

8th INTERNATIONAL DAY OF YOGA-2022

YOGA *for* HUMANITY

100 **DAYS**
CITIES
ORGANISATIONS



100 **DAYS**
CITIES
ORGANISATIONS



“

Yoga is now a global festival, it is not limited to an individual, but is for the entire human race. It brings peace to the world, makes us conscious, competent, and enlightens us toward a compassionate society

Shri Narendra Modi Ji

Hon'ble Prime Minister of India

on June 21, 2022

Mysuru Palace, Mysuru

”





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

“
Yoga is transforming the world
dynamics. It has become the basis of
numerous global cooperation initiatives
and is impetus in bringing together
different healthcare systems closer.

”

“
The practice of Yoga is a process of
self-discovery. It embraces and
implies perfect harmony of body and
mind leading towards a harmonious
integration of personality

”



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



Vaidya Rajesh Kotecha
Secretary, Ministry of Ayush
Government of India

“
Yoga is not just a practice but a powerful
tool with which one can attain harmony
of mind, body, and soul. Let's connect
with Yoga and promote India's heritage,
friendship and human values.

”

“
Yoga has demonstrated immense
benefits for bringing physical, mental &
emotional well-being. The dynamism of
Yoga synergises one's ability to stay
calm and focussed.

”



Smt. Kavita Garg
Joint Secretary, Ministry of Ayush
Government of India

From the Director's Desk



Namaste,

International Day of Yoga (IDY) is celebrated globally on June 21st to encourage people around the world towards a healthy lifestyle. MDNIY has paved the way to wellness and healing through its determined efforts to promote India's ancient heritage and value system. This year, setting the bar high, the Institute has discharged its responsibilities with doubled enthusiasm and devotion towards making IDY-2022-themed, "Yoga for Humanity," a memorable one.



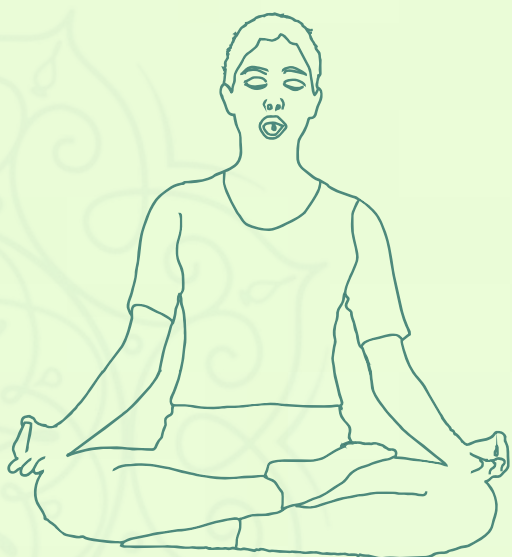
Dr. Ishwar V. Basavaraddi
Director, MDNIY

As a part of 'Azadi ka Amrit Mahotsav', MDNIY conducted a Mass Yoga Demonstration Campaign spanning through 100-days, in 100 cities with 100 organizations across the globe. The journey started from Yoga Mahotsav celebrated on March 13th at Vigyan Bhawan following which the 75-day Countdown event was organized at the Red Fort in Delhi. Continuing with the chain of events, the 50-day Countdown event occurred at Shiva Doul Temple Complex in Sivasagar, Assam, on May 2nd, 2022. The IDY celebrations on June 21st took place at Mysuru in Karnataka where the Hon'ble Prime Minister of India Shri Narendra Modi Ji led the Mass Yoga Demonstration.

For the first time, Yoga was demonstrated at 75 Iconic locations, a unique initiative 'Guardian Ring' weaved together the digital feed of IDY programmes organized by the Indian Missions abroad and the Digital and Static Exhibition showcased the latest interactive technologies, presenting the grandeur of Yoga, Ayush systems, and Yoga Startups.

Charting a new path to health and wellness with the power of Yoga, this publication showcases the celebrations of 100-days, across 100 cities and 100 organizations in one frame to promote health, well-being, and world peace.

Jain Hind!



Yoga Utsav

25 Days to

INTERNATIONAL

DAY OF YOGA -2022

**at Lal Bahadur Shastri
Stadium, Hyderabad**

May 27, 2022



**Inauguration of Yoga Utsav,
25 Days to IDY - 2022
at Hyderabad**



**The Hon'ble Governor of Telangana and the
Lieutenant Governor of Puducherry
Dr. Tamilisai Soundararajan (2nd from right),
practicing CYP along with the eminent dignitaries.**



Hon'ble Union Minister of Ports, Shipping & Waterways and Ayush; Shri Sarbananda Sonowal Ji highlighted that under the dynamic leadership of Hon'ble Prime Minister, Shri Narendra Modi Ji; Yoga has got the necessary platform which has helped build the brand India image.



Hon'ble Union Minister of Culture, Tourism, and DoNER; Shri G. Kishan Reddy Ji joined the CYP celebration with the celebrities.



**Ms. Kavita Garg, Joint Secretary,
Ministry of Ayush during the welcome address**



**Director MDNIY led the CYP demonstration wherein
thousands of Yoga enthusiasts practiced CYP.**



Yoga Utsav

**50 Days to
INTERNATIONAL
DAY OF YOGA -2022**

at Shivadol, Sivasagar, Assam
May 2, 2022



Thousands of Yoga enthusiasts from all the Northeastern States participated in Yoga Utsav to mark 50 days countdown to IDY-2022 at Shivadol, Sivasagar, Assam.



