CDSIMER
Dr. Chandramma Dayananda Sagar
Institute of Medical Education and Research

DAYANANDA SAGAR
UNIVERSITY
Bengaluru • India

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International Day of Yoga 2025

DR CHANDRAMMA DAYANANDA SAGAR INSTITUTE OF MEDICAL EDUCATION AND RESEARCH & DEPARTMENT

COORDINATOR OF EVENT:

Dr Puneet K Nagendra, Associate Professor, Respiratory Medicine, CDSIMER

Date of Event: 21/06/2025

3 GOOD HEALTH AND WELL-BEING

4 QUALITY EDUCATION

INDEX

1. Introduction of the Event

The International Day of Yoga (IDY) 2025 was celebrated on 21st June 2025 with a blend of outdoor and indoor activities. The event aligns with Sustainable Development Goal 3 – *Good Health and Well-being*, by promoting physical and mental wellness through yoga, integrating it into daily life for long-term benefits.

2. Objective of the Event

☐ To promote yoga as a lifestyle practice for physical and mental health.

☐ To celebrate India's cultural heritage through the practice of yoga.

☐ To build awareness among medical students and faculty about stress reduction and wellness practices.

☐ To conduct a Common Yoga Protocol session in line with Ministry of Ayush guidelines.

☐ To integrate yoga into institutional health practices and medical education curriculum.

3. Beneficiaries of the Event

☐ **Undergraduate Medical Students (MBBS):** Encouraged healthy habits and mental wellness.

☐ **Faculty Members:** Promoted work-life balance through holistic practices.

☐ **Institution:** Enhanced academic environment through wellness initiatives.
This aligns with the university's mission to produce socially responsible healthcare professionals equipped with values of health promotion and preventive medicine

4. Details of the Guests

Dr. Arundhati Goley, Faculty at School of Yoga and Naturopathic Medicine, S-VYASA University, Bengaluru. *Role:* Delivered the guest lecture on "Effect of Yoga on Health, Healing in scrubs: Yoga for those who care" and led the guided yoga and relaxation session.

5. Brief Description of the event

Morning Session (6:30 AM – 7:45 AM)

In accordance with the Ministry of AYUSH 'Yoga Sangam' protocol, a mass yoga session was held in the open campus lawn. It began with welcoming remarks and assembly, followed by the Common Yoga Protocol (CYP) fro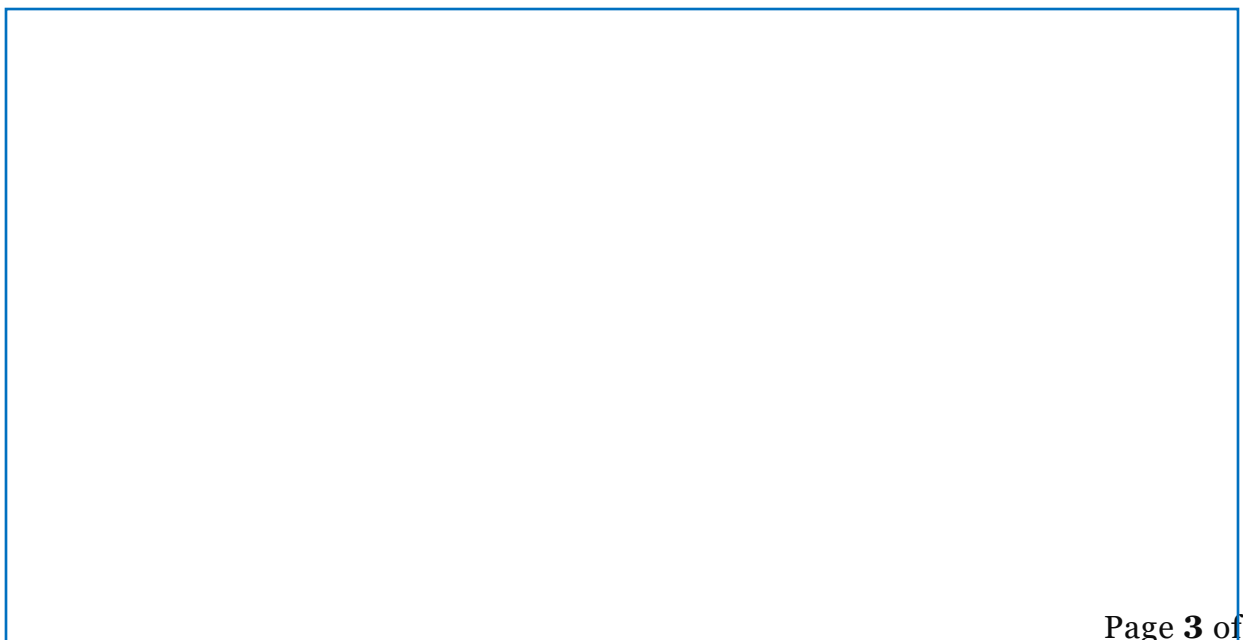m 7:00 to 7:45 AM led by a trained yoga instructor. Photographs and videos were taken and shared on institutional platforms. Overall, over 450 participants (students and faculty) took part in the session, making the celebration a grand success.

Academic Session (11:00 AM – 1:00 PM)

Held in Lecture Hall-1, G Block, this indoor session was inaugurated with a devotional song, followed by a welcome address. Dr. Arundhati Goley from S-VYASA University delivered a talk on the scientific evidence supporting the health benefits of yoga. A guided relaxation and light yoga session followed, focusing on stress relief for healthcare professionals. The session concluded with an engaging Question & Answer and a vote of thanks. Overall, over 150 participants (students and faculty) took part in the session.

6. Photographs of the event

Pic 1 - Mass yoga demonstration at sunrise – Campus Lawn

Pic 2 - Guest lecture by Dr. Arundhathi – Lecture Hall 1

Kanakapura, Karnataka, India
Mc6x+6rp, Kanakapura, Karnataka 562112, India
Lat 12.661374° Long 77.449314°
21/06/2025 12:21 PM GMT +05:30

Pic 3 - Guided meditation in progress – Indoor session

Kanakapura, Karnataka, India
Mc6x+6rp, Kanakapura, Karnataka 562112, India
Lat 12.661386° Long 77.449309°
21/06/2025 12:26 PM GMT +05:30

7. Brochure or creative of the event

Attached as annexures.

8. Schedule of the Event

Date: Saturday, 21st June 2025
Morning Session: 6:30 AM – 7:45 AM (Mass yoga practice – Outdoor)
Indoor Session: 11:00 AM – 1:00 PM (Lecture and relaxation session)

9. Attendance of the Event

Attached as annexures

10. Feedback of the Event

To summarize the feedback, 95% of participants rated the session as *excellent* for physical relaxation. Students appreciated the scientific insights shared by the speaker. Faculty members expressed interest in regular yoga wellness sessions.

Signature of the Coordinator

Seal and Signature
Principal & Dean, CDSMER