

## NIC Telangana: 11<sup>th</sup> International Yoga Day Celebrations - 2025 at National Informatics Centre (NIC), Hyderabad, Telangana - A Celebration of Wellness and Unity

On the serene morning of **June 21, 2025**, the **National Informatics Centre (NIC), Hyderabad**, under the **Ministry of Electronics & Information Technology, Government of India**, celebrated **11<sup>th</sup> International Yoga Day 2025** with zeal and dedication. On Date: June 21, 2025, Time: 6:30 AM – 7:30 AM an event unfolded in the lush campus of NIC Telangana, where employees and officials gathered to embrace the holistic practice of yoga. The event brought together employees, officials, and wellness enthusiasts under one collective intention: **to rediscover inner peace through the ancient discipline of yoga**.

Themed **“Yoga for One Earth, One Health,”** the event reinforced the profound link between personal well-being and planetary health. As the sun rose, participants engaged in guided yoga sessions focusing on body postures (asanas), breathing techniques (pranayama), and mindfulness practices.

**A colourful banner welcomed attendees, clearly reflecting the event's message of unity and wellness.**



In a world constantly racing against time, moments of stillness and self-reflection are rare treasures. The **"Yoga Sangam 2025"** held by the **National Informatics Centre (NIC), Hyderabad** was not merely a formal event—it was a revival of balance between mind, body, and soul.

Held on the premises of NIC-Hyderabad, this wellness gathering exemplified how modern organizations are increasingly recognizing the importance of mental and physical well-being alongside technological excellence. Yoga Sangam 2025 was a curated blend of tradition and contemporary relevance—designed to reinvigorate the team and spread awareness about holistic health practices.



The event was inspired by the global theme of "**Yoga for One Earth, One Health.**" With this ethos, the NIC aimed to promote a work culture where well-being is prioritized, not sidelined. The organizers, Shri A. Shivaramulu (Scientist-F) & Shri Ravi Bandi (Scientist-C & Welfare Officer, NIC, Hyderabad, Telangana envisioned a confluence—a **Sangam**—where age-old yogic wisdom meets modern working life under the guidance of Shri Guntuku Prasad, Scientist-F & SIO, NIC, Hyderabad, Telangana.