The event witnessed the presence of dignitaries, officials & students



CYP session is in progress





Shri Pramod Kumar Pathak,
Special Secretary, Ministry of Ayush
welcoming the dignitaries.



The demonstration of the CYP
led by Director MDNIY & team at the
holy premises of Sivadol in Shivsagar, Assam.



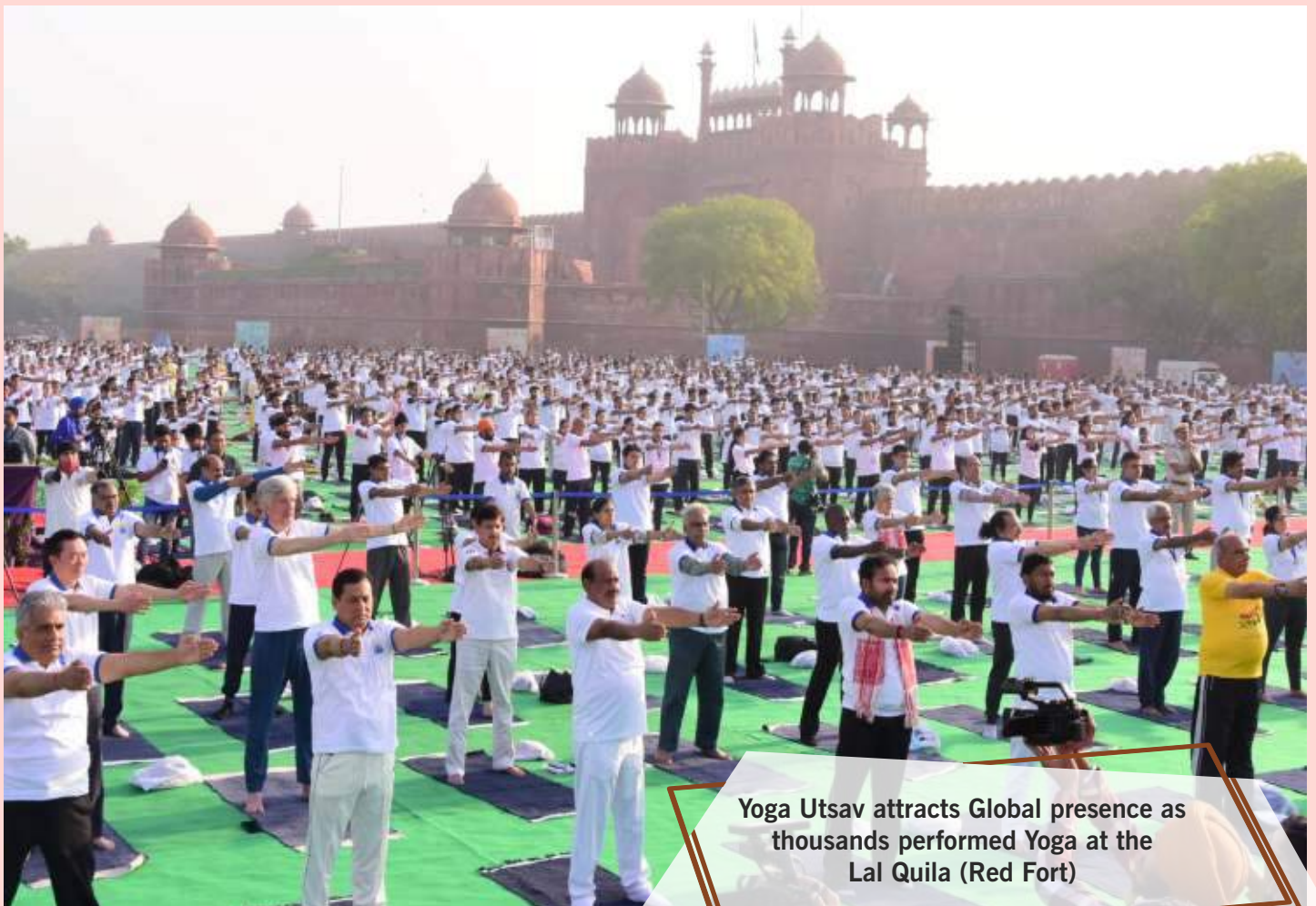
Yoga Utsav

**75 Days to
INTERNATIONAL
DAY OF YOGA -2022**

at Red Fort, Delhi

April 7, 2022

Hon'ble Speaker of Lok Sabha, Shri Om Birla Ji kickstarted the 75 days countdown to IDY-2022 at the iconic 15 August ground in Lal Quila (Red Fort) the International Day of Yoga (IDY).

