

## UPF India celebrates United Nation International Day of Yoga in New Dehli

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International Day of Yoga, commonly and unofficially referred to as Yoga Day, is celebrated annually on June 21 since its inception in 2015. An international day for yoga was declared by the United Nations General Assembly (UNGA) on December 11, 2014, almost unanimously which was proposed by the Hon'ble Prime Minister of India Shri Narendra Modi during his first UN Address as below:

*“Yoga is an invaluable gift of India’s ancient tradition. This tradition is 5000 years old. It embodies unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help in well-being . Let us work towards adopting an International Yoga Day.”*



From last year this UN Day is being celebrated in a huge manner by almost every nations in the world officially and India celebrates with nation-wide programs for one full week from 21st June.

To mark the observance of this historical UN Day, FFWPU and UPF also organized a small program at New Delhi, India. The program was held in peaceful environment with Parent's and children together with Meditation and short lectures emphasizing the need of character development together with the practices of Yoga. Dedicated Social Action for Developing (DADI- India) Project Director Mrs. Paramjit Bindra came along with Yoga teacher and the students her locality for the success of the event.



Program was attended by nearly 70 students and parents of the locality and the message was delivered by Dr. Parmod Mehra, Associate Professor of Indira Gandhi National Open University, Mr. Krishna Adhikari, Secretary General of UPF-India. The program was organized by Mr. Birendra Shrestha and Mr. Manoj Kumar as the coordinators of the event.

