

“Celebration of International Yoga Day “

Dt : 21st June, 2024



Report of Program



**Gujarat Tribal Research and Training Society,
Birsa Munda Bhavan, Gandhinagar**

“Celebration of International Day of Yoga - Program Details

21st June signifies "International Day of Yoga". Honorable Prime Minister Shri. Narendra Modi proposed to the United Nations for approval to celebrate 21st June as "International Day of Yoga" in front of the 59th General Assembly of the United Nations. As a result, it has been approved by the United Nations to celebrate 21st June as "International Day of Yoga" globally and in India. The reason for celebrating this day is to spread the ancient Indian tradition of yoga knowledge, which is invaluable to humanity, globally, and to encourage humanity towards health (well-being), happiness, peace, and humanity.



Since 2015, every year on 21st June, "International Day of Yoga" is celebrated worldwide and in India with the theme of "Yoga for Humanity and Peace". This year, the theme of International Day of Yoga 2024 is "Yoga for Self and Society". Following this concept, preparations for celebrating International Day of Yoga are ongoing this year as well.



On June 21, 2024, on the occasion of International Yoga Day, Gujarat Tribal Research and Training Society (GTRTS) organized a "Yoga Program" at Birsa Munda Bhavan in Gandhinagar. The program included various yoga postures, general exercises, pranayama, Surya Namaskar and meditation.



On the morning of June 21, 2024, at 8:00 AM, Gujarat Tribal Research and Training Society (GTRTS) celebrated International Yoga Day at Birsa Munda Bhavan in Gandhinagar. Dr. Vipul Ramani from GTRTS conducted the program, which included general exercises, various yoga postures, pranayama, Surya Namaskar and meditation. The general exercises focused on movements for

hands, legs, neck, and back. Following this, simple yoga asanas such as Tadasana, Vrikshasana, Ardha Chakrasana, Padahastasana, Bhadrasana, Shashankasana, Vajrasana, Padmasana, and Shavasana were demonstrated. Additionally, Kapalbhathi, Anulom-Vilom, and Bhramari pranayamas were practiced. Finally, Surya Namaskar was performed three times, followed by a meditation session.



Furthermore, what is the significance of general exercises, various yoga postures, pranayama, Surya Namaskar and meditation in human life? Why should they be practiced regularly? Through these practices, it was explained how they contribute to making the body and mind healthy, strong and resilient. All officials and employees of GTRTS participated in this

collective yoga program on the occasion of International Yoga Day.

Group photographs

