

**ICAR- Central Institute of Fisheries Education**  
**11<sup>th</sup> International Day of Yoga (IDY-2025) on 21<sup>st</sup> June 2025**  
**Theme: “Yoga for One Earth, One Health”**



**Celebration of 11<sup>th</sup> International Day of Yoga- 2025 at ICAR-CIFE, Mumbai**

ICAR-Central Institute of Fisheries Education, Mumbai celebrated the 11<sup>th</sup> International Day of Yoga-2025 (IDY-2025) on 21<sup>st</sup> June 2025. A total of 68 participants including Head of Departments (HoD), scientists, Technical Officers, administrative staffs, students and scholars of ICAR-CIFE participated in the celebrations of IDY-2025 on theme ‘Yoga for One Earth, One Health’. Director and Vice Chancellor, ICAR-CIFE Dr. N. P. Sahu welcomed the team of two experts from ‘Art of Living’ Mumbai, with floral bouquets and highlighted to practice yoga regularly for holistic health. Dr. N. S. Nagpure, Nodal Officer, IDY-2025, welcomed the dignitaries, guests and the participants and explained the importance of regular yoga practice for physical and mental health. Mr. Nihar Bhosale, a Yoga expert from Living of Art conducted a Yoga Session comprising of various asanas for improving the strength flexibility and agility of body. This was followed by a meditation session that was conducted by Ms. Rupali Pednekar. During the mediation session, the instructors personally guided the participants regarding the techniques of Yoga Asana and Meditation. Both the Yoga and Meditation was emphatically practiced and performed by all the participants under guidance of the instructors. The event was concluded with a formal vote of thanks by Dr. Prem Kumar. The program was coordinated by Dr. N. S. Nagpure, Dr. Prem Kumar, Dr. Thangam I. Chanu, Dr. Saurav Kumar, and Dr. Nalini Poojary.

**ICAR-CIFE, Kolkata Centre**

ICAR-CIFE Kolkata Centre has organized 11th International Day of Yoga-2025 on 21st June, 2025 at 9.30 AM. A total of 63 no of staff (male – 49 and female - 14) including scientists, technical officer, administrative staff, students and trainees have participated in the programme. Dr. T. K. Ghoshal, Principal Scientist and Head of ICAR-CIFE Kolkata Centre briefed the august gathering about the importance of yoga in today’s busy daily life. He emphasized that every individual should spare some time in their daily life for yoga and pranayama, so that we can focus and concentrate on our official duties and this will cleanse our body and soul. After that few Yoga Asanas and Pranayama were practiced by all.

**ICAR-CIFE, Kakinada Centre**

The 11<sup>th</sup> International Day of Yoga- 2025 was observed on 21<sup>st</sup> June, 2025 at BWFF, ICAR-CIFE, Kakinada Centre and Freshwater Centre at Balbhadrapuram. All the officials, staff members and students participated in the programme. Dr. Karthireddy Syamala, Senior Scientist & Officer In-charge welcomed all the participants and Yoga Guru Shri Phanendra. Yoga Guru Shri. Phanendra Ji had demonstrated various Yoga asanas to the students, staff and other trainees and he also briefed about the health benefits of various asanas. He also

emphasised the positive effects of yoga on physical, mental and spiritual health. The Yoga Session at Balbhadrapuram was coordinated by Dr. Shamna N. All the staff members and students expressed their happiness on this event.

### **ICAR-CIFE, Rohtak Centre**

The 11<sup>th</sup> International Yoga Day- 2025 was observed on 21<sup>st</sup> June, 2025 at ICAR-CIFE, Rohtak Centre. All the officials, staff members and students participated in the programme. Dr. Mujahid Khan Pathan, Senior Scientist & OIC welcomed all the participants of the program. He emphasized the positive effects of yoga for keeping good health followed by practice of basic Yoga asanas.

### **ICAR-CIFE, Powarkheda Centre**

The 11<sup>th</sup> International Day of Yoga-2025 was celebrated with enthusiasm at ICAR-CIFE Powarkheda Centre. A total of 23 participants including staff, students and farmers were present during the Yoga session. Dr. Shashi Bhushan, Senior Scientist & OIC explained the significance of yoga and its impact on human health and overall well-being. The participants were shown various methods of practicing yoga. The IDY-2025 celebration was a resounding success fulfilling the objective of good health and Yoga awareness.

### **भा कृ अनु प – केंद्रीय मात्स्यिकी शिक्षा संस्थान मुख्यालय, मुंबई** **ICAR-CIFE Headquarters, Mumbai**







भा कृ अनु प – केंद्रीय मात्स्यिकी शिक्षा संस्थान, कोलकाता केंद्र  
ICAR-CIFE Kolkata Centre





**भा कृ अनु प – केंद्रीय मात्स्यिकी शिक्षा संस्थान, काकीनाड़ा केंद्र**  
**ICAR-CIFE Kakinada Centre**



**भा कृ अनु प – केंद्रीय मात्स्यिकी शिक्षा संस्थान , पवारखेड़ा केंद्र**  
**ICAR-CIFE Powarkheda Centre**



**भा कृ अनु प – केंद्रीय मात्स्यिकी शिक्षा संस्थान , रोहतक केंद्र**  
**ICAR-CIFE Rohtak Centre**





# ICAR-CIFE, Mumbai



## 11<sup>th</sup> International Day of Yoga Celebration - 2025

Theme: 'Yoga for One Earth, One Health'

21<sup>st</sup> June 2025

Venue: Auditorium, ICAR-CIFE New Campus

| Time     | Programme                                                                  |
|----------|----------------------------------------------------------------------------|
| 09.30 am | Welcome and Introduction by Dr. N. S. Nagpure, Nodal Officer, IDY-2025     |
| 09:40 am | Yoga session and Meditation Session - Experts from 'Art of Living', Mumbai |
| 11.00 am | Vote of thanks by Dr. Prem Kumar, Member, IDY-2025                         |

The faculty/staff and students are requested to participate in the IDY-2025 celebrations. It is requested to wear comfortable attire for the session.



### IDY-2025 Organising Committee

Dr. N.S. Nagpure  
Dr. Prem Kumar  
Dr. Thongam I. Chanu  
Dr. Saurav Kumar  
Dr. Nalini Poojary