

Brief Report on “Celebrating International Yoga Day”



Gujarat Council of Science City

Department of Science and Technology, Government of

Gujarat

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International Yoga Day was celebrated at Gujarat Science City by Ahmedabad District Administration, Gujarat Yoga Board and Gujarat Science City.



21st June every year is celebrated as 'International Yoga Day' around the world. This year, the International Yoga Day was celebrated on the theme of 'One Earth, One Health' across the world. The state government has also organized various programs on the occasion of Yoga Day across the state.



In the year 2014, Prime Minister Shri Narendra Modi in his address to the United Nations proposed to celebrate Yoga Day on June 21. Accepting which, Yoga Day was officially announced in the United Nations General Assembly. Since 2015, International Yoga Day is celebrated every 21 June.



On International Yoga Day, people everywhere practice yoga. In which people from small children to old people also join. Then, like every year, Yoga Day was celebrated in Gujarat Science City. Ahmedabad District Administration, Gujarat Yoga Board and Gujarat Science City jointly organized the 9th International Yoga Day celebrations. Every citizen of the city was invited to participate. Under the guidance of experts from Gujarat Yoga Board, the participants practiced various types of yoga from 6 am to 7:30 am and experienced relaxation in body and mind. Apart from this, the participants were also informed by the experts about the benefits of doing yoga in the body. Around 500 participants enthusiastically participated in this program.



As part of the International Yoga Day, a yoga training program was organized at Gujarat Science City from June 5 to June 20, in which yoga experts guided people about the ways to do different types of yoga and the health benefits of doing it. A large number of people from different areas of the city participated in this training program.