

Report on the Tree Plantation Drive

“One Yoga, One Plant” Campaign on

International Yoga Day 2025

21st May, 2025

Integral Business School, Integral University, Lucknow, in compliance with Directives of Ministry of AYUSH, Government of India, celebrated International Yoga Day on **21st May 2025** by organizing a unique sustainability-driven initiative that combined the ancient practice of Yoga with the noble cause of tree plantation. This thoughtful integration aimed to promote holistic well-being—both of individuals and the environment—aligning with the global call for sustainable living and ecological consciousness. This year, the theme for Yoga is “**Yoga for One Earth, One Health.**”

The initiative was spearheaded by the **Dean, Integral Business School, Professor Rajiv Ranjan**, who addressed the gathering and underscored the importance of aligning physical and mental wellness with environmental stewardship. He emphasized that just as Yoga fosters inner harmony and balance, planting trees helps restore ecological balance and sustains life on Earth. Professor Rajiv urged participants to adopt both Yoga and green practices as lifelong commitments rather than one-day activities.

Students, faculty members, and staff participated in a **tree plantation drive**, where a variety of saplings—ranging from native trees to medicinal and ornamental plants—were planted across the university grounds. This event was coordinated by **Dr. Shahab Ud Din, Dr. Habib Uddin** and **Dr. Ariz Siddiqui** with notable contributions from **Prof. Asma Farooque, Dr. Gaurav Bisaria, Dr. Yasir A. Elahi, Dr. Firoz Husain, Mr. Amit Kr. Goel** and **Dr. Ehsanul Haque**.

The combined event symbolized a deep-rooted connection between self-care and earth care. It not only raised awareness about the importance of environmental conservation but also instilled a strong sense of responsibility and mindfulness among the university community. The initiative served as a reminder that personal wellness and planetary health go hand in hand, and through such integrated efforts, lasting positive change can be achieved.

The event reflected Integral University’s ongoing dedication to sustainability, ecological balance, and the holistic development of its students and staff.



NOTICE



Notice

Date: 20th May, 2025

Subject: Invitation to Participate in the "One Yoga, One Plant" Campaign on International Yoga Day 2025

All students, faculty members, and staff of Integral Business School are cordially invited to participate in the International Yoga Day celebration being organized on 21st May 2025, under the nationwide campaign "One Yoga, One Plant", in alignment with the directives of the Ministry of AYUSH, Government of India.

The program will include a Yoga session followed by a Tree Plantation Drive, aimed at promoting personal wellness alongside environmental sustainability.

PROGRAM DETAILS:

Date: 21st May 2025

Time: 11:00 AM onwards

Venue: Integral Business School Lawn, Integral University Phase 3 Campus.

Your enthusiastic participation will contribute to a greener campus and a healthier self. Let us come together to celebrate the spirit of Yoga and sustainability.

Rajiv Ranjan
20-05-2025

Dr. Rajiv Ranjan
Dean
Integral Business School



PHOTOGRAPH







ATTENDANCE



"One Yoga, One Plant" Campaign on International Yoga Day 2025

21st May, 2025

ATTENDANCE

S.No	Name	Faculty Code /Enrollment No	Signature
1.	Dr. Shahab Ud Din	F00718	Shahab
2.	Dr. Deepa Chidambaram	F00295	Deepa
3.	Dr. Rajiv Ranjan	F01303	Rajiv Ranjan
4.	Dr. Firoz Hussain	F00396	Firoz
5.	Dr. Gaurav Bhan	F00199	Gaurav
6.	Dr. Ihsanul Haque	F00881	Ihsan
7.	Dr. Asma Farooque	F00171	Asma
8.	Dr. Kaimat Akhter Usmani	F00978	Kaimat
9.	Dr. Priyanka Rajpai	F01100	Priyanka
10.	Dr. AISHA BAKRUDIN	F00622	Aisha
11.	Dr. Nazia Akhlag	F00983	Nazia
12.	Dr. Aileen Fatima	F01140	Aileen
13.	DR. MOHD. TRIFAN KHAN	S00063	Mohd. Trifan
14.	AMIT KR GOEL	F00246	Amit
15.	Dr. Yasir Arafat Elahi	F00691	Yasir
16.	Dr. HABIB VORIN	F00823	Habib
17.	Dr. Tabassum	F01231	Tabassum
18.	Shifa Zehra	2400104600	Shifa
19.	Alisha Khan	2400100555	Alisha
20.	Parvha Naseem	2400104623	Parvha
21.	Faizan Ahmad	2400105675	Faizan Ahmad
22.	Abdunnahman Siddiqui	2400105423	Abdunnahman
23.	Mohd. Waiz Ansari	2400105351	Mohd. Waiz
24.	Ahmed Raza Khan	2400101795	Ahmed
25.	Nishtha Singh	2200100601	Nishtha
26.	Princy Gupta	2200101261	Princy
27.	Ocuplat	2200101111	Ocuplat
28.	Nausheen	2000101257	Nausheen

Rajiv Ranjan
21-05-2025