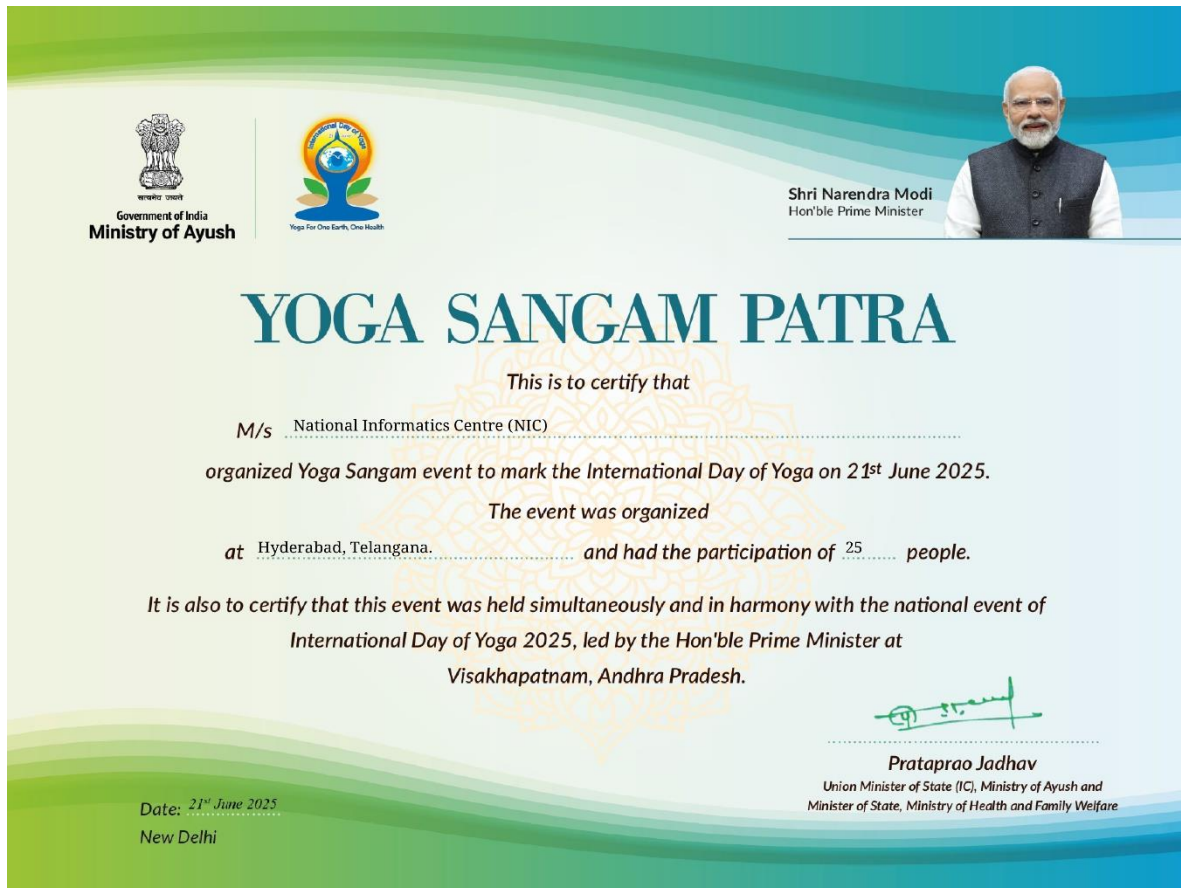
**This year's program highlighted three pillars:**

- **Self-Awareness:** Breathing and meditation sessions anchored participants in the present.
- **Physical Vitality:** Asanas and stretches were conducted to energize and align the body.
- **Collective Spirit:** Group participation reinforced team cohesion and emotional bonding.

### Highlights of the Event

- Emphasis on the **Common Yoga Protocol (CYP)**
- Awareness on how yoga contributes to **sustainable and healthy living**
- Encouragement of daily wellness habits in the workplace
- Display of posters and visual charts on **pranayama and health tips**
- **Certificate of Participation:** Received **Yoga Sangam Patra** from Ministry of Ayush, Government of India.





## Looking Ahead

As the significance of yoga continues to expand across workplaces, initiatives like Yoga Sangam serve as a model for other institutions. By fostering a culture of wellness, NIC Hyderabad has set a progressive benchmark.

## Inhale. Exhale. Excel.

Yoga Sangam 2025 was not the end—it was the beginning of a healthier tomorrow. With a growing recognition of yoga's role in stress management and productivity, NIC Telangana continues to lead by example—integrating wellness into the work culture and setting a benchmark for other government offices.

Also as part of Yoga week celebrations a workshop on "Lifestyle Disease Prevention by Naturopathy" on 20th June 2025 at the 6th Floor Conference Hall, NIC Telangana. The session was led by G. Appi Reddy, Scientist-E, who emphasized the importance of holistic and natural approaches to health. The workshop aimed at empowering participants to manage and prevent lifestyle-related diseases through naturopathy-based practices and wellness principles.



*G. Appi Reddy, Scientist-E*

With the theme "Empower your health naturally", the event attracted active participation from NIC staff, promoting awareness about healthy living. The interactive session covered practical aspects of naturopathy, diet, stress management, and daily lifestyle improvements. This initiative reflects NIC's commitment to employee wellness and spreading knowledge about sustainable health practices in today's fast-paced digital world.



**#YogaDay2025 #OneEarthOneHealth #NICWellnessInitiative**



## GLIMPSES from The event











\*\*\*\*\*