

International day of **YOGA**



21 JUNE, 2025

National Informatics Centre,
Odisha State Centre
Bhubaneswar

11th International Day of Yoga Celebrated at NIC, Odisha, Bhubaneswar

The 11th International Yoga Day was celebrated with great enthusiasm and spirit at the Dr. Sheshagiri Memorial Hall, located in the premises of NIC, Odisha Headquarters, Bhubaneswar, on June 21, 2025. The event brought together officers, staff members, and wellness enthusiasts from the organization, all united in promoting the physical, mental, and spiritual benefits of yoga.

The program commenced with the lighting of the ceremonial lamp, accompanied by the chanting of the sacred Gayatri Mantra, creating a peaceful and positive atmosphere for the event. Participants actively engaged in a guided session of yogasanas and pranayama, which aimed to improve flexibility, focus, and inner calmness.

The event was graced by renowned journalist, humorist poet, and esteemed Yoga Guru Yogacharya Shri Pramod Kumar as the Chief Guest. In his address, he highlighted the significance of incorporating yoga into daily life and how it can be a transformative practice, not just for individuals but for communities at large. His interactive and motivational talk inspired participants to explore yoga beyond the mat—as a path toward holistic well-being.

This year's theme, **"Yoga for One Earth, One Health,"** was explored through meaningful discussions led by the guest and various participants. The focus was on how yoga can play a vital role in building resilience, strengthening immunity, and promoting harmony between human life and the environment.

Speakers emphasized that yoga supports not only physical health, but also enhances mental clarity, emotional stability, spiritual awareness, and ethical living—making it a complete system for balanced living.

Dr. Ashok Kumar Hota, Deputy Director General and State Informatics Officer, Odisha felicitated the Jalasathis, who have contributed a lot during the months long Jalaseva by NEARS (NIC Employees' Association for Recreation & Sports) during the last peak summer. The celebration concluded with a vote of thanks and a collective resolution to continue the practice of yoga as an integral part of life.



11th International Day of Yoga Celebrated at NIC, Odisha, Bhubaneswar



The 11th International Yoga Day was celebrated with great enthusiasm and spirit at Dr. Sheshagiri Memorial Hall, NIC Odisha State Centre, Bhubaneswar.



The inauguration was marked by the ceremonial lamp lighting in the esteemed presence of Shri Pramod Kumar.



Shri Pramod Kumar Highlights the Importance of Embracing Yoga for Individual and Community Well-being



Active Participation in Yogasana and Pranayama Session to Enhance Mind-Body Wellness



Various Yoga Asanas were performed during the session as part of the guided practice



Felicitation to the Jalasathis for their dedicated support during the summer Jalaseva initiative by NEARS

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Felicitation to the guest by Dr. Ashok Kumar Hota,
DDG & SIO, NIC Odisha



The event ended with a vote of thanks and a collective
resolve to integrate yoga into everyday life.

INTERNATIONAL DAY OF YOGA
21st June, 2025

Yogacharya Shri Pramod Kumar
CHIEF GUEST
Theme: Yoga for One Earth, One Health

**DR. N. SESHAGIRI MEMORIAL CONVENTION HALL
NATIONAL INFORMATICS CENTRE
ODISHA STATE CENTRE, BHUBANESWAR**

ଓଡ଼ିଶା ଖବର
11th International Yoga Day: NICରେ ଏକାଦଶ ଅନ୍ତରାଷ୍ଟ୍ରୀୟ ଯୋଗ ଦିବସ ପାଳିତ...

ଆଜି ଏନ.ଆଇ.ସି ଓଡ଼ିଶାର ଭୁବନେଶ୍ୱର ସ୍ଥିତ ମୁଖ୍ୟାଳୟର ଦାସ ଶେଖାଗିରି ମେମୋରିଆଲ ହଲରେ ଏକାଦଶ ଅନ୍ତରାଷ୍ଟ୍ରୀୟ ଯୋଗ ଦିବସ ଚତୁର୍ଥ ବର୍ଷ ପାଳିତ ହୋଇପାରିଛି। କାର୍ଯ୍ୟକ୍ରମର ସମସ୍ତ ଅଧିକାରୀ ତଥା କର୍ମଚାରୀମାନେ ଚତୁର୍ଥାଂଶରେ ଭାଗନେଇ ଯୋଗସଭା ଏବଂ ପ୍ରାଣାୟାମ ଆଦି କରିଥିଲେ।

