

Ref: NIILM/SYV,EVT/080/2025

Dated: 12/06/2025

NOTICE

Celebration of 11th International Yoga Day 2025

The Yoga Club with School of Yogic Science is delighted to announce the celebration of International Yoga Day on **21st June 2025**. This year's theme is "**Yoga for One Earth, One Health**". The program will be held under the guidance of Dr. Rajiv Pal, Dean, School of Science.

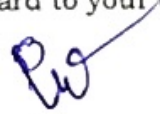
Event Details:

- **Date:** 21st June 2025
- **Arrival Time:** 6:30 AM
- **Starting Time:** 7:00 AM - 8:00 AM
- **Venue:** Front Ion, A Block, University Ground
- **Dress Code:** Comfortable attire suitable for yoga practice (white tshirt)

We invite all students, faculty members, and staff to join us in this special celebration. The event will feature a series of yoga sessions led by experienced instructors, highlighting the significance of yoga in promoting physical and mental well-being, particularly focusing on the health of our society.

Join us in embracing the spirit of yoga and supporting yoga for one earth, one health through this holistic practice. Let's come together to promote health, harmony, and strength within our community.

We look forward to your enthusiastic participation!


Dr. Pavitra Devi
Convener, Yoga Club
Assistant Professor & Head
School of Yogic Science


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NIILM University, Kaithal