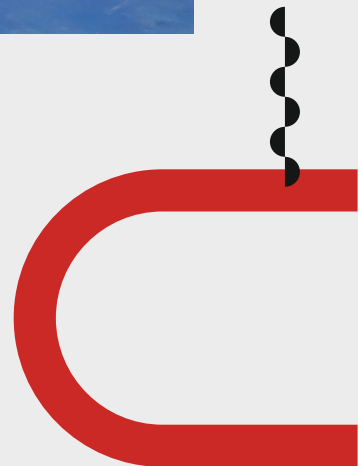




Celebration of International Yoga Day

21st of June, 2024, Duration of Event : One Day

Location : The prestigious Yamuna Sports Complex, New Delhi





Review of SHINING SOULS Project: Celebration of International Yoga Day 2024

Location: The prestigious Yamuna Sports Complex, New Delhi

On 21st June 2024, SHINING SOULS, in collaboration with MAA SHAKTI INTERNATIONAL NGO, organized a grand celebration of International Yoga Day at the prestigious Yamuna Sports Complex, New Delhi. The event was graced by the presence of Hon'ble Shree J Mukherjee from the Ministry of Home Affairs, Hon'ble Shree Jay Bhagwan Goyal Jee, the National President of United Hindu Front, and Shree Sanjay Goyal Jee, the Jila Adhyaksha of Sahadara.

The event commenced with an invocation to the spirit of Yoga, emphasizing its significance in fostering physical, mental, and spiritual well-being. The esteemed guests highlighted the importance of Yoga in today's fast-paced world, urging the attendees to embrace it as a daily practice.

A large number of participants, ranging from school students to senior citizens, gathered at the venue to engage in a guided Yoga session. The session, led by experienced Yoga instructors, included a series of asanas, pranayama, and meditation practices aimed at promoting holistic health.

Hon'ble Shree J Mukherjee spoke on the government's initiatives to integrate Yoga into the lives of citizens and its global recognition as a vital cultural heritage of India. Hon'ble Shree Jay Bhagwan Goyal Jee and Shree Sanjay Goyal Jee further motivated the audience by sharing their personal experiences with Yoga and its transformative impact on their lives.

The event also included a special segment where participants were encouraged to share their own experiences with Yoga, fostering a sense of community and shared learning.

The successful execution of this event is a testament to the dedication of SHINING SOULS and MAA SHAKTI INTERNATIONAL NGO in promoting wellness and cultural heritage through Yoga. The collaboration with esteemed personalities and organizations added significant value to the celebration, making it a memorable and impactful event for all who participated.

