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**Report on celebration of the International Day of Yoga, 2025 by Faculty of Pharmacy.**

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Communication Cell IUL &lt;communications@iul.ac.in&gt;

Mon, Jun 30, 2025 at 11:58 AM

Bcc: phfc@iul.ac.in

**Report on**  
**CELEBRATION OF INTERNATIONAL DAY OF YOGA, 2025**  
**ONLINE YOGA QUIZ COMPETITION**  
**(30<sup>th</sup> May, 2025)**

In compliance with the directives of the **Ministry of AYUSH, Government of India**, and in line with the global celebration of the **International Day of Yoga, Integral University, Lucknow**, observed this event with great enthusiasm. This initiative is part of a larger effort inspired by the **Hon'ble Prime Minister of India** to promote **yoga as a means to achieve holistic health and well-being**.

As a **precursor to the International Day of Yoga**, the **Faculty of Pharmacy**, in collaboration with the **Yoga Club** and **Social Responsibility Club**, organized an **Online Quiz Competition** on **30th May 2025**.

The event was conducted under the aegis of the **Dean Student's Welfare Office**. The central theme for the quiz was: **"Yoga for One Earth, One Health"**—a concept reflecting the **interconnectedness of human health, animal welfare, and the environment**, emphasizing a unified and sustainable approach to global well-being through the practice of yoga.

The **primary objectives** of the quiz were:

- To raise awareness about the significance of yoga in maintaining **physical, mental, and spiritual health**.
- To encourage student engagement in the **philosophy and science of yoga**.
- To promote a **healthy lifestyle through knowledge dissemination**.

The quiz was conducted **online** to enable wider participation and consisted of **multiple-choice questions (MCQs)** covering the **history, principles, benefits, and global relevance of yoga**. A total of **129 students** from various programs of the department enthusiastically participated. The quiz was **open to all students** of Integral University and was well-received, fostering a healthy spirit of participation and learning.

This initiative significantly contributes to the following **Sustainable Development Goals (SDGs)**:

- **SDG 3 – Good Health and Well-being**: By promoting the role of yoga in enhancing holistic health and stress management.
- **SDG 4 – Quality Education**: Through the dissemination of accurate knowledge and awareness about yoga's scientific and historical importance.
- **SDG 13 – Climate Action** (indirectly): By encouraging mindful living and well-being, which aligns with sustainable lifestyle choices embedded in the "One Earth, One Health" philosophy.

In addition, the activity aligns with key **Program Outcomes (POs)** relevant to student development, particularly in health sciences and holistic education:

- **PO6 – Environment and Sustainability:** Understanding the broader health ecosystem and promoting sustainable well-being.
- **PO7 – Ethics:** Encouraging ethical awareness through social and environmental responsibility.
- **PO8 – Communication:** Enhancing the ability to effectively express and share health knowledge.
- **PO11 – Life-long Learning:** Motivating continued personal and academic growth through value-based education.

This event served as an excellent platform to spread awareness about the **importance of yoga in everyday life**, and fostered a **sense of global health responsibility**, truly reflecting the theme “**One Earth, One Health**”. It underscores **Integral University’s commitment** to nurturing **holistic development** and supporting the **national vision** of integrating yoga into everyday living for a healthier future.

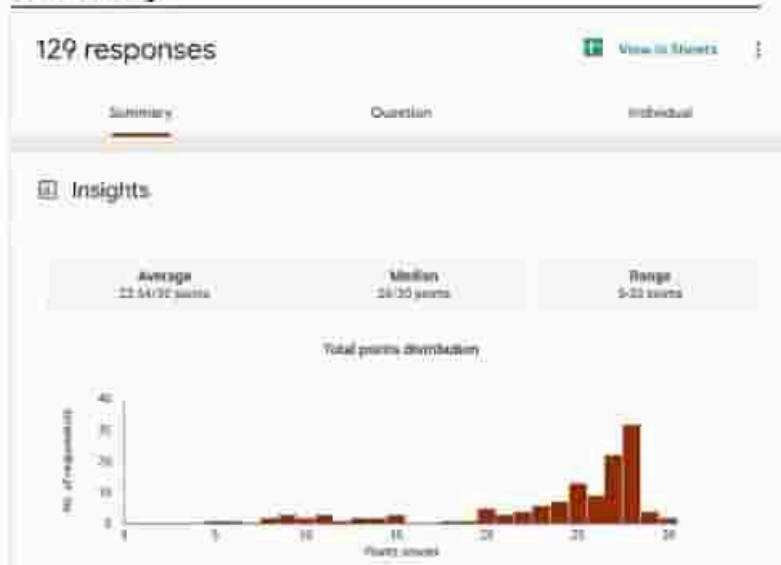
A total of **129 students** from various programs of departments actively participated in the quiz, demonstrating great enthusiasm and knowledge. The quiz comprised questions related to yoga philosophy, benefits of yoga, famous yoga personalities, and general awareness. The responses received from the participants were carefully screened and evaluated by a panel of faculty members in a fair and unbiased manner. Based on the performance in the quiz, the following students were declared winners:

<b>S.NO.</b>	<b>Winners Position</b>	<b>Name of winners</b>	<b>Program</b>	<b>Enrolment No.</b>
1	First	Abhishek Pandit	B.Pharm, 3 <sup>rd</sup> Year	2200102780
2	Second	Ali Asghar Abdi	B.Pharm, 3 <sup>rd</sup> Year	2200102767
3	Third	Mohammad Shazeb	Pharm D, PB, 1 <sup>st</sup> Year	2400102850

The Online Quiz Competition conducted as part of the International Day of Yoga 2025 celebration was a resounding success. It not only tested the knowledge of students but also played a vital role in spreading awareness about the benefits of yoga and healthy living. The enthusiastic participation of students and the smooth coordination by the organizing team made the event impactful and memorable. Such initiatives continue to strengthen the values of wellness, mindfulness, and academic engagement among students.

**Date & Time of Quiz:** 30<sup>th</sup> May, 2025 at 11:00 am, online mode through given below link-  
<https://forms.gle/LHhtJ8d5qwHF53HT7>

**CELEBRATION OF INTERNATIONAL YOGA DAY,  
2025, On line Quiz Competition, in collaboration  
of Yoga Club under the aegis of DSW office, 30th  
May 2025, Faculty of Pharmacy, Integral  
University**



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