



Invitation to Celebrate International Day of Yoga – 2025

Dear All,

We are pleased to inform you that the **India Meteorological Department** will be celebrating the **International Day of Yoga – 2025** on **21st June 2025 (Saturday)** at **Mausam Bhawan, Lodhi Road, New Delhi**.

🕒 **Time:** 06:00 AM onwards

📍 **Venue:** IMD Premises, Mausam Bhawan, Lodhi Road, New Delhi

All media, officers and staff of IMD HQ and MoES are cordially invited to actively participate in the celebration and make it a grand success. This year's celebration includes a yoga session, dignitary addresses, and a plantation drive, symbolizing our commitment to wellness and nature.

Agenda for International Day of Yoga – 2025

S. No	Timings	Activity
1	06:00 AM – 06:30 AM	Distribution of Yoga T-shirts and mats
2	06:30 AM – 07:00 AM	Live streaming of Hon'ble Prime Minister's address
3	07:00 AM – 07:45 AM	Yoga session by certified instructor
4	07:45 AM – 08:00 AM	Felicitation of dignitaries
5	08:00 AM – 08:05 AM	Address by Secretary, MoES
6	08:05 AM – 08:10 AM	Vote of Thanks by DDG (Admn)
7	08:10 AM – 08:15 AM	Plantation of saplings by dignitaries

Let us come together to promote wellness, mindfulness, and sustainability through yoga. Your enthusiastic participation is highly encouraged!

Warm regards,

Santosh Kumar S

Deputy Director General (Admn)

India Meteorological Department