

International day of yoga 2025

Azeezia Medical College

International day of yoga is celebrated every year on June 21st .This was proposed by the United Nations in 2014 following a proposal by Indian Prime Minister Narendra Modi. The date June 21st June was chosen as it is the longest day of the year in the northern hemisphere symbolizing light, health and harmony

This day is celebrated to raise awareness about the many benefits of practicing yoga, to promote physical, mental, spiritual well being; and also highlight yoga as a holistic approach to health and way of life

Theme of 2025 International Yoga Day **"Yoga for one earth, one health"**

The International yoga day was observed in Azeezia medical college by mass yoga demonstration in the public space, awareness seminars on yoga health benefits. The photos of the events are shared below

Principal

Dr Sasikala

Ssgp nodal officer

Dr Amith

Dr Parvathi Pillai

WORLD YOGA DAY

June 21

What is Yoga?

Yoga is an ancient physical, mental, and spiritual practice that originated in India over 5000 years ago. The word Yoga means union - of body, mind and spirit.

Yoga includes

- * Asanas (Postures) for flexibility and strength.
- * Pranayama (Breath control) for energy and calmness.
- * Meditation for mental clarity & peace.
- * Lifestyle ethics for a balanced life.

Advantages of Yoga

• Physical benefits

- Increases flexibility, strength & posture.
- Improves respiratory function and blood circulation.
- Boosts immunity and helps in chronic pain management.
- Aids in weight management.

• Mental & Emotional Benefits

- Reduces stress, anxiety and depression.
- Improves focus, memory and mental clarity.
- Enhances sleep quality and overall mood.

• Spiritual & Lifestyle Benefits

- Promotes inner peace and self-awareness
- Encourage compassion, discipline and mindful living.
- Builds a deeper connection with nature and the universe.

Yoga is more than just exercise - it's a way of life. On "World Yoga Day", let's embrace this gift ancient India, spread awareness about its benefits and commit to a healthier, more balanced life, mind, body and soul.

World Yoga Day

JUNE 21
2025

































