



A Report on  
“Report on 11th International Yoga Day”  
(21<sup>st</sup> June 2025)

### **Introduction**

Gandhinagar University celebrated the 11th International Yoga Day with great enthusiasm on 21st June 2025 at the university campus. The event was organized with the aim of spreading awareness about the importance and benefits of Yoga among students, faculty, and staff members. With the unwavering support and guidance of Dr. Kamlesh V N (Vice Chancellor, GU), the celebration witnessed active participation from all members of the university community. International Yoga Day is globally recognized for promoting a holistic approach to health, well-being, and inner harmony through the ancient Indian practice of Yoga.

### **Detailed Report**

The Yoga Day celebration commenced early in the morning at 7:00 AM with a Yoga Prayer and a tribute to all the individuals who lost their lives in the tragic plane crash on June 12. The event progressed with a series of Yoga practices, including Pranayama, Yogasana, and Surya Namaskar.

Mrs. Tejal Shah, the yoga trainer, led the session and delivered a valuable talk on the benefits of early rising and regular Yoga practice. She emphasized that Yoga is instrumental in achieving good health, maintaining fitness, and enhancing memory power.

Addressing the gathering, Dr. Kamlesh V N (Vice Chancellor, GU) highlighted that Yoga is a scientific method of healthy living and contributes significantly to increasing life expectancy. He reinforced the message that Yoga not only brings inner peace and joy but also strengthens the connection between the individual and the outer world.

The event concluded with a vote of thanks by Mr. Sanjay Shukla (Deputy Registrar, Administrative), who appreciated the participation of all attendees and expressed gratitude to the management, supporting staff, NSS coordinator, and the Yoga team for their efforts in organizing the event successfully.

**Photo Gallery:**



**Inauguration of Event with prayer**



**Omkar Chanting Exercise**



**Standing Asanas**



**Sitting Asanas**



Surya Namaskar



Speech By Vice Chancellor Dr Kamlesh V N Sir

Yog Trainer Mrs. Tejal shah Performing Yoga



Group Photo with Participants



Team NSS and Team Yoga on the stage