

**RAJ BHAVAN, TAMIL NADU- PRESS RELEASE**

**INTERNATIONAL DAY OF YOGA – 2025**

On the occasion of the 11<sup>th</sup> International Day of Yoga, June 21, 2025, Thiru R.N. Ravi, Hon'ble Governor of Tamil Nadu, urges all to embrace and practise Yoga - a timeless discipline that unites the body, mind and spirit through the wisdom of our ancient Indian heritage.

Marking a decade of this global movement, this year's theme, '***Yoga for One Earth, One Health***,' highlights the vital connection between individual well-being and the health of our planet. The Hon'ble Governor appeals to everyone to adopt Yoga in their daily lives, nurturing personal health and fostering a harmonious society. He also urges wholehearted participation in Yoga activities on this day, strengthening our shared commitment to holistic health and social unity.

To enable widespread participation across diverse sectors - including organisations, institutions, industries, companies, villages, KVKs, as well as among farmers, fishermen, artisans and others - Raj Bhavan, in collaboration with Anna University, Chennai, has launched a dedicated online portal for the International Day of Yoga 2025 (IDY-2025) event.

Centres, institutions, organisations and departments willing to serve as Nodal Centres for Yoga practice may register themselves, along with their participant details, through the Nodal Centre Registration Portal.

Individual yoga enthusiasts can register through the Participant Portal with a Nodal Centre of their choice and be part of the International Day of Yoga (IDY) 2025 celebrations. Those who practise Yoga at any of the Nodal Centres on the IDY - 2025, i.e., 21<sup>st</sup> June 2025, will receive an online certificate issued by the respective Centre after the event.

The Nodal Centres are requested to upload photos and videos of the Yoga demonstrations conducted at their locations, along with a brief description of the IDY 2025 celebrations, on the Nodal Centre Portal after the event on 21<sup>st</sup> June 2025. The best-performing Nodal Centres will be selected by an independent panel of experts and felicitated by the Hon'ble Governor of Tamil Nadu at a special felicitation ceremony to be held at Raj Bhavan, Chennai.

The link to the Nodal Centre Portal has already been shared with the concerned organisations, institutions and departments.

**Participant Portal:** <https://events.annauniv.edu/>

For further clarifications, Contact Phone No: **+91-7010257955**  
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Raj Bhavan, Chennai-22  
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