



YOGA

Mahotsav-2023

Events to Commemorate
International Day of Yoga-2023



“Yoga embodies unity of mind and body, thought and action, restraint and fulfilment, harmony between man and nature, and a holistic approach to health and well-being.

- Prime Minister Narendra Modi ”

Organised by:

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Ministry of Ayush, Government of India

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MAHOTSAV-2023

Hyderabad is a city that boasts a rich cultural heritage and a modern urban landscape. It's a city that seamlessly blends the old with the new, the traditional with the contemporary, and the historic with the cosmopolitan. Known as the "City of Pearls" for its history as a major hub of the pearl trade.

Hyderabad is also famous for its mouth-watering cuisine, stunning architecture, and warm hospitality.

Hyderabad is a city that has something for everyone. Whether you're a history buff, a culture & art lover, or a foodie, this vibrant and welcoming city is sure to leave a long lasting impression on your heart and mind.

Morariji Desai National Institute of Yoga (MDNIY), Ministry of Ayush, Government of India, have been organising Yoga Mahotsav 2023 events to commemorate the International Day of Yoga (IDY)-2023.

As India is presiding G20 in the 'Amrit Kaal' with the spirit of 'Vasudhaiva Kutumbakam', various aspects of health and well-being are being deliberated upon by

the G20 members. IDY-2023 is witnessing the auspicious presence of eminent dignitaries including Hon'ble Union Ministers, Hon'ble Governors, Hon'ble Chief Ministers, Hon'ble Member of Parliaments, Celebrities, Ministers from the State Governments, senior officers, revered Yoga Gurus, eminent Yoga Masters and experts of Ayush, modern medicine and allied sciences, delegates and Yoga enthusiasts.



Success Journey of the International Day of Yoga (2015-2022)

First International Day of Yoga



The UN General Assembly, on 11th December, 2014 unanimously adopted a resolution on a proposal of the

Hon'ble Prime Minister Shri Narendra Modi ji to observe 21st June every year as the International Day of Yoga.

IDY began its journey on June 21, 2015 with the purpose to spread awareness about the health benefits of Yoga among people. The theme for the first IDY in 2015 was 'Yoga for Harmony and Peace'. The Hon'ble Prime Minister Shri Narendra Modi ji led the first mass Yoga demonstration at Rajpath, New Delhi.

The event witnessed two Guinness World Records - Largest Yoga session involving 35,985 participants and Maximum Number of Nationalities (84) participating in single Yoga session.

Millions of people across India and the world participated in the Common Yoga Protocol (CYP). To spread awareness about Yoga, MDNIY also prepared CYP Booklets & DVDs (Hindi & English).

Second International Day of Yoga

The second IDY was organized on June 21, 2016 at the Capitol Complex, Chandigarh, led by the Hon'ble Prime Minister with theme, "Yoga for the Achievement of the Sustainable Development Goals".

During the event, the Hon'ble Prime Minister announced two Awards: International and National Awards for outstanding contribution to the promotion and development of Yoga.

Over 30,000 people joined the Hon'ble Prime Minister for Yoga demonstration and hundreds of people with disabilities also performed the Common Yoga Protocol. A two-day International Conference on, "Yoga for Body and Beyond" was also organised at Vigyan Bhawan, New Delhi from June 21-22, 2016.



Third International Day of Yoga



On 21st June, 2017, the 3rd IDY was organized at Ramabai Ambedkar Maidan, Lucknow, Uttar Pradesh (UP) with the theme, "Yoga for Health". Shri Narendra Modi, Hon'ble Prime Minister inaugurated the event where 51,000 participants practiced the Common Yoga Protocol. The Hon'ble Prime Minister emphasised on the fact that Yoga has become a crucial factor in binding the world as it has become a part of everyone's lifestyle.

The event was also graced by Shri Ram Naik, Hon'ble Governor of UP, Shri Yogi Adityanath, Hon'ble Chief Minister of UP and several other dignitaries. A two-day International Conference on, "Yoga for Wellness" was organised from October 10-11, 2017 at Pravasi Bhartiya Kendra, New Delhi.

