

Green Yoga Day Celebrations at Parmarth Niketan, Rishikesh

Special Mission Life- Lifestyles for the Environment Pledge with UNICEF India and youth

National Pride filled the celebrations with special Rashtragaan and Purnahuti of the Yagya for World Peace and Vasudhaiva Kutumbakam



RISHIKESH: Yoga enthusiasts from around the world and across India came together at Parmarth Niketan, Rishikesh in the spirit of Vasudhaiva Kutumbakam, the world is one family, to celebrate the 9th International Day of Yoga on the holy banks of Mother Ganga, in the lap of the Himalayas.

As HH Pujya Swami Chidanand Saraswatiji, President of Parmarth Niketan, graced and blessed the occasion, joining in the morning yoga practice the divine atmosphere was filled with excitement, as the night's rains cleared for a beautiful and bright sunny morning, for this special day for spreading and sharing the gifts of Yoga with all.

The beautiful morning began with sacred Vedic chanting by Pujya Sadhvi Abha Saraswatiji and a sacred lamp lighting ceremony by Pujya Swamiji and honorable dignitaries. It was followed by special messages from Pujya Swamiji and Pujya Sadhvi Bhagawatiji on the power of Yoga and the potential of transformation and healing that it holds for the world.

Pujya Swamiji's Yoga Day video message: <https://www.youtube.com/watch?v=gED9vwm1hIU>
Pujya Sadhvi's Yoga Day video message: <https://www.youtube.com/watch?v=6-G4BJGwfVQ>



Pujya Swami Chidanand Saraswatiji shared, "Do yoga, be yoga, learn yoga, live yoga and love yoga. Yoga Day should inspire us and commit us to make Yoga part of our every day. Yoga is not just asana, pranayama and practices on the mat but these practices transform who we become off the mat and into the world. This transformation allows us to lead lives in greater harmony with ourselves, our communities and with our Mother Earth. This allows us to have healthier relationships in our communities and our families. Today the Yoga that is needed the most is Green Yoga! Yoga and yogis dedicated to protecting our planet, our sacred water bodies, our soil, our air and our planet! Let us pledge to not just do Yoga but to truly be Yoga!"



Pujya Swamiji also shared about the tree plantation plans for the upcoming monsoon season and how on the eve of Yoga Day yesterday a special tree plantation programme was held in a village near Neelkanth Mahadev Mandir. He mentioned that there would be the plantation of 1000

Rudraksha saplings there this monsoon for a beautiful Rudraksha forest. The plantation was with the Hon'ble District Magistrate of Pauri Garhwal Dr. Ashish kumar Chauhanji, joined by devotees from around the world and around the nation alongside the Parmarth Gurukul Rishikumars. There was also plans made to engage and inspire Kanwadis coming in the Kanwad Mela to serve the Kanwad Mela region by engaging them in tree plantation and creation of small watersheds for the wildlife and elephants living in the Rajaji National Park.



Pujya Sadhvi Bhagawati Saraswatiji who was travelling abroad on Yoga Day for a large event in Colombia shared in her video message, "Do yoga and allow yourself to live and share yoga. It will be the best gift and service you can do for yourself, your family, your community, your country and for all of Mother Earth."

She added, "Yoga is a prescription for a dharmic life, a healthy life, a grounded life and has nothing to do with our religion, colour, culture or nationality. The principles of yoga cultivate righteousness, integrity, truth, oneness, love and divine connection, values that are for the welfare of all!"

After a blissful morning common yoga protocol filled with asana, pranayama, meditation and Surya Namaskar there was the pride-filled singing of the National Anthem of India. There was a special emphasis on Mission Life and it was shared that in line with the multifaceted service initiatives, being organised by the Ashram and it's affiliated organisations, under the vision of Pujya Swamiji, dedicated to environmental preservation a special pledge was led.



Ms Shalini Prasad from UNICEF India who joined the programme shared on the importance of yoga in promoting sustainable lifestyles and invited youth to lead a beautiful Mission LiFE pledge, committing us to doing all that we can to conserve, preserve and protect the environment. Four young youth from the Parmarth Gurukul Shivani, Puneet, Mayank and Muskan came together to

lead the Mission Life pledge: "I pledge to make all possible changes in my daily life to protect the environment. I also commit to continuously motivate my family, friends and others about the importance of environmentally friendly habits."



Ganga Nandini, Yogacharya at Parmarth anchored the entire event and invited everyone to learn more about Parmarth's year-round yoga offerings and yoga programmes online at www.parmarth.org/yoga and thanked all of the Acharyas and volunteers who had been serving for many days on end to make these Yoga Day Celebrations a great success.

Closing the morning celebration was a divine sacred Yagya puja which was led by Pujya Swamiji, respected dignitaries and young children followed by a saatvic breakfast under the sacred grooves and in the Sarveshwar Bhagawan courtyard for all.

LIVE Yoga Day Celebrations - [YouTube Link](#)



The International Day of Yoga Day celebrations continued with afternoon Yoga and Meditation class with fifty Safai Karamcharis and Yoga enthusiasts at Parmarth's World Toilet College, organized in partnership with Harpic and Jagran Pehel, designed especially for Sanitation Workers health and well-being.



A divine Yoga Day special Ganga Aarti was led by Pujya Swami Chidanand Saraswati Ji, accompanied by esteemed dignitaries and saints joined by more than 1,500 people from across the world. It further emphasized the message of Green Yoga, Yoga as a lifestyle and Yoga for Vasudhaiva Kutumbakam, lauded the vision and divine example of our Hon'ble Prime Minister Shri Narendra Modiji leading the celebrations at the United Nations this year. As the divine ceremony unfolded, the attendees connected with the sacredness of Mother Ganga and the pledge for environmental preservation as the basis for a healthy body and healthy planet.



Adding to the vibrancy of the event, the Rishikumars showcased their talent through LIVE chanting of the Patanjali Yoga Sutras as well as a captivating Yoga demonstration and dance performance. Their energetic and yogic movements left everyone in awe, mesmerizing the audience and adding an extra touch of enchantment to the celebration. The synergy of yoga and artistic expression and ringing of Yoga Sutras uplifted the atmosphere, further reinforcing the transformative power of yoga in various forms. Being International Day of Yoga and World Music Day both converged in the evening and world-renowned Ganga Aarti ceremony.



The Yoga Day Celebrations in the morning and the evening brought together approximately 2000 individuals from various parts of the world, at least more than a dozen countries and across many diverse states of India.

In addition to the physical attendees, thousands of people from across the globe also joined the event through the online live-streaming platform, creating a truly global gathering of yoga enthusiasts.

Sacred Ganga Aarti LIVE - [YouTube Link](#)

