

Wave City champions “Yoga for One Earth, One Health” on 11th International Yoga Day

🕒 June 23, 2025 👤 Bhumika Lenka 📁 news 💬 0



Ghaziabad, 21st June 2025: Wave City, North India's first operational Hi-tech City, hosted enriching yoga sessions in partnership with Shree Vidya School to commemorate the **11th International Yoga Day**. The event witnessed an overwhelming participation of over 400 students, parents, and community members, emphasizing the interconnectedness of human wellness and planetary health.



Speaking on the occasion, Mr. C J Singh, COO, Wave City said, “The theme ‘Yoga for One Earth, One Health’ perfectly encapsulates our belief that individual wellness and environmental sustainability are deeply interconnected. Through yoga, we not only cultivate the physical and mental health, but also develop a consciousness that respects and nurtures our planet. Today’s celebration demonstrates how ancient wisdom can guide us toward a more harmonious relationship with nature.”

The two-hour wellness session was conducted under the expert guidance of internationally acclaimed Yogacharya Dr. Saroj Sirohi, along with special guidance from Shri Jayaprakash, a renowned yoga instructor. Participants engaged in a comprehensive range of activities including traditional asanas such as Warrior Pose, Pigeon Pose, Child Pose, Cobra Pose, and Low Lunge, alongside pranayama techniques including Bhramari, Bhastrika, and Anulom Vilom.

The event was strategically held at Wave City Central Park, leveraging the township’s commitment to sustainable living and environmental consciousness. The outdoor setting reinforced the connection between personal wellness practices and environmental appreciation, with participants practicing amidst natural surroundings that exemplify the “**One Earth**” concept.

Link: <https://businessnewsthisweek.com/news/wave-city-champions-yoga-for-one-earth-one-health-on-11th-international-yoga-day/>

Wave City champions “Yoga for One Earth, One Health” on 11th International Yoga Day

[Leave a Comment](#) / [news](#) / [By admin](#)

Ghaziabad, 21st June 2025: Wave City, North India's first operational Hi-tech City, hosted enriching yoga sessions in partnership with Shree Vidya School to commemorate the 11th International Yoga Day. The event witnessed an overwhelming participation of over 400 students, parents, and community members, emphasizing the interconnectedness of human wellness and planetary health.



Speaking on the occasion, Mr. C J Singh, COO, Wave City said, “The theme ‘Yoga for One Earth, One Health’ perfectly encapsulates our belief that individual wellness and environmental sustainability are deeply interconnected. Through yoga, we not only cultivate the physical and mental health, but also develop a consciousness that respects and nurtures our planet. Today’s celebration demonstrates how ancient wisdom can guide us toward a more harmonious relationship with nature.”

The two-hour wellness session was conducted under the expert guidance of internationally acclaimed Yogacharya Dr. Saroj Sirohi, along with special guidance from Shri Jayaprakash, a renowned yoga instructor. Participants engaged in a comprehensive range of activities including traditional asanas such as Warrior Pose, Pigeon Pose, Child Pose, Cobra Pose, and Low Lunge, alongside pranayama techniques including Bhramari, Bhastrika, and Anulom Vilom.

The event was strategically held at Wave City Central Park, leveraging the township's commitment to sustainable living and environmental consciousness. The outdoor setting reinforced the connection between personal wellness practices and environmental appreciation, with participants practicing amidst natural surroundings that exemplify the “One Earth” concept.

Link: <https://businesshour9.com/news/wave-city-champions-yoga-for-one-earth-one-health-on-11th-international-yoga-day/>

Wave City champions “Yoga for One Earth, One Health” on 11th International Yoga Day

Posted on June 23, 2025 by admin



Facebook



Twitter



LinkedIn



Like 0

Ghaziabad, 21st June 2025: Wave City, North India's first operational Hi-tech City, hosted enriching yoga sessions in partnership with Shree Vidya School to commemorate the **11th International Yoga Day**. The event witnessed an overwhelming participation of over 400 students, parents, and community members, emphasizing the interconnectedness of human wellness and planetary health.