“Yoga is a symbol of universal aspiration for health and well-being. It is a health assurance on zero budget.”

- Prime Minister Narendra Modi

Fourth International Day of Yoga



The 4th IDY was organized at FRI Grounds, Dehradun, Uttarakhand on June 21, 2018 with the theme, **“Yoga for Peace”** wherein more than 50,000 people participated in CYP session along with the Hon'ble Prime Minister. Ministry of Ayush organised the fourth International Conference at Goa Kala Academy, Panaji from November 12-13, 2018.

The Yoga Ambassadors' Tour was organized in collaboration with Kerala Tourism Department with participants from 22 countries. Two mobile technology based applications, namely BHUVAN-YOGA (by ISRO) and Yoga Locator, contributed in public mobilization.

Fifth International Day of Yoga

The main event of 5th IDY was organised at Prabhat Tara Maidan, Ranchi with the theme, **“Yoga for Heart”** wherein more than 30,000 people participated in the Common Yoga Protocol along with the Hon'ble Prime Minister.

Ayush Ministry promoted eco-friendly Yoga accessories like Yoga mats and apparels made of natural products like cotton, which led to gains for our artisans working in the Khadi sector.

Yoga protocols for different groups such as, Yoga for Adolescents, Yoga for Expecting Mothers and Yoga for Women in the age-group of 40 plus were developed.

The fifth International Conference was organised at Karnataka State Open University, Mysore from 15-16, November 2019. The Conference was attended by more than 800 experts of Yoga and allied sciences.



Sixth International Day of Yoga



The 6th IDY was organised during the Covid times with the theme, **“Yoga at Home and Yoga with Family”**. Various online resources were made available on the digital platforms like the Yoga Portal and the social media handles like YouTube, Facebook, Twitter and Instagram to provide ample opportunities for people to learn Yoga from their homes.

“My Life, My Yoga” (MLMY) video blogging contest with attractive prizes for winners and runners-up in association with ICCR wherein contestants from 130 countries participated.

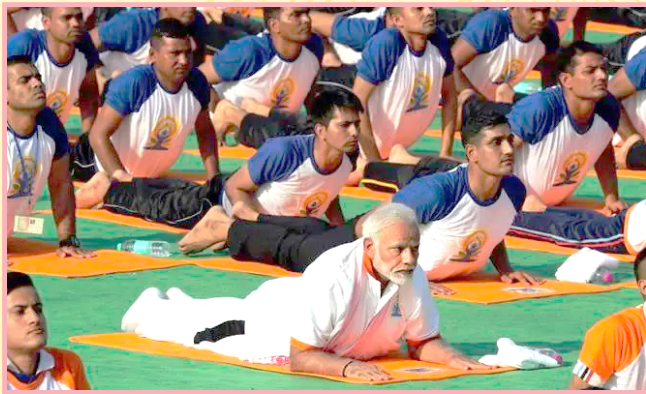
Prominent celebrities from the entertainment industry gave promotional messages on Yoga, encouraging people to participate actively from their homes.

Common Service Centers (CSCs) of the Ministry of Electronics & IT were roped in for the promotion of Yoga in rural areas. Daily telecast of CYP was broadcasted on DD Bharti to familiarize people with CYP and prepare everyone for the main event.

“ Yoga is not about exercise but to discover the sense of oneness with yourself, the world and the nature. ”

- Prime Minister Narendra Modi

Seventh International Day of Yoga



The 7th edition of IDY was organised by the Ministry of Ayush in association with leading Yoga institutions and other stakeholders on June 21, 2021 through virtual mode following Covid protocol. Millions of people from across the globe observed IDY in the confines of their homes.

The Hon'ble Prime Minister addressed through virtual mode and said, 'despite the pandemic this year's theme for International Day of Yoga - **"Yoga for Wellness"** - has raised the morale of the people' and wished everyone a healthy life.

Numerous digital initiatives by the Ministry of Ayush in collaboration with other stake-holding institutions/organisations made the practice of Yoga accessible to public, despite the restrictions imposed by the pandemic.