‘ଏକ ବସୁଧା, ଏକ ସ୍ୱାସ୍ଥ୍ୟ ପାଇଁ ଯୋଗ’

ଆଜି ଏନ.ଆଇ.ସି ଓଡ଼ିଶାର ଭୁବନେଶ୍ୱର ସ୍ଥିତ ମୁଖ୍ୟାଳୟର ଦାସ ଶେଖାଗିରି ମେମୋରିଆଲ ହଲରେ ଏକାଦଶ ଅନ୍ତରାଷ୍ଟ୍ରୀୟ ଯୋଗ ଦିବସ ଚତୁର୍ଥ ବର୍ଷ ପାଳିତ ହୋଇପାରିଛି। କାର୍ଯ୍ୟକ୍ରମର ସମସ୍ତ ଅଧିକାରୀ ତଥା କର୍ମଚାରୀମାନେ ଚତୁର୍ଥାଂଶରେ ଭାଗନେଇ ଯୋଗସଭା ଏବଂ ପ୍ରାଣାୟାମ ଆଦି କରିଥିଲେ। ପ୍ରାଣାୟାମ ସାମ୍ୟାବିକ, ସାଧ୍ୟାବିକ ତଥା ଯୋଗଗୁରୁ ଯୋଗାନ୍ତପୁରୀ ଶ୍ରୀମାନ ପ୍ରମୋଦ କୁମାର ଏହି କାର୍ଯ୍ୟକ୍ରମରେ ମୁଖ୍ୟ ଅତିଥିଭାବେ ଯୋଗ ଦେଇଥିଲେ।

ପବିତ୍ର ଦୀପ ପ୍ରସ୍ତୁତ ଏବଂ ଗାୟତ୍ରୀ ମନ୍ତ୍ର ଜପ ସହିତ କାର୍ଯ୍ୟକ୍ରମର ଶୁଭାରମ୍ଭ ହୋଇଥିଲା ଯୋଗ ଦିବସ। ଅତିଥି ତଥା ପ୍ରତିବାଚନାମାନେ ଏହି ସଂସ୍କରଣର ବିଷୟବସ୍ତୁ ‘ଏକ ବସୁଧା, ଏକ ସ୍ୱାସ୍ଥ୍ୟ ପାଇଁ ଯୋଗ’ ଉପରେ ବିଶେଷ ଆଲୋଚନା କରିଥିଲେ। ଯୋଗ କିପରି ଭାବରେ ଆମ ସମସ୍ତଙ୍କର ଶାରୀରିକ, ମାନସିକ, ଆଧ୍ୟାତ୍ମିକ, ବୌଦ୍ଧିକ ଏବଂ ନୈତିକ ସ୍ଥିତି ଉପରେ ପ୍ରଭାବ ପକାଇ ଥାଏ, ଏହା ଉପରେ ବକ୍ତାମାନେ ନିଜ ନିଜର ମତ ରଖିଥିଲେ।

ଯୋଗଗୁରୁଙ୍କର ପ୍ରତ୍ୟକ୍ଷ ଚତୁର୍ଥାଂଶରେ ପ୍ରତିବାଚନା ମାନେ ବିଭିନ୍ନ ପ୍ରକାରର ଯୋଗାସନ ଏବଂ ପ୍ରାଣାୟାମର ଅଭ୍ୟାସ କରିଥିଲେ। ବିଭିନ୍ନ ଜୀବନଶୈଳୀ ଜନିତ ରୋଗର ଉପଶମ ପାଇଁ ଯୋଗର ଉପକାରୀତା ବିଷୟରେ ଯୋଗଗୁରୁ ପୂଜ୍ୟାତ୍ମପୁରୀ ଆଲୋଚନା କରିଥିଲେ।

ତେବେ ଶେଷରେ ଉପ-ମହାନିର୍ଦ୍ଦେଶକ ତଥା ରାଜ୍ୟ ସୂଚନା ବିଜ୍ଞାନ ଅଧିକାରୀ ଦାସ ଅଶୋକ କୁମାର ଯୋଗ ଯୋଗଗୁରୁଙ୍କୁ ସମ୍ମାନିତ କରିଥିଲେ। ଶାନ୍ତି ପାଠ ସହିତ କାର୍ଯ୍ୟକ୍ରମର ସମାପନ ହୋଇଥିଲା।



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