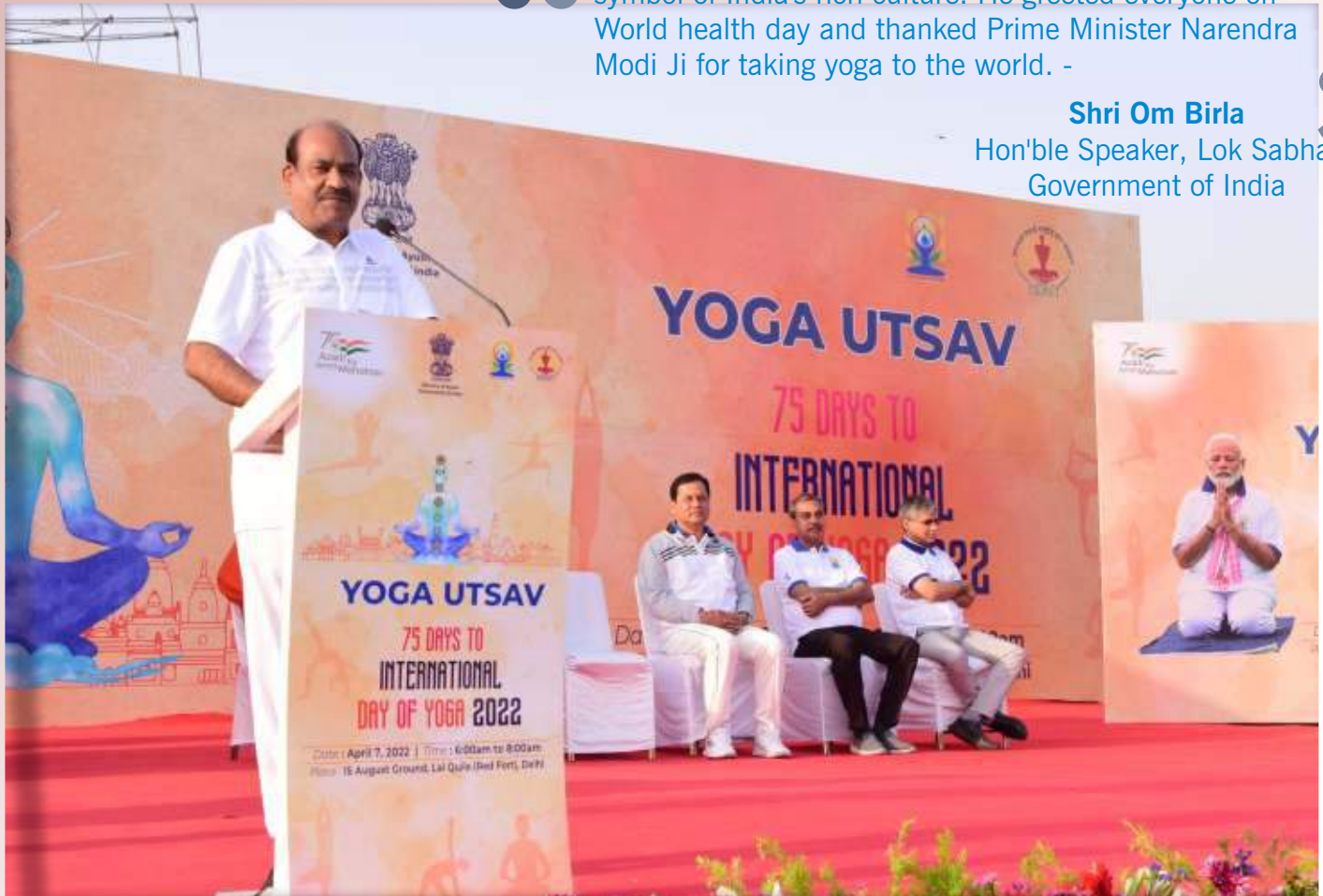


Yoga Utsav attracts Global presence as thousands performed Yoga at the Lal Quila (Red Fort)

“Yoga is inextricably linked to Indian heritage as it is the symbol of India's rich culture. He greeted everyone on World health day and thanked Prime Minister Narendra Modi Ji for taking yoga to the world. -

Shri Om Birla

Hon'ble Speaker, Lok Sabha,
Government of India



“Yoga is a practice that brings about harmony between the body and the mind. It gives us physical power and provides mental balance and emotional stability to meet modern life challenges successfully.

