



2023

INTERNATIONAL YOGA DAY



Consumer Education and Research
Centre Environmental Information,
Awareness, Capacity Building &
Livelihood Programme, Programme
Centre, Resource Partner Sponsored by
Ministry of Environment, Forest &
Climate Change

6/21/2023

Report on 9th International Yoga Day Celebration

21st June, 2023

International Yoga Day is celebrated on 21st June every year. India proposed the draft establishing the International day in the United Nations in 2014. The draft was endorsed by 175 nations, following which, the UN proclaimed 21st June as the International Day of Yoga.

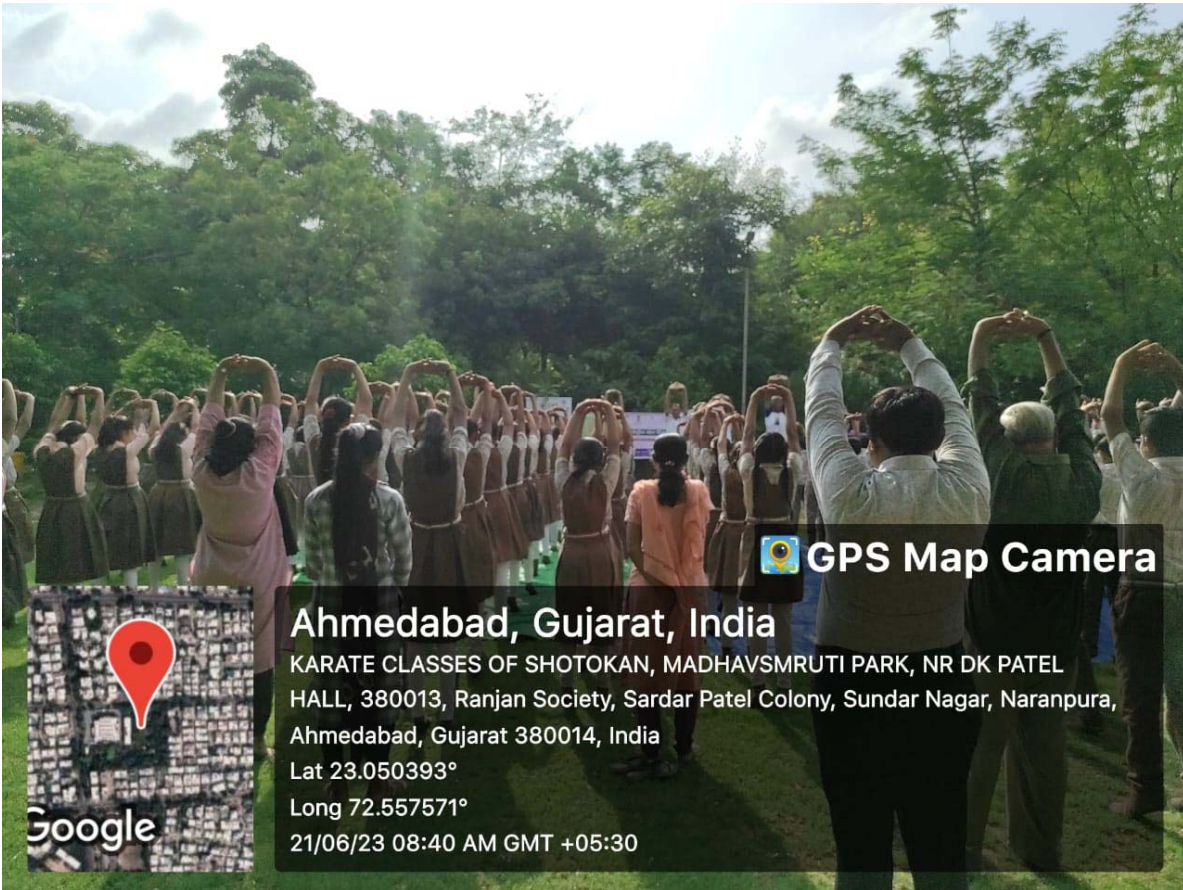
This year on 21st of June, Consumer Education and Research Centre celebrated International day of Yoga with High School students and teachers of Suman Vidhyalaya in Naranpura area of Ahmedabad from 8:00 AM to 9:15 AM. A second event from 11:30 AM to 12:30 PM, was organized for the staff of Consumer education and Research center in the CERC office itself.


ANNEXURE-1

About 150 students from class 8th to 12th participated in Yoga session. They were taught various Asanas like *Vajrasan*, *Ardhachakrasan*, *Tadasan*, etc. along with various Pranayamas like *Kapal Bhati*, *Anulom-Vilom*, and *Bhramari*, by a team of Yoga experts including IT officer Ms. Mayuri Tank (certified yoga instructor) of CERC-EIACP team.

After the Yoga session, Ms.Divya Namboothiri, Program officer, CERC-EIACP, delivered a small talk on importance of yoga in context of Lifestyle for environment i.e. Mission LiFE. She emphasized on importance of healthy lifestyle, which can be done with healthy food choices along with daily yoga practice.

The event successfully completed after the vote of Thanks by honorable Principal, Mr.Patel of Suman Vidhyalaya.



 **GPS Map Camera**

Ahmedabad, Gujarat, India

KARATE CLASSES OF SHOTOKAN, MADHAVSMRUTI PARK, NR DK PATEL HALL, 380013, Ranjan Society, Sardar Patel Colony, Sundar Nagar, Naranpura, Ahmedabad, Gujarat 380014, India

Lat 23.050393°

Long 72.557571°

21/06/23 08:40 AM GMT +05:30



ANNEXURE-2

Yoga Day was also celebrated by the staff of Consumer Education and Research Centre under the guidance of certified Yoga Instructor Ms. Mayuri Tank.

Twelve staff members of CERC participated in this session. They learnt and performed various pranayamas.



