

Report on

International Day of Yoga, 2025

ICFRE-Institute of Forest Genetics and Tree Breeding, Coimbatore on 21.06.2025

YOGA is an invaluable gift of ancient Indian tradition and it has emerged as one of the most trusted means to boost physical and mental well-being. The word "Yoga" is derived from the Sanskrit root YUJ meaning "to join" or "to unite", symbolizing the unity of mind and body; thought and action; restraint and fulfilment; harmony between human and nature, and a holistic approach to health and well-being.

June 21 was declared as the International Yoga Day by the United Nations General Assembly. In its resolution, the UNGA endorsed that "Yoga provides a holistic approach to health and well-being apart from striking a balance between all aspects of life. The wider dissemination of information about the benefits of practising Yoga would be beneficial for the health of the world population." This infused an era of holistic health revolution in which attention was given more to prevention rather than the cure.

To create awareness on then benefits of Yoga, ICFRE-IFGTB observed the IDY, 2025 at Forest campus with the following schedule.

Sl. no	Date	Activities
1.	18.06.2025 – 20.06.2025	Yoga – Practice session
2.	20.06.2025	Special lecture on ‘Yoga and Sustainability’ by Shri. R. Sivakumar.
3.	21.06.2025	Mass Yoga by ICFRE-IFGTB staff and family members
		Sapling planting programme

Yoga practice session

Before observing the Mass Yoga, practice sessions were arranged for the staff of ICFRE-IFGTB for three days from 18.06.2025 to 20.06.2025. During the session, Shri. R. J. Govarthan, Yoga master started teaching the basics about Yoga and different Asanas for everyone to keep the body and mind in a unity.





Special lecture on ‘Yoga and Sustainability’

As a part of IDY, 2025, a special lecture on ‘Yoga and Sustainability’ was arranged on 20.06.2025 to the staff of ICFRE-IFGTB to increase the productivity of the staff by performing simple asanas. Dr. S. Saravanan, Scientist, welcomed the dignitaries and the staff of ICFRE-IFGTB for the special lecture.

During the occasion, Dr. R. Yasodha, Director, ICFRE-IFGTB facilitated the chief guest and staff for the special lecture and shared her experience about the benefit of Yoga, as an integral part of our life.

Shri. R. Sivakumar, delivered lecture on ‘Yoga and Sustainability’ and he informed the gathering on the history of Yoga, different asanas and its uses, etc. He discussed in detail about the simple asanas can be done in the work place itself which can support the body to keep fit and improve the work efficiency.

During his lecture, he performed different simple asanas which can be easily worked out in the work place itself which can improve the staff efficiency. He informed the gathering about Yoga is not one day affair, and it need to be practiced regularly and this will help our body more fit i.e. 50% strong and 50% flexibility.





Mass Yoga

On observing the IDY, 2025, mass yoga was performed with the staff and family members of ICFRE-IFGTB staff on 21.06.2025 at ICFRE-IFGTB. During the mass yoga programme Shri. R. J. Govarthan, Yoga master started with the prayer and informed the benefit of Yoga to our healthy lifestyle. He performed different asanas and all the participants were followed the same.





Sapling planting

In the occasion of observing the IDY, 2025, Sapling Planting programme was organized at ICFRE-IFGTB. This activity was initiated by Dr. R. Yasodha, Director, ICFRE-IFGTB on 21.06.2025 after the mass yoga session. For sapling planting, identified RET species viz., *Strychnos nux-vomica*, *Caesalpinia bonduc*, *Bambusa vulgaris*, *Neolamarckia cadamba*, *Dalbergia sissooides*, *Oroxylum indicum*, *Bombax malabaricum*, etc. The selected RET saplings were planted in the Botanical garden of the institute on 21.06.2025 by the Director and staff of ICFRE-IFGTB.