Shri Sarbananda Sonowal

Hon'ble Union Minister of Ayush and
Ports, Shipping & Waterways



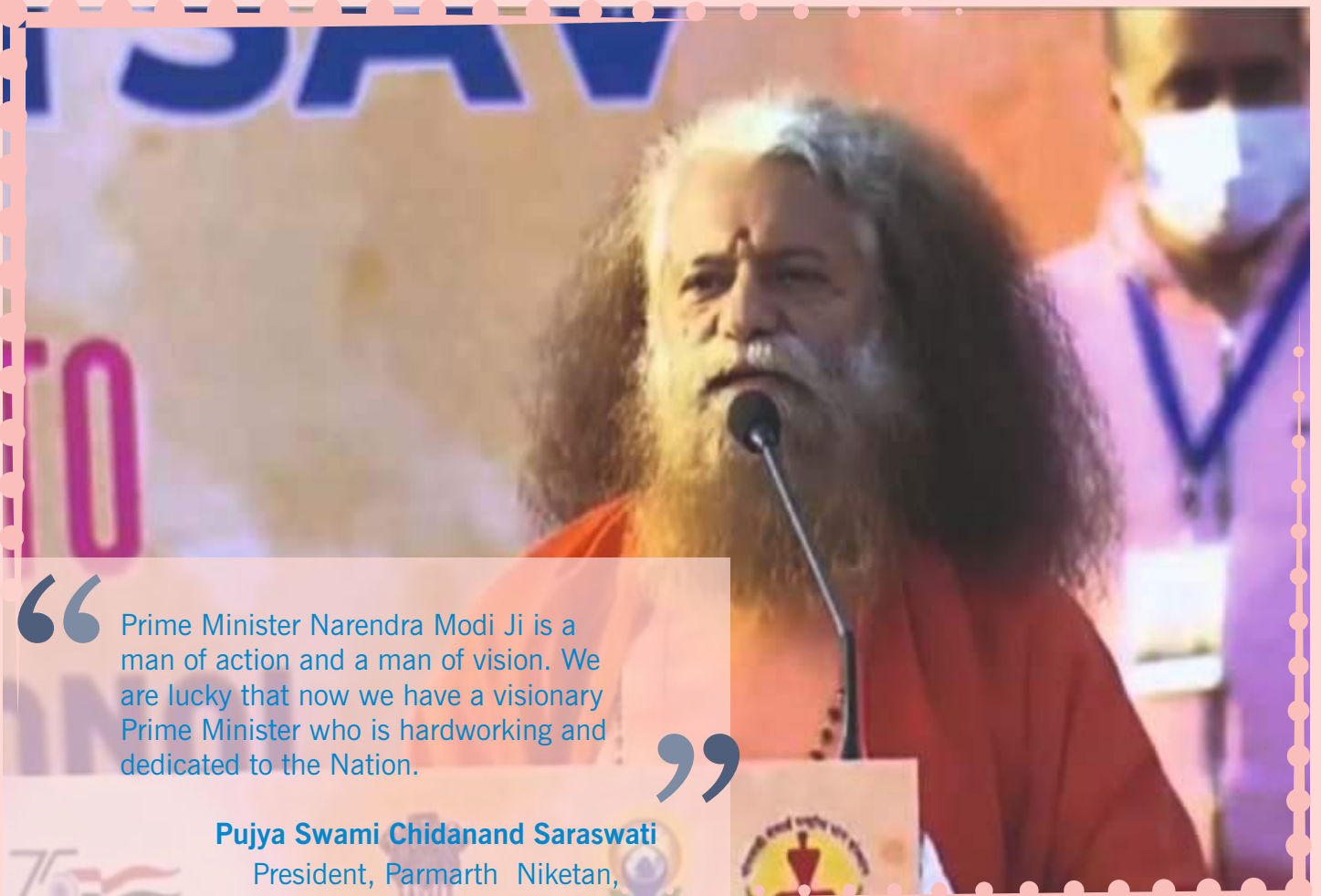
“Yoga has become an international brand today and is being widely practiced in almost all the countries of the world.”

Vaidya Rajesh Kotecha
Secretary, Ministry of Ayush
Government of India



“Prime Minister Narendra Modi Ji is a man of action and a man of vision. We are lucky that now we have a visionary Prime Minister who is hardworking and dedicated to the Nation.”

Pujya Swami Chidanand Saraswati
President, Parmarth Niketan,
Rishikesh



“

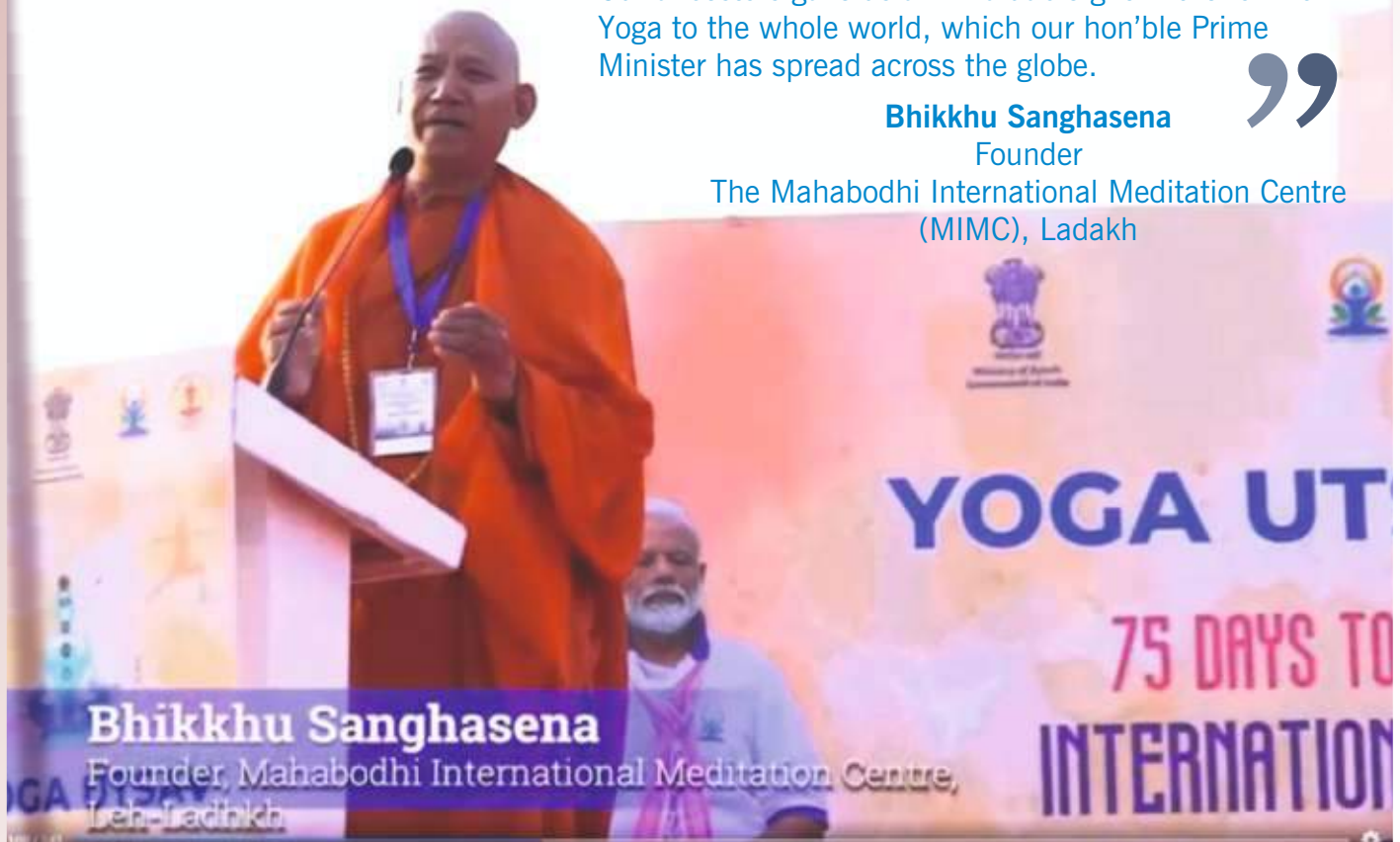
Yoga has become a necessity of human beings today. Our ancestors gave us an invaluable gift in the form of Yoga to the whole world, which our hon'ble Prime Minister has spread across the globe.

