

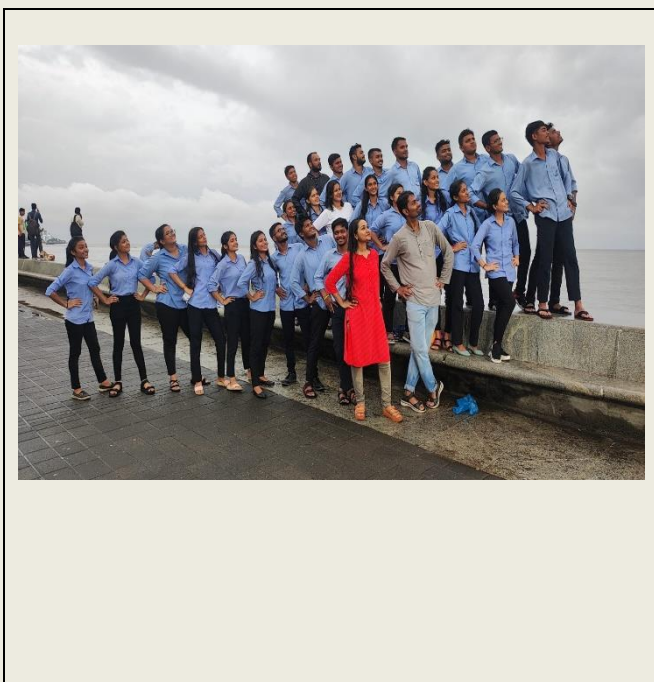
Event Name: International Yoga Day

Date & Time: 21 June 2022, 6-8 am



Location : Marine Drive

Sr.No.	Event Title & Venue Details	Program Coordinators (Team members name)	Total No. of Participants
1	International Yoga Day Marine Drive	Dr. Mansee Thakur Dr. Neelam Yeram Mr. Subodh Rahate	70



Shorteventreport

Times of India celebrated **INTERNATIONAL YOGA DAY** in association with Heartfulness institute, Shaina NC and Mickey Mehta. This event took place at Marine Drive on **21th of June2022**. The chief guest of the same were, **Shri PiyushGoyal** (Hon Union Minister of Commence) and **Shri Vishwas Nagre Patil** (IT Commissioner of Police, Law and order Mumbai).

Students of **MGM School of Biomedical Sciences, Navi Mumbai** following the practise of Heartfulness, weathered the one-of-a-kind morning, where they practised yoga in the rejuvenating breeze of the waterfront.

As a spiritual catalyst, **Daaji, Mentor of Heartfulness Institute** has portrayed '**Green yoga**' a bridge between the many practices and styles of yoga and our inherent connection to the natural environment. Daaji has given a brief related to green yoga saying, "when we began working here at kanha, a central part of India, the rainfall was generally about 600 mm per year and that would come only during 2 months and remaining 10 months we will not have rains and that's when we brought this land which was infertile and made it rich by four years of planting trees."

However, there is one question that yoga has been around for thousands of years & if it really could have such a far-reaching impact on the environment. Why hasn't it already done so? Yoga takes us a step closer to Mother Nature, aids in better understand of little things around us. Therefore our students are not only physically trained but also emotionally and spiritually guided.

"Where there is a positive flow of thoughts there will be increasing creativity and sensitivity towards the place we live in."

Report Prepared by: Ms. Rafiya Sangameshwari

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