Eighth International Day of Yoga

Shri Narendra Modi Ji, Hon'ble Prime Minister of India led the 8th International Day of Yoga at Mysuru Palace Ground, Mysore, Karnataka wherein thousands of Yoga enthusiasts practiced CYP along with the Hon'ble PM.

As the 8th International Day of Yoga coincided with the 75th year of India's Independence; mass Yoga demonstrations based on the CYP were organized at 75 iconic locations across the country led by 75 respective Hon'ble Union Ministers.

The Ministry of Ayush hosted a global Startup Yoga Challenge, in partnership with Startup India and Invest India, which



envisaged inviting startups and individuals who have developed products (devices or software applications or both).

IDY-2022 witnessed many firsts, including the **Guardian Ring** programme that entailed live streaming of people performing Yoga in 16 different time zones along with the rising sun.

“ Yoga is the journey from 'me' to 'we'. Yoga makes an individual a better person in thought, action, knowledge and devotion. ”

- Prime Minister Narendra Modi

100 Days to IDY

Vigyan Bhawan, New Delhi, 2022



Kalubhai, and MoS for External Affairs and Culture Smt. Meenakshi Lekhi; and Swami Chidanand Saraswatiji, President, Parmarth Niketan, Rishikesh were also present on this occasion.

The program was also graced by, Shri B.S. Panth, Tourism Cabinet Minister of Sikkim Government; Vaidya Rajesh Kotecha, Secretary, MoA; Shri Pramod Kumar Pathak, Special Secretary, MoA; Dr. Ishwar V. Basavaraddi, Director, Morarji Desai National Institute of Yoga, MoA; Shri Vikram Singh, Director, MoA and many other Yoga Gurus, Officers and representatives of various organisations.

Morarji Desai National Institute of Yoga (MDNIY), Ministry of Ayush, Government of India organized Yoga Festival-2022 on 13th March, 2022 at Vigyan Bhawan, New Delhi to kick-start the celebrations of 8th International Day of Yoga.

Hon'ble Union Minister of Ayush and Ports, Shipping and Waterways Shri Sarbanand Sonowal inaugurated the event. Hon'ble Chief Minister of Haryana Shri Manohar Lal Khattar; Hon'ble Chief Minister of Sikkim Shri Prem Singh Tamang; Hon'ble Union Minister for Labour & Employment and Environment Shri Bhupender Yadav; MoS for Ayush Dr. Munjpara Mahendrabhai



Talkatora Indoor Stadium, New Delhi, 2023



Union Minister of Culture, Tourism, and DoNER; Hon'ble Shri N. Biren Singh, Chief Minister, Manipur; Smt. Meenakshi Lekhi, Hon'ble Union Minister of State for External Affairs, and Culture; Dr. Munjpara Mahendrabhai Kalubhai, Hon'ble Union Minister of State for Ayush; Vaidya Rajesh Kotecha, Secretary, MoA, and Dr. Ishwar V. Basavaraddi, Director, Morarji Desai National Institute of Yoga, MoA.

The event also witnessed the presence of Dr. H.R. Nagendra, Chancellor, SVYASA University, Bengaluru, Munishree Kamal Kumar, Terapanth Samaj, Rajasthan and international athlete Ms. Hima Das.

MDNIY organised a three-day Yoga Mahotsav 2023 from 13th to 14th March, 2023 at Talkatora Indoor Stadium, New Delhi and Post Mahotsav Yoga Workshops on March 15, 2023 at MDNIY.

Hon'ble Union Minister of Ayush and Ports, Shipping and Waterways Shri Sarbanand Sonowal inaugurated the event. The inaugural ceremony of Yoga Mahotsav was graced by Hon'ble Shri G. Kishan Reddy,



75 Days to IDY

Lal Quila (Red Fort), New Delhi, 2022



Union Minister of State for Education and External Affairs, Sh. Rajkumar Ranjan Singh; the Union Minister of State for Labour & Employment and Petroleum & Natural Gas, Sh. Rameswar Teli; the Union Minister of State for Ports, Shipping & Waterways, Sh. Shantanu Thakur were present. Among the Members of Parliament, who attended the event, were Sh. Jagadambika Pal, Sh. Rajendra Agarwal, Sunita Duggal, Mangala Suresh Angari, C Lalthananga, Phangnon Konyak, Topon Kumar Gogoi, Rajdeep Roy and Horen Singh Bey.

