

Report of the Celebration of International day of Yoga at Head Office and Eastern Regional Centre, Kolkata

Yoga is a system of holistic living, having the roots in Indian tradition and culture. Evolved thousands of years back by the Rishis, Yoga techniques are being widely used for meeting the changing health care needs of mankind. Yoga has attracted global attention in recent years. The popularity of Yoga has grown beyond our country and the practice of Yoga can be seen in many of the foreign countries. The Yoga has crossed all the limitations of region, religion, caste, creed and nationality. Nevertheless, the Hon'ble Prime Minister has stressed the need of marketing Yoga at global level, keeping in view of the fact that Yoga is well accepted and the utility of Yoga can be used in a better way.

Recently, the UN has declared 21st June as the International Day of Yoga with the support of around 177 countries. The Ministry of AYUSH is given the responsibilities to make all arrangement for celebration of the International Day of Yoga in a befitting manner.

On 21st June, 2015, International Yoga Day was celebrated jointly by Head Office and ERC, Kolkata by the staff members of Head office and Eastern Regional Centre by practicing Yogasanas at the premises of Eastern Regional Centre, Salt Lake, Kolkata. On 22nd June, 2015 a course on meditation was organized under the guidance of Prajapati Brahma Kumari at the Conference Hall of the Head office, Kolkata. All the staff members of the Head Office and Eastern Regional Centre attended the said meditation course.



Pranayam practice at ERC, Salt Lake on 21st June, 2015



Yogasan at ERC premises, Salt Lake, Kolkata on 21st June, 2015



Yogasan and meditation at Head Office on 22nd June, 2015