



Government of India
Ministry of Ayush



काशी हिन्दू
विश्वविद्यालय



BANARAS HINDU
UNIVERSITY

An Institution of National Importance established by an Act of Parliament

Yoga Samavesh



Yoga Samavesh

Organized By -

Institute of Medical Sciences, BHU, Varanasi

**Sponsored by - Central Council for Research in
Yoga & Naturopathy,
Ministry of Ayush, Govt. of India**

19 June 2025

**Venue : Conference Hall,
NLT Complex, IMS, BHU**

Yoga Samavesh is one among the 10 Signature Events of the International Day of Yoga (IDY) 2025. It is a special effort to mark the occasion of completion of a decade of IDY observation, designed to take the rewards of yoga to diverse and often underserved communities.

Over the past decade, IDY has evolved into a transformative force, encouraging holistic health, mindfulness, and harmony across cultures and communities. To commemorate this decade-long journey, IDY 2025 will feature ten Signature Events amplifying the yoga narrative, each aiming to reach out to specific sections of the society.

One among them is Yoga Samavesh, a program rooted in the principles of inclusivity and accessibility. It will focus on addressing the unique needs of select groups with special needs. To cater to these needs, special yoga protocols have been finalised, targeting areas/ groups such as:

- | | |
|------------------------|-----------------------|
| ● Diabetes Mellitus | ● Senior Citizens |
| ● Hypertension | ● Women (12–35 years) |
| ● Bronchial Asthma | ● Pregnant Women |
| ● Children (3–6 years) | ● Substance Abuse |
| ● Adolescents | ● Mental Health |

The core of Yoga Samavesh will comprise efforts to popularise these targeted yoga interventions for special groups. While ten yoga protocols have been specifically cited above, activities may extend beyond them to cater to other special groups as well.

For every category, participants belonging to the identified special group will receive a structured 10-day training program conducted by partner organisations. These sessions are designed to provide participants knowledge of yoga tailored to their specific needs.

While there will be final yoga demonstration events to be held on 21st June 2025 (i.e. IDY) to mark the culmination of Yoga Samavesh, different partner organisations will hold such events on multiple dates prior to IDY as well.

Calling upon NGOs, government bodies and other agencies working for people with special needs to become organisers of Yoga Samavesh

We call upon agencies supporting such special groups, including the stakeholding bodies of the Central and State governments to take up organising Yoga Samavesh activities. This effort will reaffirm the commitment to using yoga as a universal tool for empowerment, and holistic health. You may write to idy.coordination@gov.in to learn more about this opportunity as well as the special yoga protocols.



Yoga for One Earth, One Health



About the Event

Yog Samavesh - A Collective Celebration of Wellness

Yog Samavesh is a special initiative under the guidance of the Central Council for Research in Yoga and Naturopathy (CCRYN), Ministry of AYUSH, Government of India, conducted across selected premier institutions of the country to commemorate the International Day of Yoga (IDY).

This year, the Institute of Medical Sciences, Banaras Hindu University (IMS-BHU) has been honored to host this event, uniting students, faculty, and the larger community in a shared space of health, mindfulness, and national pride.

Significance of International Day of Yoga

Declared by the United Nations in 2014, the International Day of Yoga is observed every year on 21st June to raise awareness about the profound benefits of yoga in promoting holistic well-being. Yoga is not merely a physical discipline but a science of self-realization, balance, and sustainable health.

This celebration reflects India's ancient wisdom and its global contribution to peace, harmony, and preventive health care.

Theme 2025 - Yoga for Mental Health

In the backdrop of rising stress, anxiety, and lifestyle-related mental health challenges, this year's theme - "Yoga for Mental Health" highlights yoga's role in restoring psychological balance, emotional strength, and inner calm. Through breathing techniques, mindful movement, and meditation, yoga offers a time-tested, non-invasive approach to mental well-being.