Eminent dignitaries and senior officials from Embassies & High Commissions of many countries including Sweden, Hungary, Vietnam, Madagascar, Trinidad & Tobago, Venezuela, Togo, Peru, Kyrgyzstan and Zimbabwe were also participated in the Yoga Utsav.

On the occasion of the World Health Day (7th April, 2022), the Ministry of Ayush organized Yoga Utsav at the iconic 15 August ground in Lal Quila (Red Fort). The event also kick-started the 75 days countdown to the International Day of Yoga (IDY). The event was graced by the Hon'ble Speaker of Lok Sabha, Shri Om Birla as the Chief Guest.

The Hon'ble Union Minister of Ports, Shipping & Waterways and Ayush, Sh. Sarbananda Sonowal; the Union Minister of Tourism, Culture & DoNER, Sh. G. Kishan Reddy; the Union Minister of Labour and Employment, Forest & Climate Change, Sh. Bhupender Yadav; the Union Minister of State for External Affairs and Culture, Smt. Meenakshi Lekhi; the



Dibrugarh University Playground, Assam, 2023



An MoU was also signed between the Moraji Desai National Institute of Yoga (MDNIY) and Dibrugarh University to develop an ecosystem of Yoga practitioners which will further reinforce our commitment to make Yoga a part of everyone's healthy lifestyle.

Apart from thousands of Indian students and Yoga enthusiasts; International students from Tanzania, Uganda, Kenya, Togo, Nepal, Nigeria, Lesotho, Botswana, Egypt, Namibia and Korea were also performed the Common Yoga Protocol under the leadership of Dr. Ishwar V. Basavaraddi, Director, MDNIY.

The Yoga Mahotsav, celebrated to commemorate 75 days to the International Day of Yoga, was a huge success as thousands joined at the gala event where they practiced Common Yoga Protocol (CYP) at the Dibrugarh University ground on April 7, 2023.

Shri Sarbananda Sonowal, Hon'ble Union Minister of Ayush along with Union Ministers of State and Chief Ministers, Ministers from North Eastern states participated in Yoga session based on Common Yoga Protocol on the 75th day to International Day of Yoga at Dibrugarh University Playground, Assam.



50 Days to IDY

Shivdol at Sivasagar in Assam, 2022



aimed at creating awareness about the various dimensions of Yoga and its ability to enrich human lives.

Apart from the Hon'ble ministers, the Members of Parliament from Assam, Nagaland and Arunachal Pradesh; Senior officials from Central and all northeastern states including eminent dignitaries & experts, Yoga enthusiasts and students participated in the Utsav. The demonstration of Common Yoga Protocol was led by Director MDNIY and team.

The Ministry of Ayush, Government of India, with active support from Government of Assam, organized a Yoga Utsav at the iconic holy site of Shivdol at Sivasagar in Assam to mark the 50 days countdown to International Day of Yoga on May 02, 2022. Hon'ble Union Minister of Ayush and Ports, Shipping and Waterways Shri Sarbanand Sonowal inaugurated the event.

The event saw participation of more than 10,000 Yoga enthusiasts from all the northeastern states of India. The Utsav was simultaneously held at seven historic locations of Sivasagar district in Assam which included Thora Dol, Rudrasagar Dol, Ronghar, Tolatol ghar, Kareng Ghar & Joydol, all places of historic importance, within the periphery of Sivasagar town. The event was



Shri Bhawani Niketan Shiksha Samiti, Jaipur, 2023



Hon'ble Union Minister of State for Parliamentary Affairs and Culture, Shri Arjun Ram Meghwal; Hon'ble Union MoS for Agriculture and Farmer's Welfare; Shri Kailash Choudhary; Hon'ble Union MoS for Ayush and Women & Child Development, Dr Munjpara Mahendrabhai Kalubhai; Hon'ble Members of Parliament including, Shri Subhash Chandra Baheria, Bhilwara; Shri Ramcharan Bohra, Jaipur; Smt. Diya Kumari, Rajsamand; Dr. Manoj Rajoria, Karauli-Dholpur; Shri Hanuman Beniwal, Nagaur; Shri Bhagirath Choudhary, Ajmer.

