

**A Report on
One-Day Seminar on
“Yoga and Breath”
on the Occasion of International Day of Yoga (IDY) 2025
Organized by
Human Resource Development Center, Integral University, Lucknow
and
Yoga Club (under the aegis of the Dean, Students’ Welfare)**

In celebration of the *International Day of Yoga (IDY) 2025*, the Human Resource Development Center (HRDC) of Integral University, Lucknow, in collaboration with the Yoga Club, under the aegis of the Dean, Students’ Welfare, successfully organized a One-Day Seminar on “Yoga and Breath” on 29th May 2025. The event was held at the Central Auditorium and witnessed enthusiastic participation from across the university.

This seminar was organized in consonance with the guidelines issued by the Ministry of AYUSH, Government of India, and was inspired by the visionary leadership of the Hon’ble Prime Minister, who has continually emphasized the significance of yoga in enhancing individual and collective well-being. The event sought to cultivate awareness about the therapeutic and preventive benefits of yoga, especially through the practice of controlled breathing and mindfulness.

The seminar was led by Mr. Samarth Narain, a Senior International Teacher from the Art of Living Foundation, who brought with him a wealth of experience and insight into the ancient Indian discipline. His engaging session centered around this year’s IDY theme: “Yoga for One Earth, One Health”, highlighting the intrinsic link between personal wellness and ecological sustainability. Through a combination of interactive discourse, practical breathing techniques, and guided meditation, Mr. Narain emphasized how conscious breathing can be a powerful tool for managing stress, boosting immunity, and fostering mental clarity.

The seminar was open to all faculty members, non-teaching staff, and students of the university. In order to ensure structured participation, online registration was made mandatory, and all attendees were issued e-certificates acknowledging their involvement in the seminar. There were around 113 participants registered for the seminar.

The event was marked by a sense of unity, serenity, and rejuvenation as participants immersed themselves in the holistic experience of yoga. Feedback from attendees was overwhelmingly positive, with many expressing appreciation for the practical takeaways and the tranquil environment created during the session. The program not only promoted physical and mental health but also encouraged the Integral University community to integrate yogic practices into their daily lives.

The success of the event was made possible through the diligent coordination and efforts of Dr. Zishan Raza Khan, Dr. Divya R. Panjwani, and Prof. Kuldeep Singh, whose commitment to organizing meaningful and impactful programs was evident in every aspect of the seminar. Special thanks were given to Prof. Aqeel Ahmad, Director, HRDC and Prof. M.A. Khalid, Dean, Students’ Welfare.

Overall, the One-Day Seminar on “Yoga and Breath” was a timely and impactful initiative that resonated deeply with the participants, aligning with the global mission of IDY 2025 and contributing to the ongoing movement toward a healthier and more conscious society.