Speaking on the occasion, Mr. C J Singh, COO, Wave City said, “The theme ‘Yoga for One Earth, One Health’ perfectly encapsulates our belief that individual wellness and environmental sustainability are deeply interconnected. Through yoga, we not only cultivate the physical and mental health, but also develop a consciousness that respects and nurtures our planet. Today’s celebration demonstrates how ancient wisdom can guide us toward a more harmonious relationship with nature.”

The two-hour wellness session was conducted under the expert guidance of internationally acclaimed Yogacharya Dr. Saroj Sirohi, along with special guidance from Shri Jayaprakash, a renowned yoga instructor. Participants engaged in a comprehensive range of activities including traditional asanas such as Warrior Pose, Pigeon Pose, Child Pose, Cobra Pose, and Low Lunge, alongside pranayama techniques including Bhramari, Bhastrika, and Anulom Vilom.

The event was strategically held at Wave City Central Park, leveraging the township's commitment to sustainable living and environmental consciousness. The outdoor setting reinforced the connection between personal wellness practices and environmental appreciation, with participants practicing amidst natural surroundings that exemplify the “**One Earth**” concept.

Link: <https://businessnewsforprofit.com/news/wave-city-champions-yoga-for-one-earth-one-health-on-11th-international-yoga-day/>

Wave City champions “Yoga for One Earth, One Health” on 11th International Yoga Day

neelakanthap ⌚ June 23, 2025

Ghaziabad, 21st June 2025: Wave City, North India's first operational Hi-tech City, hosted enriching yoga sessions in partnership with Shree Vidya School to commemorate the **11th International Yoga Day**. The event witnessed an overwhelming participation of over 400 students, parents, and community members, emphasizing the interconnectedness of human wellness and planetary health.



Speaking on the occasion, Mr. C J Singh, COO, Wave City said, *“The theme ‘Yoga for One Earth, One Health’ perfectly encapsulates our belief that individual wellness and environmental sustainability are deeply interconnected. Through yoga, we not only cultivate the physical and mental health, but also develop a consciousness that respects and nurtures our planet. Today’s celebration demonstrates how ancient wisdom can guide us toward a more harmonious relationship with nature.”*

The two-hour wellness session was conducted under the expert guidance of internationally acclaimed Yogacharya Dr. Saroj Sirohi, along with special guidance from Shri Jayaprakash, a renowned yoga instructor. Participants engaged in a comprehensive range of activities including traditional asanas such as Warrior Pose, Pigeon Pose, Child Pose, Cobra Pose, and Low Lunge, alongside pranayama techniques including Bhramari, Bhastrika, and Anulom Vilom.

The event was strategically held at Wave City Central Park, leveraging the township’s commitment to sustainable living and environmental consciousness. The outdoor setting reinforced the connection between personal wellness practices and environmental appreciation, with participants practicing amidst natural surroundings that exemplify the **“One Earth”** concept.

Link: <https://sportsz.news/news/wave-city-champions-yoga-for-one-earth-one-health-on-11th-international-yoga-day/>

Wave City champions “Yoga for One Earth, One Health” on 11th International Yoga Day



By admin

JUN 23, 2025

Ghaziabad, 21st June 2025: Wave City, North India's first operational Hi-tech City, hosted enriching yoga sessions in partnership with Shree Vidya School to commemorate the **11th International Yoga Day**. The event witnessed an overwhelming participation of over 400 students, parents, and community members, emphasizing the interconnectedness of human wellness and planetary health.



“


Speaking on the occasion, Mr. C J Singh, COO, Wave City said, “The theme ‘Yoga for One Earth, One Health’ perfectly encapsulates our belief that individual wellness and environmental sustainability are deeply interconnected. Through yoga, we not only cultivate the physical and mental health, but also develop a consciousness that respects and nurtures our planet. Today’s celebration demonstrates how ancient wisdom can guide us toward a more harmonious relationship with nature.”

