

আগামী ভারত (Agami Bharat)

"Agami Bharat" is a blog, based on Bharatiya Nationalism and culture. We will build a strong BHARAT.

Saturday, June 22, 2019

Kolkata celebrated International Yoga day

Indian Museum Celebrated International Yoga Day



Fifth International Yoga Day have observed with warm dignity to all over India. Yesterday Art of Living, Nehru Yuva Kendra South Kolkata has come collaborate together to make an august event on the auspicious occasion of this day at Indian Museum from 6:30-8:30am. Around 350 youth aspirants were assembled there to keep mind sharp and calm through the way of Yoga. This program was initiated with Lamplighting by respected dignitaries.



Mr.Rajesh Purohit Director Indian Museum, Kuntala Ghosh Dastidar Ex Captain Indian Football Team, Akash Shaw NSS Program Officer Vivekananda College was present as eminent person. The primary attraction Miss Madhavi Agarwal Member BOG, NYKS extended her view, "Yoga is an ancient physical, mental and spiritual practice that originated in India. The word 'yoga' derives from Sanskrit and means to join or to unite, symbolizing the union of body and consciousness." Mr Navin Naik State Director NYKS West Bengal acknowledging that Yoga continues to grow in popularity across the world. Swami Shraddhananda explained the importance of Yoga by excellent demonstration and share few tips for healthy life.



Raghumoni Chatterjee UNV DYC of NYK South Kolkata joined this mass yoga practicing session. Then they took pledge to sustain our environment by reducing plastic usage in our daily life. Every participants got IEC, T-Shirt, Cap, Certificates from Govt of India.

Report and photos- Goutam Guha