”

Bhikkhu Sanghasena

Founder

The Mahabodhi International Meditation Centre
(MIMC), Ladakh



CYP session led by Director MDNIY & Team





Yoga Mahotsav

100 Days to
**INTERNATIONAL
DAY OF YOGA - 2022**

at Vigyan Bhawan

March 13, 2022



Inauguration of Yoga Mahotsav-2022 an event to commemorate 100 days countdown to IDY-2022 at Vigyan Bhawan, New Delhi



“IDY 2022 will be an opportunity for a mass movement to promote health, well-being and peace across the globe. It is worth mentioning that the 100 day countdown will formally mark the beginning of the journey towards celebration of IDY-2022, which will be a journey towards freedom from disease, stress and depression.”

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



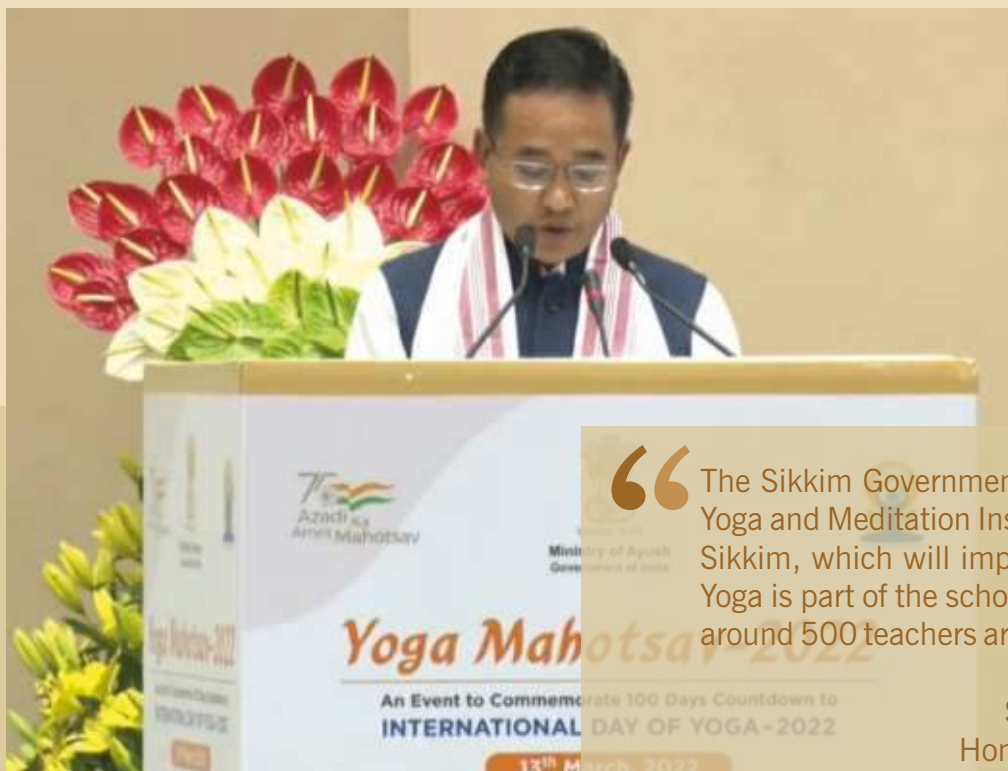
“Yoga and Ayush as a whole, have a lot to contribute to the environment friendly lifestyle”

Shri Bhupender Yadav
Hon'ble Union Minister for Labour
& Employment and Environment,
Forest & Climate Change



“Haryana is the first state in India to establish Yoga Commission. We are in the process of establishing the Ayush University in Kurukshetra, Haryana in 100 acre area. We have also taken initiative to make it mandatory to ensure the availability of an Ayush Doctor in almost 2,000 Public Health Centers of Haryana.”