The two-hour wellness session was conducted under the expert guidance of internationally acclaimed Yogacharya Dr. Saroj Sirohi, along with special guidance from Shri Jayaprakash, a renowned yoga instructor. Participants engaged in a comprehensive range of activities including traditional asanas such as Warrior Pose, Pigeon Pose, Child Pose, Cobra Pose, and Low Lunge, alongside pranayama techniques including Bhramari, Bhastrika, and Anulom Vilom.

The event was strategically held at Wave City Central Park, leveraging the township’s commitment to sustainable living and environmental consciousness. The outdoor setting reinforced the connection between personal wellness practices and environmental appreciation, with participants practicing amidst natural surroundings that exemplify the **“One Earth”** concept.

Link: <https://businessnewsmatters.com/news/wave-city-champions-yoga-for-one-earth-one-health-on-11th-international-yoga-day/>

Wave City champions “Yoga for One Earth, One Health” on 11th International Yoga Day

 [nationalbiznews.com](#) · 23 June 2025

[Facebook](#) [Twitter](#) [LinkedIn](#) [Like it](#)

Ghaziabad, 21st June 2025: Wave City, North India's first operational Hi-tech City, hosted enriching yoga sessions in partnership with Shree Vidya School to commemorate the 11th International Yoga Day. The event witnessed an overwhelming participation of over 400 students, parents, and community members, emphasizing the interconnectedness of human wellness and planetary health.



Speaking on the occasion, Mr. C J Singh, COO, Wave City said, "The theme 'Yoga for One Earth, One Health' perfectly encapsulates our belief that individual wellness and environmental sustainability are deeply interconnected. Through yoga, we not only cultivate the physical and mental health, but also develop a consciousness that respects and nurtures our planet. Today's celebration demonstrates how ancient wisdom can guide us toward a more harmonious relationship with nature."

The two-hour wellness session was conducted under the expert guidance of internationally acclaimed Yogacharya Dr. Saroj Sirohi, along with special guidance from Shri Jayaprakash, a renowned yoga instructor. Participants engaged in a comprehensive range of activities including traditional asanas such as Warrior Pose, Pigeon Pose, Child Pose, Cobra Pose, and Low Lunge, alongside pranayama techniques including Bhramari, Bhastrika, and Anulom Vilom.

The event was strategically held at Wave City Central Park, leveraging the township's commitment to sustainable living and environmental consciousness. The outdoor setting reinforced the connection between personal wellness practices and environmental appreciation, with participants practicing amidst natural surroundings that exemplify the "One Earth" concept.

Link: <https://nationalbiznews.com/news/wave-city-champions-yoga-for-one-earth-one-health-on-11th-international-yoga-day/>

Wave City champions “Yoga for One Earth, One Health” on 11th International Yoga Day

June 23, 2025 news



Ghaziabad, 21st June 2025: Wave City, North India's first operational Hi-tech City, hosted enriching yoga sessions in partnership with Shree Vidya School to commemorate the **11th International Yoga Day**. The event witnessed an overwhelming participation of over 400 students, parents, and community members, emphasizing the interconnectedness of human wellness and planetary health.



Speaking on the occasion, Mr. C J Singh, COO, Wave City said, “The theme ‘Yoga for One Earth, One Health’ perfectly encapsulates our belief that individual wellness and environmental sustainability are deeply interconnected. Through yoga, we not only cultivate the physical and mental health, but also develop a consciousness that respects and nurtures our planet. Today’s celebration demonstrates how ancient wisdom can guide us toward a more harmonious relationship with nature.”

The two-hour wellness session was conducted under the expert guidance of internationally acclaimed Yogacharya Dr. Saroj Sirohi, along with special guidance from Shri Jayaprakash, a renowned yoga instructor. Participants engaged in a comprehensive range of activities including traditional asanas such as Warrior Pose, Pigeon Pose, Child Pose, Cobra Pose, and Low Lunge, alongside pranayama techniques including Bhramari, Bhastrika, and Anulom Vilom.

