2025 theme for the International Day of Yoga is "Yoga for One Earth, One Health," which highlights the interconnectedness of individual, community, and environmental well-being. This theme encourages the practice of yoga as a way to promote holistic health and sustainability, aligning with the vision of "One Earth, One Family, One Future".

What Does "Yoga for One Earth, One Health" Mean?

One Earth**:** All living things, including humans, animals, and plants, call our planet home. We must take care of it by coexisting peacefully with the natural world.

One Health: The state of the environment has a direct impact on our health as well. Everyone benefits when we take care of our environment and ourselves.

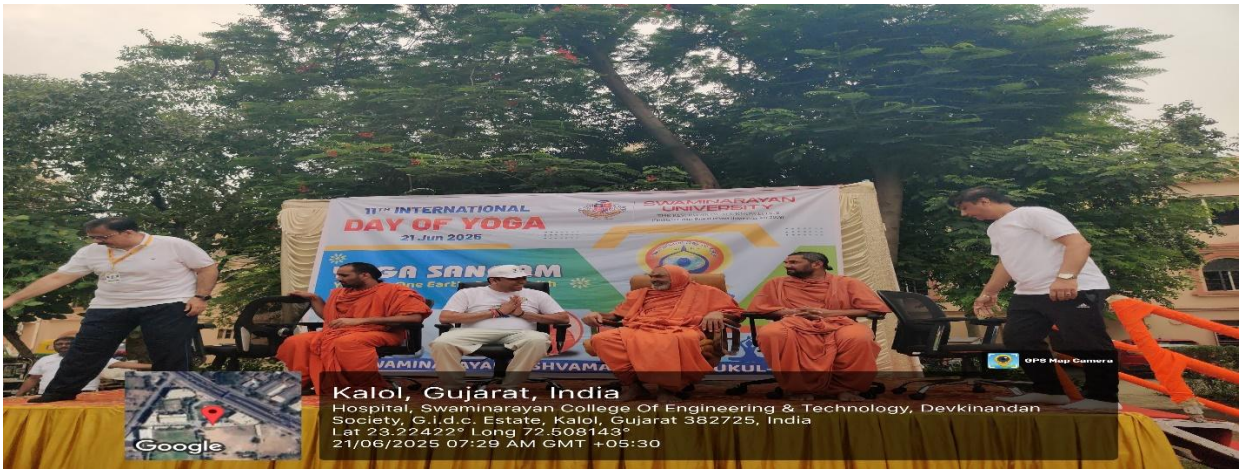
The Contribution of Yoga: Yoga teaches us to live in harmony, be mindful, and make wise decisions. We can protect the environment and improve our own health by practicing yoga.



Outcomes & Significance

- The event promoted awareness among students and staff about yoga's benefits not only physical, but mental, emotional, and spiritual.
- Encouraged regular practice of yoga, not just a one-day event. Through both the training sessions preceding the day, and the competitions etc.
- Enhanced community feeling: bringing together different colleges, faculties, staff; a shared experience.
- Recognition of excellence: via competitions and certificates, which helped motivate participants.
- Support for AYUSH's Common Yoga Protocol, aligning with national guidelines.

Conclusion:
International Yoga Day is not just a celebration of an ancient Indian tradition but also a global movement towards better health, peace, and unity. It encourages people from all walks of life to incorporate yoga into their daily routine and experience its transformative power.


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YOGA SANGAM
Yoga for One Earth, One Health