Venue :

Conference Hall, NLT Complex, IMS, BHU
Patanjali Yoga Hall, IMS, BHU

For Registration :

<https://forms.gle/hNSYDhZvAWB13A958>

Entry Fees : No Charge, Limited Seat Max Limit 200/-
(First come & First Serve)

For More information :

info.yogasamaveshbhu@gmail.com
Mobile - +91- 8126679136





Yoga Samavesh (Satellite Event) One day Seminar on "Yoga for Mental Health"

19th June 2025

Organized by- Institute of Medical Sciences, BHU, Varanasi



Program Schedule

Sr. No.	Program	Time	Details
01	Yoga Practice for Mental Health	07:00 AM 08:00 AM	Resource Person/ Speaker : Prof. Neeru Nathani , Head, Dept. of Swasthavritta and Yoga, Faculty of Ayurveda, IMS BHU Yoga Experts: 1. Shreyansh Chauhan , Ph.D. Scholar, Dept. of Cardiology, IMS, BHU 2. Vinod Patel , Ph.D. Scholar, Dept. of Swasthavritta and Yoga, Faculty of Ayurveda, IMS BHU 3. Ms Kesar , Ph.D. Scholar, Dept. of Swasthavritta and Yoga, Faculty of Ayurveda, IMS BHU Venue: Patanjali Yoga Hall, Dept. of Swasthavritta and Yoga, Faculty of Ayurveda, IMS, BHU, Varanasi
2	Registration	08:00 AM 09:30 AM	Conference Hall, NLT Complex
3	Inaugural Program	09:30 AM 11:00 AM	Chief Guest : Dr. S.N. Sankhwar , Director, IMS, BHU Special Guests : Prof. Shampa Anupurba , Dean, Medicine, IMS, BHU Prof. P K Goswami , Dean, Ayurveda, IMS, BHU Prof. H.C Baranwal , Dean, Dental Sciences, IMS, BHU Prof. Gopal Nath , Dean, Research, IMS, BHU Anchoring : Shreyansh Chauhan , Ph.D. Scholar, Dept. of Cardiology
4	Keynote Session I	11:00 AM 12:00 PM	Speaker : Dr. Sanjay Singh , Asso. Professor and HOD, Amity University, Noida Chair Person: Prof. Neeru Nathani , Head, Dept. of Swasthavritta and Yoga, Faculty of Ayurveda, IMS BHU
5	Keynote Session II	12:00 PM 01:00 PM	Speaker : Prof. J.S. Yadav , Dept. of Psychiatry, IMS, BHU Chair Person : Prof. Ashok Kumar , Dept. of Pediatrics, IMS, BHU
LUNCH 01:00 PM - 02:00 PM			
7	Keynote Session III	02:00 PM 03:00 PM	Speaker: Dr. Mamta Tiwari , Dept. of Swasthavritta and Yoga, Faculty of Ayurveda, IMS BHU Chair Person: Prof. Dharmendra Jain , Dept. of Cardiology, IMS, BHU
8	Keynote Session IV	03:00 PM 04:00 PM	Speaker : Prof. Sanjay Gupta , Dept. of Psychiatric, IMS, BHU Chair Person : Prof. Kailash K. Gupta , Medical superintendent S.S Hospital, IMS, BHU
9	Valedictory & National Anthem	03:00 PM 04:00 PM	Chief Guest : Dr. S.N. Sankhwar , Director, IMS, BHU Guest of Honor : Ramasish ji , Rastriya Karayakarinisadashya, Pragya Prawah Special Guest : Prof. Kailash K. Gupta , Medical superintendent S.S Hospital, IMS, BHU Anchoring: Shreyansh Chauhan , Ph.D. Scholar ,Dept. of Cardiology



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5. Khushi Mishra, BPT Final Year Student, IMS, BHU
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8. Shashi Ranjan, BPT Final Year Student, IMS, BHU
9. Priya Pandey, BPT Final Year Student, IMS, BHU

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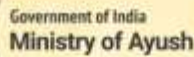
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