

The International Day of Yoga Celebration

Keshav Dham in Vrindavan

21st June, 2023

On the auspicious occasion of the 9th International Yoga Day, which coincided with the successful completion of 9 years of Good Governance by the Government of India under the leadership of the Honorable Prime Minister Shri Narendra Modi Ji, a grand event was organized at Keshav Dham, Vrindavan. This event was inspired by the divine vision of revered Pujya Swami Chidanand Saraswati Ji and was conducted under the joint coordination of Director Shri Lalit Kumar Ji, Keshav Dham Vrindavan, and Vrinda Foundation.



The Yoga camp was graced by the presence of esteemed personalities such as Shri Mahesh Khandelwal Ji, Chairman of the Red Cross Society Mathura, Dr. Kailash Chandra Dubey Ji from the Natural Medicine Center at Keshav Dham Vrindavan, Shri Rajesh Kumar Agarwal Ji, District President of the Patanjali Yoga Committee Mathura, and Shri Kaanshiram Ji, a Protocol Yoga Teacher.



The yoga program followed the protocols set by the Government of India and included various yogic activities such as meditation, asanas, pranayama, and breathing exercises. These invigorating yoga asanas not only refreshed the participants but also filled them with a tremendous sense of energy and joy. More than 200 hundred participants took part in the celebrations with great enthusiasm and zeal.