Shri Manohar Lal Khattar
Hon'ble Chief Minister
of Haryana



“ The Sikkim Government establishing the National Yoga and Meditation Institute near Kritunga Lake in Sikkim, which will impart knowledge about Yoga. Yoga is part of the school curriculum of Sikkim and around 500 teachers are imparting these services. ”

Shri Prem Singh Tamang
Hon'ble Chief Minister of Sikkim



“ Yoga is part of our lifestyle. No matter how difficult the situation is, Yoga helps us in mental composure and this has been well enforced during COVID-19 pandemic. ”

Smt. Meenakshi Lekhi
Hon'ble Union Minister of State
for External Affairs and Culture





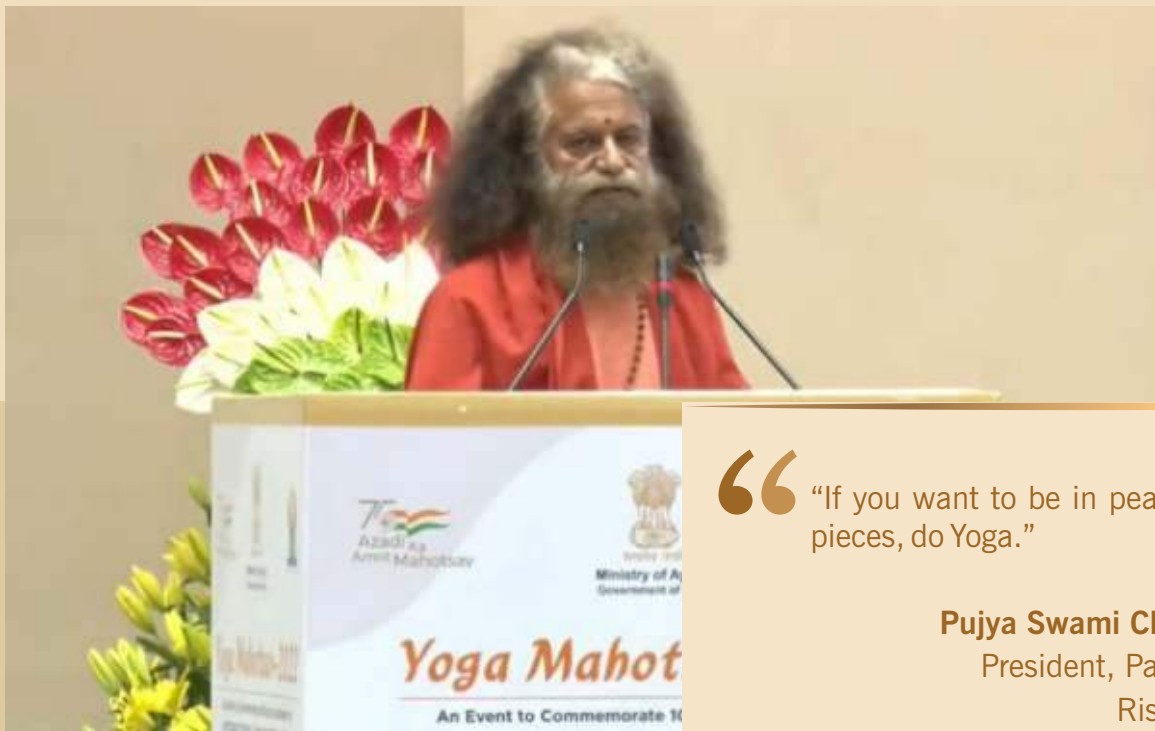
“Yoga gives us a way of holistic health and a happier way of life. The MoA promotes a 100 days countdown campaign to IDY - 2022 for health, well-being and world peace”

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



“AIIMS studied the impact of Yoga in comparison with Gym goers. The physical improvement in both the groups was almost same but whereas Gym goers were seen to have enhanced 'Rajo-gun' and 'Tamo-gun.’”

Vaidya Rajesh Kotecha
Secretary, Ministry of Ayush
Government of India



“If you want to be in peace and not in pieces, do Yoga.”

Pujya Swami Chidanand Saraswati
President, Parmarth Niketan,
Rishikesh



Director, MDNIY welcoming the eminent dignitaries, Yoga Gurus, experts of Yoga and Allied Science, Yoga enthusiasts and media persons during Yoga Mahotsav at Vigyan Bhawan.





A view of audience





To mark the 99th Day countdown program a yoga event was held as a prelude to the 8th International Day of Yoga at Surajkund Lake, Faridabad.



Organiser : Manav Rachna International Institute of Research & Studies, Faridabad, Haryana
Location : Manav Rachna International Institute of Research & Studies, Faridabad
Theme : Yoga for Harmony and Peace



A special Yoga event to mark 98th Days to IDY countdown programme in prelude to 8th International Day of Yoga was held at Devarkhana, Jhajjar, Haryana. Thousands of people actively participated in the event in hybrid mode.



Organiser : Central Council for Research in Yoga & Naturopathy, Janakpuri, New Delhi
Location : Devarkhana, Jhajjar, Haryana
Theme : Yoga for Holistic Well-being



As a part of the celebrations of the International Day of Yoga-2022, Yogotsav event was organized by Mokshayatan Yog Sansthan on 16th March, 2022 to mark 97 Days to IDY. In the historical and culturally rich city, thousands of people practiced Yoga for a peaceful and enriching life in hybrid mode.