The event was strategically held at Wave City Central Park, leveraging the township’s commitment to sustainable living and environmental consciousness. The outdoor setting reinforced the connection between personal wellness practices and environmental appreciation, with participants practicing amidst natural surroundings that exemplify the “One Earth” concept.

Link: <https://contentmediasolution.com/news/wave-city-champions-yoga-for-one-earth-one-health-on-11th-international-yoga-day/>

Wave City champions “Yoga for One Earth, One Health” on 11th International Yoga Day

June 23, 2025 | 0 Comments | BY admin



Ghaziabad, 21st June 2025: Wave City, North India's first operational Hi-tech City, hosted enriching yoga sessions in partnership with Shree Vidya School to commemorate the **11th International Yoga Day**. The event witnessed an overwhelming participation of over 400 students, parents, and community members, emphasizing the interconnectedness of human wellness and planetary health.



Speaking on the occasion, Mr. C J Singh, COO, Wave City said, “The theme ‘Yoga for One Earth, One Health’ perfectly encapsulates our belief that individual wellness and environmental sustainability are deeply interconnected. Through yoga, we not only cultivate the physical and mental health, but also develop a consciousness that respects and nurtures our planet. Today’s celebration demonstrates how ancient wisdom can guide us toward a more harmonious relationship with nature.”

The two-hour wellness session was conducted under the expert guidance of internationally acclaimed Yogacharya Dr. Saroj Sirohi, along with special guidance from Shri Jayaprakash, a renowned yoga instructor. Participants engaged in a comprehensive range of activities including traditional asanas such as Warrior Pose, Pigeon Pose, Child Pose, Cobra Pose, and Low Lunge, alongside pranayama techniques including Bhramari, Bhastrika, and Anulom Vilom.

The event was strategically held at Wave City Central Park, leveraging the township’s commitment to sustainable living and environmental consciousness. The outdoor setting reinforced the connection between personal wellness practices and environmental appreciation, with participants practicing amidst natural surroundings that exemplify the “**One Earth**” concept.

Posted in news

Link: <https://smartbusinessnews.com/news/wave-city-champions-yoga-for-one-earth-one-health-on-11th-international-yoga-day/>

Wave City champions “Yoga for One Earth, One Health” on 11th International Yoga Day

🕒 June 23, 2025

Ghaziabad, 21st June 2025: Wave City, North India's first operational Hi-tech City, hosted enriching yoga sessions in partnership with Shree Vidya School to commemorate the **11th International Yoga Day**. The event witnessed an overwhelming participation of over 400 students, parents, and community members, emphasizing the interconnectedness of human wellness and planetary health.



Speaking on the occasion, Mr. C J Singh, COO, Wave City said, "The theme 'Yoga for One Earth, One Health' perfectly encapsulates our belief that individual wellness and environmental sustainability are deeply interconnected. Through yoga, we not only cultivate the physical and mental health, but also develop a consciousness that respects and nurtures our planet. Today's celebration demonstrates how ancient wisdom can guide us toward a more harmonious relationship with nature."

The two-hour wellness session was conducted under the expert guidance of internationally acclaimed Yogacharya Dr. Saroj Sirohi, along with special guidance from Shri Jayaprakash, a renowned yoga instructor. Participants engaged in a comprehensive range of activities including traditional asanas such as Warrior Pose, Pigeon Pose, Child Pose, Cobra Pose, and Low Lunge, alongside pranayama techniques including Bhramari, Bhastrika, and Anulom Vilom.

The event was strategically held at Wave City Central Park, leveraging the township's commitment to sustainable living and environmental consciousness. The outdoor setting reinforced the connection between personal wellness practices and environmental appreciation, with participants practicing amidst natural surroundings that exemplify the "One Earth" concept.

Link: <https://mediabulletins.com/news/wave-city-champions-yoga-for-one-earth-one-health-on-11th-international-yoga-day>