

# The International Day of Yoga Celebrations

## Yamkeshwar Block, Delhi

21st June 2023

The International Day of Yoga at the premises of Yamkeshwar Block witnessed a successful programme organized by the Yamuna Parivar Council, with the inspiration and in partnership with Parmarth Niketan, Rishikesh. The yoga program was conducted in adherence to the protocols set by the Government of India.



The yoga program took place at Ram Beti Old Age Ashram in Delhi, where a large number of Yamuna devotees and other participants practiced in yoga, estimated to be about 100 participants. The event was successfully organized and coordinated by Director and social worker Shri Kapil Garg and renowned yoga instructors Shri Prem Singh and Shri Mukesh Solanki. Local residents also actively participated in the yoga program, ensuring their involvement.



The yoga instructors enlightened the participants about the physical, mental, and spiritual significance of yoga in daily life. It is noteworthy that the Yamuna Parivar Council has been working



for the upliftment of the Yamuna River in Delhi under the guidance of revered Pujya Swami Chidanand Saraswati Ji Maharaj for the past three years.

During the yoga program, the instructors guided the participants through various yogic activities, including meditation, asanas, pranayama, alternate nostril breathing, etc. These yoga asanas rejuvenated the participants and filled them with immense energy and joy. The event was followed by the planting of Kadamb and Rudraksha tree plantations and honoring the elderly.



The program was coordinated by Mr. Manoj Agrawal and Mr. Mukesh Mathur, among other volunteers. Director Mr. Kapil Garg expressed his commitment to organizing similar events in the future. The program concluded with the Yamuna Aarti and the national anthem.