The Yoga Mahotsav witnessed an exhilarating atmosphere as more than 15,000 enthusiasts performed CYP, along with dignitaries, at the sprawling ground of Shri Bhawani Niketan Shiksha Samiti, Sikar Road, Jaipur on May 02, 2023. The Yoga Mahotsav was a celebration to commemorate 50 days to the International Day of Yoga-2023.

The event was graced by the Hon'ble Governor of Rajasthan, Shri Kalraj Mishra; Hon'ble Union Minister of Ayush and Ports, Shipping & Waterways Shri Sarbananda Sonowal; Hon'ble Union Minister of Jal Shakti, Shri Gajendra Singh Shekhawat;



25 Days to IDY

Lal Bahadur Shastri Stadium, Hyderabad, 2022



Mahendrabhai Kalubhai, and the Hon'ble Minister of Finance, Health, Medical & Family Welfare, Government of Telangana, Shri Thanneeru Harish Rao.

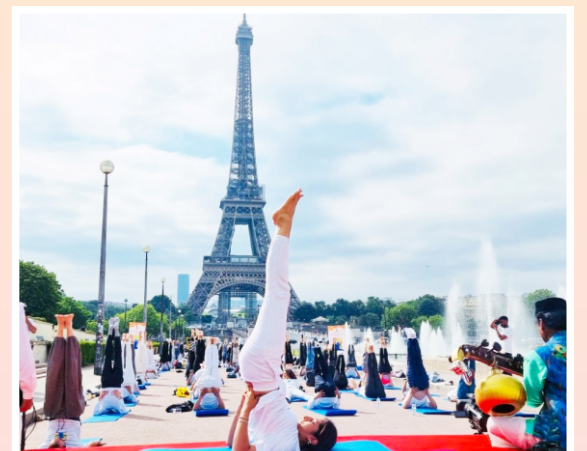
The event was conducted by Morarji Desai National Institute of Yoga (MDNIY) under the Ministry of Ayush where over 10,000 yoga enthusiasts performed CYP under the leadership of Dr. Ishwar V. Basavaraddi, Director, MDNIY.

The Yoga Utsav were also organised at five Archaeological sites viz. Rakhigari (Haryana), Hastinapur (Uttar Pradesh), Sivasagar (Assam), Dholavira (Gujarat) and Adichanallur (Tamil Nadu) across India.

Thousands of people from all walks of life joined the Yoga Utsav at Hyderabad to mark 25 days to the International Day of Yoga-2022. The event was organised by the Ministry of Ayush, Government of India with active support from the Government of Telangana. The event witnessed the presence of the Hon'ble Governor of Telangana, Dr. Tamilisai Soundararajan, who graced the occasion as the Chief Guest, along with the Hon'ble Union Minister for Ayush, Ports, Shipping & Waterways, Shri Sarbananda Sonowal; the Hon'ble Union Minister for Tourism, Culture & DoNER, Shri G Kishan Reddy; the Hon'ble MoS for Ayush and Women and Child Development, Dr. Munjpara



Guardian Ring



A unique program was organised to celebrate the movement of Sun-a relay Yoga streaming event on 21st June 2022. The event captured and weaved together the digital feed of IDY programs organized by the Indian Missions abroad. The Guardian Ring activity strung together the feeds from different Missions. The streaming initiated from Japan-the land of rising sun - at 6 AM local time and then moved westward. The Guardian Ring underlined the "One Sun, One Earth" concept and showcased the unifying power of Yoga.

75 Iconic Locations



International Day of Yoga 2022 demonstration at 75 Iconic places across India (with monument in the background), which coincided with 'Azadi ka Amrit Mahotsav' program, celebrating 75 years of India's independence. CYP was performed at 75 iconic sites across India. The states organized CYP demonstrations at 75 iconic places for branding India globally. Similarly, IDY was observed at different iconic sites worldwide. It was for the first time that the Ministry of Ayush with other stakeholders conducted CYP at 75 Iconic places.



