

Program Report: International Day of Yoga

Event Title: International Day of Yoga

Date: June 21, 2024

Location: DDA Park 2, Lajpat Nagar

Collaborators: Ayush Ministry, DDA, Akhil Bhartiya Yog Shikshak Maha Sangh

### Introduction

The International Day of Yoga was celebrated on June 21, 2024, at DDA Park 2 in Lajpat Nagar. This significant event was organized in collaboration with the Ayush Ministry, the Delhi Development Authority (DDA), and the Akhil Bhartiya Yog Shikshak Maha Sangh. The day aimed to promote the many benefits of yoga, emphasizing its importance for both physical and mental well-being. With an increasing awareness of health and wellness in contemporary society, this event served as a reminder of the positive impact that yoga can have on our lives.

The celebration of this day is rooted in the recognition of yoga as an invaluable practice that transcends cultural boundaries, offering holistic benefits that resonate with people from diverse backgrounds. The International Day of Yoga was first celebrated on June 21, 2015, following a proclamation by the United Nations General Assembly, and has since become a global event encouraging individuals to integrate yoga into their daily lives.

### Objectives

The primary objectives of the event were multifaceted. Firstly, the celebration aimed to engage the community in yoga practices, allowing participants to experience the physical and mental benefits firsthand. Secondly, the event sought to raise awareness about the significant advantages of yoga, such as improved flexibility, strength, and mental clarity, thereby encouraging individuals to incorporate yoga into their daily routines. Additionally, the collaboration among various organizations was intended to foster a sense of unity and collective effort in promoting yoga and wellness. Lastly, the event aimed to encourage participation from a diverse group of individuals, creating an inclusive environment that welcomed all, regardless of their prior experience with yoga.

### Activities

The celebration of the International Day of Yoga comprised several well-structured activities designed to engage participants and promote the practice of yoga:

1. **Yoga Session:** The main highlight of the event was a comprehensive group yoga session led by the experienced yoga expert, Pankhuri Srivastava. The session was thoughtfully designed to cater to participants of all ages and skill levels. As individuals gathered on their mats in the serene environment of DDA Park, they were guided through various yoga poses and breathing exercises that focused on enhancing physical fitness, relaxation, and

mindfulness. Participants were encouraged to listen to their bodies and practice at their own pace, ensuring a supportive and positive atmosphere. The yoga session emphasized the importance of aligning breath with movement, fostering a deeper connection between mind and body.

2. Facilitation and Dignitary Presence: The event was graced by several esteemed dignitaries, adding an element of prestige and significance to the occasion. Among them was Ms. Meenakshi Lekhi, the Former Union Minister of State for External Affairs and Ministry of Culture. Her presence underscored the importance of yoga in fostering a healthy and harmonious society. Shri Lakhpat Meena Ji, the Deputy Director of DDA, also attended, representing the authority's commitment to promoting wellness initiatives in the community. Additionally, Shri R.K. Yadav, a representative from the Ayush Ministry, was present to support the event and reinforce the government's commitment to integrating yoga into public health initiatives.

3. Acknowledgment of Dignitaries: The founder of Super Child Education India, Abhinav Pandey, played a key role in facilitating the dignitaries during the event. He welcomed the esteemed guests, expressing gratitude for their participation and support in promoting yoga and wellness within the community. His engagement with the dignitaries helped to create a positive and encouraging atmosphere, highlighting the collective efforts of all stakeholders in promoting yoga as a vital practice.

## Participation

The event witnessed enthusiastic participation from the local community, with a total of 300 individuals joining the yoga session. Participants included families, students, health enthusiasts, and individuals from various backgrounds, showcasing a strong community interest in yoga and well-being. The gathering of such a diverse group highlighted the universal appeal of yoga and its capacity to unite people through shared experiences. As participants engaged in the session, a sense of camaraderie and mutual respect developed, further reinforcing the community bond.

## Conclusion

The International Day of Yoga at DDA Park 2 was a resounding success, effectively bringing together the community to celebrate the many benefits of yoga. The collaboration between the Ayush Ministry, DDA, and Akhil Bhartiya Yog Shikshak Maha Sangh ensured a well-organized and impactful celebration that resonated with participants.

Through the participation of esteemed dignitaries and the expert guidance of Pankhuri Srivastava, the event successfully promoted the practice of yoga and raised awareness about its significance for holistic health. The atmosphere during the yoga session was one of positivity and encouragement, leaving participants with a sense of accomplishment and motivation to continue their yoga journey beyond the event.

Moving forward, similar initiatives will continue to foster community engagement and promote a culture of wellness through yoga. By creating opportunities for individuals to come together and practice yoga, we can cultivate a healthier society that values physical fitness,

mental clarity, and overall well-being. The celebration of the International Day of Yoga not only honored the practice itself but also reinforced the importance of unity and collective efforts in promoting a healthier lifestyle for all.