

Composite Regional Centre for Skill Development, Rehabilitation & Empowerment of Persons with Disabilities (CRCSRE), Imphal
(Under the Administrative control of SVNIRTAR, Cuttack, Odisha)
Department of Empowerment of Persons with Disabilities (Divyangjan)
Ministry of Social Justice & Empowerment, Govt. of India.
Juvenile Justice Board complex, Takyel, Imphal West district of Manipur-795001

Report on International Day of Yoga 2025

Theme: *Yoga for One Earth, One Health*

Date: 21st June 2025

Venue: Conference Room, CRCSRE

The 11th International Day of Yoga was celebrated with great enthusiasm and participation at the Composite Regional Centre for Skill Development, Rehabilitation & Empowerment of Persons with Disabilities (CRCSRE), Imphal. The event highlighted the global theme “*Yoga for One Earth, One Health*”, emphasizing the connection between personal well-being and planetary health. The programme starts at 6:30 am to 7:45 am.

Programme Highlights

The event commenced with a serene prayer to set the tone for a mindful and harmonious celebration. Participants and staff members gathered in the conference room to embrace the spirit of unity and wellness.



A total of 23 participants attended the session, comprising staff members and individuals associated with CRCSRE.

An experienced yoga instructor led the session, demonstrating various yoga postures and sequences tailored for participants of diverse abilities. These included:

- **Tadasana (Mountain Pose):** For improving posture and balance.
 - **Vrikshasana (Tree Pose):** To enhance focus and stability.
 - **Bhujangasana (Cobra Pose):** To promote spinal flexibility and strength.
 - **Pranayama (Breathing Exercises):** To calm the mind and rejuvenate the body.
- Participants enthusiastically followed along, adapting movements to their comfort levels while learning about the benefits of each posture. Etc.





The session concluded with a closing prayer, fostering a sense of gratitude and unity among the attendees. A light refreshment was served, providing an opportunity for participants to engage in informal discussions and share their experiences from the session.