100 days, 100 cities, 100 organizations



As a part of the 'Azadi ka Amrit Mahotsav', MDNIY conducted a Mass Yoga Demonstration Campaign spanning through 100-days, across 100 cities with 100 organizations worldwide in 2022. The journey began with Yoga Mahotsav celebrations on 13th March, 2022 at Vigyan Bhawan.

In the year 2022, MDNIY celebrated International Day of Yoga for 100 days, in 100 cities, with 100 organizations, along with other IDY promotional activities.



IDY GLIMPSES

(2015 - 2022)





Shri Sarbananda Sonowal
Hon'ble Union Cabinet Minister
Ministry of Ayush &
Ministry of Ports, Shipping and Waterways

Yoga is India's gift to the world, a powerful tool that can transform lives and create a better world for all. As we lead the G20 summit this year, let us showcase the timeless teachings of Yoga and its ability to promote health, harmony, and peace across nations.

I invite you to join us for the Yoga Mahotsav 2023 - events to commemorate International Day of Yoga-2023. This event provides a platform to showcase the immense benefits of Yoga, and how it can contribute to overall health and wellness. Through this event, let us celebrate the power of Yoga to transform individuals and communities, and make this momentous occasion a grand success.

Yoga has become a vital component of tourism, and our Hon'ble Prime Minister sees Yoga as a cultural ambassador to unite people worldwide.

Through the practice of Yoga, individuals can embark on a transformative journey, discovering inner peace, balance, and self-awareness. Its universal appeal transcends language, nationality, and religion, making it an ideal tool for connecting people from diverse backgrounds. By embracing Yoga, we open the doors to understanding, empathy, and mutual respect, laying the foundation for a harmonious coexistence among nations.

Let us embrace Yoga as a way of life and celebrate its transformative power at Yoga Mahotsav 2023 - events to commemorate International Day of Yoga-2023.



Shri G. Kishan Reddy
Hon'ble Union Cabinet Minister
Ministry of Culture, Ministry of Tourism
& Ministry of DoNER

As India holds the G20 summit this year, we welcome all experts and Yoga enthusiasts to join us for Yoga Mahotsav 2023 - events to commemorate International Day of Yoga-2023. This event is a testament to the transformative power of Yoga, which rejuvenates both the mind and body, and now, with efforts being made to bring Yoga in synergy with technology, it has become a global phenomenon.

Let us celebrate this event with zeal, inspiring a global movement towards holistic wellness and make IDY-2023 a great success.



Dr. Munjpara Mahendrabhai Kalubhai
Hon'ble Union Minister of State
Ministry of Ayush &
Ministry of Women & Child Development

Yoga is the first source of our life. Yoga is born in India. Nowadays it has become fashion in Europe to talk about integration of culture, integration of humanity, respect for religion, but Swami Vivekananda of India long ago has thrown light on the same issue, it can be understood that India's culture is already very rich. Yoga is sweetable for every culture.



Ms. Antonietta Rozzi
President Sarva Yoga International, Italy
PM Yoga Awardee-2019

WELCOME BY THE DIRECTOR, MDNIY



Dr. Ishwar V. Basavaraddi
Director MDNIY
Ministry of Ayush, Government of India

It gives me immense pleasure to extend a hearty welcome to all the Hon'ble dignitaries, revered Yoga Gurus, eminent Yoga Masters, experts of Ayush, modern medicine and allied science, delegates, Yoga enthusiasts to the Yoga Mahotsav 2023 - event to commemorate International Day of Yoga - 2023. Yoga is a priceless gift from India to the world and is immensely popular among all genres. It is a traditional system which makes an individual disciplined. This year the journey to IDY -2023 is all the more special as India is proudly hosting the G20 summit with the theme "Vasudhaiva Kutumbakam". I am sure that with everyone's cooperation and contribution, this edition of Yoga Mahostav will be celebrated in a befitting manner and will help to spread the message of Yoga in its true spirit and make it a global movement for peace, health and well-being.

