



भारतीय चिकित्सा पद्धति राष्ट्रीय आयोग

भारत सरकार

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File No 20-28/2024-Regn. (Articles)

Date: -19.05.2025

To, All Registrars of State/UTs ISM Councils.

### **International Day of Yoga 2025**

The International Day of Yoga is observed on June 21<sup>st</sup> of every year has grown into a 'cultural and wellness movement' at Global Level since last 10 years, to promote Yoga as a holistic way to health. This event will include the celebration of physical and spiritual benefits of yoga all over the world. Global recognition of yoga stands as a testament to India's rich cultural and heritage and is a matter of immense national pride.



'Yoga' is the journey of the self, to the self, through the self. The **theme for IDY 2025 is: "Yoga for One Earth, One Health"**. The International Day of Yoga (IDY) has become a global wellness movement, uniting millions across countries. IDY has reinforced India's leadership in Global health and wellbeing and it is inspirational for the entire world.

#### **10 unique signature events to guide events to International Day of Yoga 2025**

This year IDY activities will revolve around 10 unique signature events to mark the 11th edition of the global event:

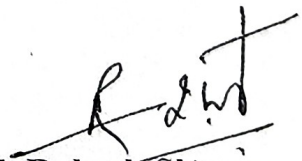
- Yoga Sangama – A synchronised Yoga demonstration at 1,00,000 locations.
- Yoga Bandhan – Global partnerships with 10 countries to host Yoga sessions.
- Yoga Parks– Development of 1,000 Yoga Parks for long-term community engagement.
- Yoga Samavesh – Special Yoga programs for senior citizens, children.
- Yoga Prabhava – A decadal impact assessment on Yoga's role in public health.
- Yoga Connect – A Virtual Global Yoga Summit for healthcare professionals.
- Harit Yoga – A sustainability-driven initiative combining Yoga with tree planting and clean-up drives.
- Yoga Unplugged- An event to attract young people to Yoga
- Yoga Maha Kumbh – A week-long festival across 10 locations, culminating in a central celebration led by the Hon'ble Prime Minister.
- Samyogam – A 100-day initiative integrating Yoga with modern healthcare for holistic wellness.

## **Benefits of yoga**

1. Yoga teaches us to focus on the present moment and to let go of stress and negativity. This, in turn, **helps us find peace and harmony in our lives.**
2. Yoga's holistic approach emphasizes the well-being of individuals and the planet. This **aligns with the principles of Sustainable Development.**
3. Yoga's principles of non-violence, compassion, and respect for all living beings **align with the broader goals of global peace and tranquillity.**
4. Selfless, cleansing, freeing, balancing, inspiring, and peaceful interconnectedness with all life around them.
5. Nourished in the company of other yoga practitioners, by offerings of love, and the understandings they give rise to.
6. Heightened sensitivity and awareness of all life around us and within us, and an outpour of love in reciprocation with life's wonder and beauty.
7. Fearless, illuminating, and a journey that does not end with death.
8. Intimate connection with the whole universe, with eternal realms even beyond the universe.
9. Pure, determined force that moves us toward the mysterious and secret, and connects us with the wonderfulness of existence, of being and of all life.
10. It is not just a way of life but also a powerful means to maintain mental and physical being.

All ISM practitioners of the country have very actively participated in IDY activities since, 10 years. Now as the countdown to IDY 2025 begins you are requested to remain committed to spreading the message of yoga across the society and inspire the public to embrace this timeless practice for a healthier-happier world.

On the occasion of IDY 2025 it is proposed to organize and participate in different signature events such as Yoga Demonstration, special yoga programs for children and senior citizens, yoga with plantation of trees- clean-up drives, attract young people to yoga, workshops, seminars, exhibitions etc. and other outreach programs.



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