
**Report of Plantation Drive On the occasion of International Day of Yoga 2025
Organized by Department of Environmental Science Under the aegis of Dean
Students' Welfare**

1 message

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Thu, Jun 26, 2025 at 10:42 AM

To celebrate **International Day of Yoga** the **Department of Environmental Science** under the aegis of **Dean Students' Welfare, Integral University Lucknow** organized **Plantation Drive** on **27th May 2025**. The event occurred in the verdant premises of the **New Boy's Hostel** of the University. The plantation drive was organized as a prelude to International Day of Yoga, celebrated globally on 21st June every year. While yoga focuses on the inner well-being and spiritual growth of an individual, the plantation drive highlighted the symbiotic relationship between inner peace and outer environmental harmony. The theme of the event, "Green Environment, Serene Mind", sought to remind everyone that a cleaner, greener environment directly supports physical health, mental clarity, and overall well-being — values deeply aligned with the principles of yoga. The event aimed to raise awareness among the student community about the urgency of environmental conservation, encourage active participation in sustainable practices, and cultivate a sense of responsibility toward nature. Trees play an essential role in purifying the air, conserving biodiversity, and combating climate change, making the plantation drive both symbolic and practical.

The drive began promptly at 9:00 AM with a warm welcome address delivered by **Dr. Ambrina Sardar Khan**, Head of the Department of Environmental Science. She emphasized the significance of integrating environmental stewardship into everyday student life and thanked the Dean Students' Welfare Office for their constant support in organizing such initiatives. **Prof. (Dr.) Monowar Alam Khalid**, Dean, Students' Welfare, formally inaugurated the drive by planting the first sapling- a Neem tree, known for its medicinal and purifying properties. In his keynote speech, he spoke about the university's ongoing commitment to sustainability, citing several past initiatives and reaffirming the university's resolve to become a model green campus. He also highlighted the correlation between yoga and nature, stressing that just as yoga nurtures the inner self, planting trees nurtures our environment. A total of five saplings were planted during the drive. The species included *Azadirachta indica*, *Dalbergia sissoo* and *Psidium guajava* carefully selected for their environmental, cultural, and medicinal value were planted by the faculties from the Department of Environmental Science. These plants not only enrich the biodiversity of the campus but also provide shade, improve air quality, and contribute to the aesthetic appeal of the hostel surroundings. Faculties from the Department and staff from Boys Hostel participated actively in the event.

The plantation drives not only enhanced the green cover around the Boy's Hostel but also left a lasting impression on the minds of the participants. It served as a practical demonstration of environmental action and helped bridge the gap between awareness and implementation. The initiative stands as a successful example of community-driven environmental action. Such initiatives are crucial steps toward building a conscious, responsible, and sustainable academic community. By integrating the message of International Yoga Day with the mission of environmental preservation, the event offered a holistic experience to students — one that will inspire continued action in the direction of ecological harmony and personal well-being. The whole program was coordinated by the faculties from Department of Environmental Science **Dr. Shweta Yadav** and **Dr. Azram Tahoor**.

Glimpses of the Event:



Warm regards,

Dr. Ambrina Sardar Khan

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