



## ONE DAY SYMPOSIUM

on the occasion of

# INTERNATIONAL DAY OF YOGA 2025

Saturday, 21 June 2025

Organizing by

**MAHAYOGIGURUGORAKHNATHAYUSHUNIVERSITY,**

Pipri, Bhathat, Gorakhpur, Uttar Pradesh-273306, India



**Venue:** Auditorium, Mahayogi Guru Gorakhnath AYUSH University,  
Pipri, Bhathat, Gorakhpur, Uttar Pradesh-273306, India

# ORGANIZATION COMMITTEE

## CHIEF PATRONS

### SMT. ANANDIBEN PATEL

Hon'ble Governor, Uttar Pradesh  
Chancellor, Mahayogi Guru Gorakhnath AYUSH  
University, Gorakhpur

### SHRI YOGI ADITYANATH

Hon'ble Chief Minister,  
Government of Uttar Pradesh

## PATRON

### DR. DAYASHANKAR MISHRA

#### “DAYALU”

Hon'ble Minister of State (Independent Charge),  
Ayush, Govt of UP

## CO-PATRON

### SHRI RANJAN KUMAR

Principal Secretary  
Ayush, Govt of UP

## ORGANIZING CHAIRMAN

### Dr. K. R. C. Reddy

Senior Professor & Vice- Chancellor,  
Mahayogi Guru Gorakhnath AYUSH University, Gorakhpur



Vishwanath Temple  
Varanasi

Gorakhpur city is well connected with Flight services,  
Roadways and Rail.  
Gorakhpur city also surrounded by different  
ancient and historical places.



Sarnath

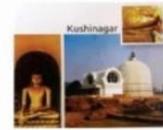


Gorakhnath Temple



Ram Temple  
Ayodhya

Since Gorakhpur is adjacent to  
Nepal therefore it is well connected with  
Lumbini, Khatmandu etc. places in Nepal.



Kushinagar

**PLACES OF VISIT NEAR BY GORAKHPUR**

## **MAHAYOGIGURUGORAKHNATHAYUSHUNIVERSITY, GORAKHPUR**

Mahayogi Guru Gorakhnath AYUSH University (MGGAU), Gorakhpur, Uttar Pradesh, India (Bharat) is the University established by the State AYUSH University, Uttar Pradesh Act no. 6 of 2020, expanded to disseminate and advance knowledge with all upcoming Infrastructure & full-fledged facilities going to become as one of the biggest University in Ayurveda, Yoga & Naturopathy, Unani, Siddha & Sowa-Rigpa and Homeopathy (AYUSH) systems of medicine. Ex-President Sri Ram Nath Kovind Ji lays the foundation stone of MGGAU with the auspicious presence of Hon'ble Governor, U.P., Smt. Anandiben Patel Ji, Chancellor of MGGAU and Hon'ble Chief Minister, U.P. Yogi Adityanath Ji on August 28, 2021. Mahayogi Guru Gorakhnath AYUSH University is a dream project of Hon'ble Chief Minister Yogi Adityanath Ji Maharaj where AYUSH systems of medicine along with Nursing, Pharmacy, Paramedical Sciences and such other disciplines as may be prescribed from time to time and to ensure efficient and systematic teaching, training and research.

### **GORAKHPUR**

It is a matter of pride that the Ayush University established in the tapobhoomi of Maha Yogi Baba Gorakhnath who is considered to be the founder of the Shiva sub-tradition of 'Nath' religious denomination and monastic movement in India. His work authored in subjects of Ayurveda studies such as Rasashastra which are published in books pertaining to 'Nath' literature, Yoga form a part of Ayurveda's salient learnings. Gorakhpur has rich historic and cultural background.

### **YOGA**

Yoga is integral part of Ayurveda helps in maintaining well-being of body, mind and soul. Yoga is defined as the application of yoga practice and postures to the treatment of health conditions and involves instruction in yogic practices and teachings to prevent reduce or alleviate structural, physiological, emotional and spiritual pain, suffering and enhance overall well-being and quality of life. Nathpanth school of yoga has been contributed to great extent for the mankind. Nathpanth (Nath Sect / Nath Sampradaya) is a religious sect under the "Shaiva sect" of Hinduism. Believed to be started with the origin of mythical God & incarnation of God Shiva "Dattatreya". Dattatreya is believed to be the founder or the "Aadi Guru" (first teacher) of the Nath sect.

The Nath sect is a tradition which indulges and practices many types of traditions like Yoga, It is believed that Gorakhnath was also a saint from this clan. He added many new traditions into this tradition like Siddha Yoga. Naths are also associated with "Naga Sadhus" believed to be the saints of highest ranks. Naths have the highest prominence in the Saints hierarchy. Gorakhnath himself was an incarnation of Shiva with many powers and the knowledge of wide ranges of bewitchment,

mesmerism, spells, spell binding, and sorcery. Shri Yogi Aditya Nath Ji Maharaj is currently the Gorakhnath Math Mahanth, carrying on the Nath sect. Presently Nath sect is prevailed all over India and Nepal.

Most of the Siddhas or Yogis or perfected beings belonging to the Nath order are also known as Rasa Siddhas or alchemists. They are so referred to because of their experiments with using processes to increase the lifespan and to allow the individual to attain liberation within the same lifespan.

Yoga and the Nath Siddhas are closely linked and much of the Yogic techniques and texts that are taught today can be attributed to the Nath. The Nath Yogis were scientists of ancient times, who through methods and techniques were able to refine their bodies and minds to attain a spiritually enlightened state.

The Nath Yogis devised such practices and methods to bring about the purification and de-conditioning and this science became popularly known as Hatha Yoga or Raja Yoga.

### **THEME OF SYMPOSIUM**

The objective of this symposium is to assess the applied aspects of Yoga and need to provide a physical and mental wellbeing of Human beings by providing mind-body fitness to the entire world. 21 June is celebrated as International Day of Yoga since 2014. This symposium also plays a very important role and gives elaborate understanding of the Nath Philosophy as well as the yogic practices for betterment of mankind.

#### **Contact Us**

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#### **Contact Address**

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