Organiser : Mokshayatan Yog Sansthan, Saharanpur, Uttar Pradesh
Location : Mokshayatan Yog Sansthan, Saharanpur
Theme : Yoga for Health, Well-being and Peace



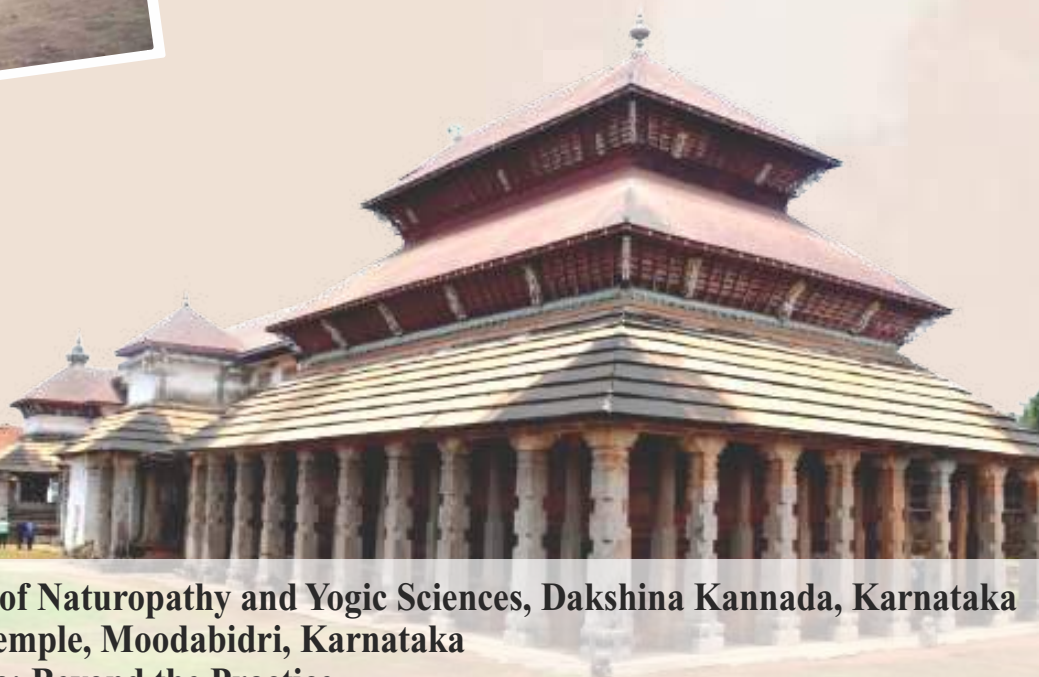
Yoga lovers, seekers, devotees and pilgrims around the world, including Brazil, France, Israel, New Zealand, Netherlands, Nepal, United States, Mexico, and many others, joined for a special event on the auspicious occasion of Holi and Holika Dahan as a part of the 100-day countdown to IDY event in Rishikesh, Uttarakhand. The event was graced by Shri H.H. Pujya Swami Chidanand Saraswatiji, President of Parmarth Niketan.

Organiser : Parmarth Niketan, Rishikesh, Uttarakhand
Location : Parmarth Niketan Ashram, Rishikesh
Theme : Yoga for World Peace





Yogotsav countdown programme was organised at the Thousand Pillar Temple, Moodabidri, Karnataka, on 18th March 2022. Numerous people embraced the benefits of Yoga.



Organiser : The Alvas College of Naturopathy and Yogic Sciences, Dakshina Kannada, Karnataka
Location : Thousand Pillar Temple, Moodabidri, Karnataka
Theme : Perspective of Yoga: Beyond the Practice

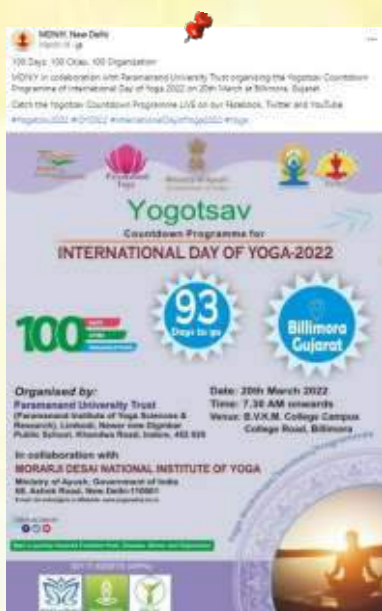


As a part of the IDY- 2022 celebrations, 94 Days to IDY countdown programme was held at Padmanabhaswamy Temple, Thiruvananthapuram, Kerala on 19th March 2022.



Organiser : Sivanand Yoga Vedanta Dhanwantari Ashram, Thiruvananthapuram, Kerala
Location : Padmanabhaswamy Temple, Thiruvananthapuram
Theme : Yoga for Health and Well-being

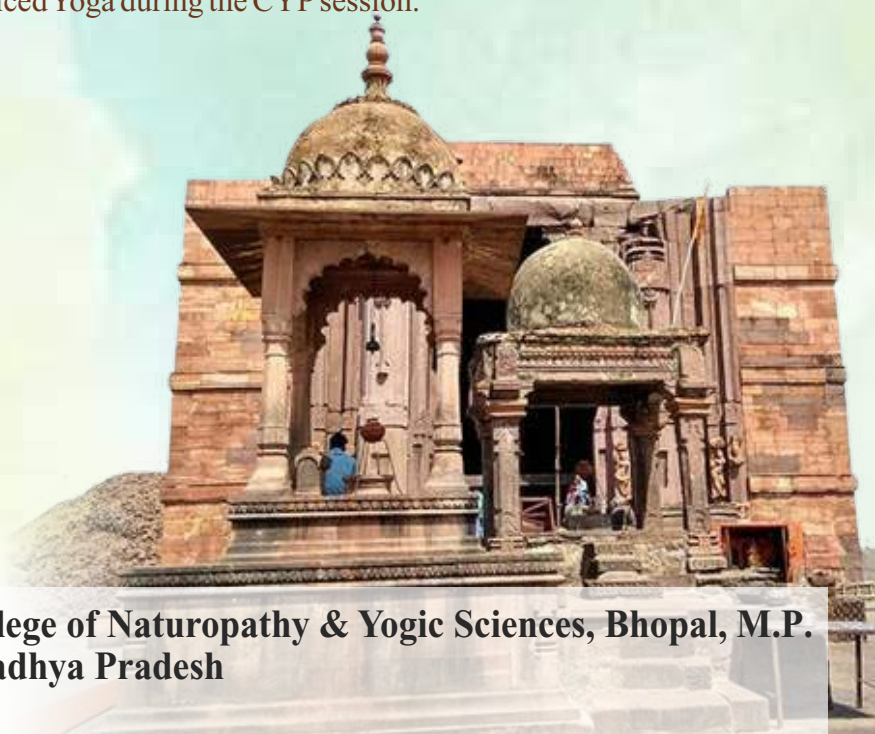
A mass yoga demonstration was organised to mark 93 days to IDY took place at Bilimora College, Gujarat, on 20th March 2022. During the occasion, the Fit and Healthy Bilimora Program was also launched. The event was graced by Hon'ble Shri Naresh Patel Ji, Cabinet Minister, Tribal Development, Food & Civil Supply & Consumer Protection Gujarat. Thousands of people participated and imbibed the goodness of Yoga.



