

EPCH celebrates International Yoga Day 2025

Yoga for One Earth, One Health - 21st June 2025



Left: Mr. Maninderjeet Singh Bitta, Chairman, All India Anti-Terrorist Front (AIATF) was the Chief Guest and Guests of Honour included Ms. Nighat Abbas, National Spokesperson, INC; and Mr. Rohtas Chaudhary, Guinness Book of Records holder for pushups. They are seen in the frame with Dr. Neeraj Khanna, Chairman, EPCH; Mr. R K Malhotra and Mr. R K Passi - Past Chairmen, EPCH; and Mr. Prince Malik, Member, COA, EPCH



Right: Dr. Neeraj Khanna, Chairman, EPCH; Mr. Sagar Mehta, Vice Chairman, EPCH; and Chief Guest, Mr. Maninderjeet Singh Bitta, Chairman, All India Anti-Terrorist Front (AIATF) are seen addressing the gathering at EPCH's International Yoga Day 2025 celebrations at New Delhi



New Delhi: EPCH celebrated the 11th International Yoga Day at Panchshila Club, New Delhi, under the EPCH-FASCO initiative. The event witnessed enthusiastic participation and was graced by many guests. The theme for this year was "Yoga for One Earth, One Health." Mr. Maninderjeet Singh Bitta, Chairman, All India Anti-Terrorist Front (AIATF) was the Chief Guest and Guests of Honour included Ms. Nighat Abbas, National Spokesperson, INC; and Mr. Rohtas Chaudhary, Guinness Book of Records holder for pushups. The gathering was graced by Dr. Neeraj Khanna, Chairman, EPCH; Mr. Sagar Mehta, Vice Chairman, EPCH; Mr. R K Malhotra, Mr. R K Passi and Mr. Dinesh Kumar - Past Chairmen, EPCH. The initiative was organised by Mr. Prince Malik, Member, COA, EPCH as part of the EPCH-FASCO fitness programme.

Other attendees included Mr. Arshad Mir, Member COA, EPCH; Mr. R K Verma, Executive Director, EPCH; and Mr. Rajesh Rawat, Additional Executive Director, EPCH, along with EPCH members and invitees. The programme featured the Common Yoga Protocol (CYP) and Yogasanas conducted by Dr. Swati Sharma, Certified Yoga Instructor, Ministry of Ayush, and an Artistic Yoga Session performed by Shri Praveen Pathak (both group and solo). The event concluded with an award distribution ceremony, honoring participants across

various yoga categories. The guests appreciated the efforts of EPCH and encouraged everyone to adopt yoga in their daily routine.



Narsapur: EPCH's Southern Region Branch Office of ILTC, Narsapur, organised International Yoga Day celebrations on the ILTC campus. The event witnessed active participation under the able guidance of Mr. K N Tulasi, Southern Regional Convenor & Member, COA, EPCH. The program was graced by the presence of Yogguru Josyula Vijaya Bhaskar, renowned Yoga Guru from Palakol; and Mr. Addagalla Sai Baba, Committee Member, along with other member exporters, students and artisans. ■