



INTERNATIONAL DAY OF YOGA, 2021

Gujarat Ecology Commission,
The State ENVIS Hub

Flyer prepared for International Day of Yoga, 2021



International Yoga day,
2021

Theme: Yoga for wellbeing



*“Wellbeing of body,
wellbeing of soul”*

Date: 21.06.2021

Place: Shivrajpur Beach

Time: 7am – 8am

Introduction

The concept of International Yoga Day was first proposed by Hon'ble Prime Minister of India, Mr. Narendra Modi on 27th September, 2014 at the UN General Assembly. As a result of that 21st June, the day of summer solstice was chosen for the celebration. International Day of Yoga was first celebrated in the year 2015 and around 36,000 people around the world performed 21 asanas for 35 minutes. In New Delhi the Hon'ble Prime Minister initiated the same and from then on Yoga Day is celebrated everywhere across the world.

Purpose

Yoga is a form of physical exercise which refreshes and rejuvenates mind, body and soul. The wellbeing of the people is ensured through yoga practice. Yoga is an age-old practice which originated in India around 5000 years ago. It was designed and developed as a pathway to achieve enlightenment by connecting mind, body and soul of the people, but it got its popularity as an effective mode of exercise for the improvement of mind and body in the Western countries. In an era where people are staying at home, isolated since last year due to the advent of COVID – 19, the question of mental peace and mental and physical wellbeing are discussed more often. In this time promoting Yoga for betterment is a necessity which will not only improve the body but also will provide psycho-social care and rehabilitation.

The theme of this year's celebration was "Yoga for wellbeing". As many people are suffering from anxiety, physical pains, and personal losses due to COVID crisis this is the perfect time to incorporate yoga in everyone's daily lives. The United Nation has offered Yoga resources to the people in the COVID 19 portal on wellness. The World Health Organisation suggested Yoga to improve health in its Global Action Plan on Physical activity of 2018-2030 with the objective that healthier world will provide more active people.

Event

With an objective to promote wellness of body and soul Gujarat Ecology Commission organised a Yoga session at Shivrajpur Beach, Dwarka on 21st June, 2021 on the occasion of International Yoga Day for the people of the neighbourhood. Shivrajpur beach has been awarded as the Blue Flag Beach and it is one of the most beautiful blue flag beaches among the 8 across the country.

The yoga session was from 7am – 8am. 55 people participated in the session, among them 30 people are from various parts of Dwarka and 25 people were from Beach Management staffs. The session was conducted by Mr. Ratnakar Padh, who has done M.Sc. in Yoga and currently pursuing PhD in the same. He is an affiliated Yoga therapist. The session was conducted by maintaining social distance. All participated enthusiastically and around 20 – 25 yoga poses have been practised.

The session started with an opening speech by the Beach Management Authority. The importance and significance of yoga in everyday lives were explained by the trainer. Then the session started. The open platform and the weather was perfect for the session. A session was also conducted on the beach, it gave a different satisfaction to the people. Everyone enjoyed the session thoroughly. Some even put forward their perspectives on Yoga. This initiative of GEC was appreciated by all as it gave them a break from the monotony of life.



Photo 1 Yoga session