Organiser : Paramanand University Trust, Limbodi, Gujarat
Location : Bilimora College, Navsari, Gujarat
Theme : Yoga for Immunity



Beauty, skills and tradition came together in an amazing Yogotsav countdown programme that took place on 21st March 2022 at Bhojpur Temple to mark 92 days to the 8th International Day of Yoga. The monument is of national importance as several stone sculptures adorn the Temple's dome, facade and pillars. Many yoga enthusiasts practiced Yoga during the CYP session.



Organiser : Sant Hirdaram Medical College of Naturopathy & Yogic Sciences, Bhopal, M.P.
Location : Bhojpur Temple, Raisen, Madhya Pradesh
Theme : Yoga for Health



A special IDY countdown program was celebrated on 22nd March 2022. The grand event was organized as a part of the 100 Days, 100 Cities & 100 Organizations campaign for the 8th International Day of Yoga, conducted at 21 locations in the state, including the Kanke Dam. A huge gathering of Yoga enthusiasts performed the Common Yoga Protocol across different locations.



Organiser : Ramakrishna Mission Ashram, Ranchi, Jharkhand
Location : Kanke Dam, Ranchi
Theme : Yoga for Holistic Wellbeing

A mega Yoga event was organized at the historical site Nau Chowki Pal in Rajsamand, Rajasthan. The event witnessed an active participation of people in the collective Yoga practice while hundreds participated in the event through various online mediums.



Organiser : Gayatri Parivar Trust, Rajsamand, Rajasthan
Location : Nau Chowki Pal, Rajsamand
Theme : Healthy Person - Prosperous Nation



A Yogotsav event was organised at the famous place Pitra Parvat, Indore, on 24th March 2022 to mark 89 days in the countdown to IDY-2022. Pitra Parvat Hanuman Temple is one of the biggest metal statues of Lord Hanumanji in Asia. Thousands of people embraced the health benefits of Yoga.

Organiser : Sunderbai Phool Chand Ji Adarsh Shiksha Sansthan Indore, Madhya Pradesh
Location : Pitra Parvat, Indore
Theme : Yoga for Young India



IDY countdown program was celebrated with great zeal and enthusiasm on 25th March 2022 at the iconic place, Shraddhanjali Kanan, Assam. Many eminent Yoga masters, scholars and Yoga enthusiasts participated in the collective Yoga practice.



Organiser : Institute of Yoga and Nutrition Science, Guwahati, Assam
Location : Shraddhanjali Kanan, Guwahati
Theme : Yoga for a Disease - Free Society



Harmony and serenity engulfed Leh, Ladakh as a special Yoga event was conducted on 26th March 2022 to celebrate the 87 days to IDY. The Common Yoga Protocol (CYP) Practice also witnessed the presence of thousands of Yoga enthusiasts from various walks of life.

Organiser : Defence Institute of High Altitude Research, Leh, Ladakh
Location : Leh, Ladakh
Theme : Yoga for Health, Well-being and Peace



A special Yogotsav countdown took place in Bangkok as a part of the 100 Days, 100 Cities & 100 Organisations campaign for the 8th International Day of Yoga, conducted at the iconic place, Chong Nonsi Bridge. Hundreds of yoga enthusiasts actively participated in the event. The occasion was graced by the Royal Priest of the Royal Family of the Kingdom of Thailand H.E. Brahm Bhismji, and Deputy Chief of Mission Indian Embassy in the Kingdom of Thailand Ms. Alpana Dubey Ji.



Organiser : AGATH Health Care, Thailand, Bangkok
Location : Chong Nonsi Bridge, Bangkok
Theme : Yoga for Health



The 85 Days to IDY countdown programme took place at Patteeswarar Swamy Temple, Perur, Coimbatore on 28th March 2022. Hundreds of participants actively participated in the event at the sacred place.

Organiser : JSS Institute of Naturopathy and Yogic Sciences, Coimbatore, Tamil Nadu
Location : Patteeswarar Swamy Temple, Perur, Coimbatore
Theme : Yoga : A Panacea for Health



Paving the way for holistic wellness, the Yogotsav countdown programme was organized at Dharmasthala, Karnataka on 29th March 2022.



Organiser : Sri Dharmasthala Manjunatheshwara College of Naturopathy and Yogic Sciences, Ujire, Karnataka
Location : Dharmasthala Temple, Karnataka
Theme : Shiva the Adiyogi

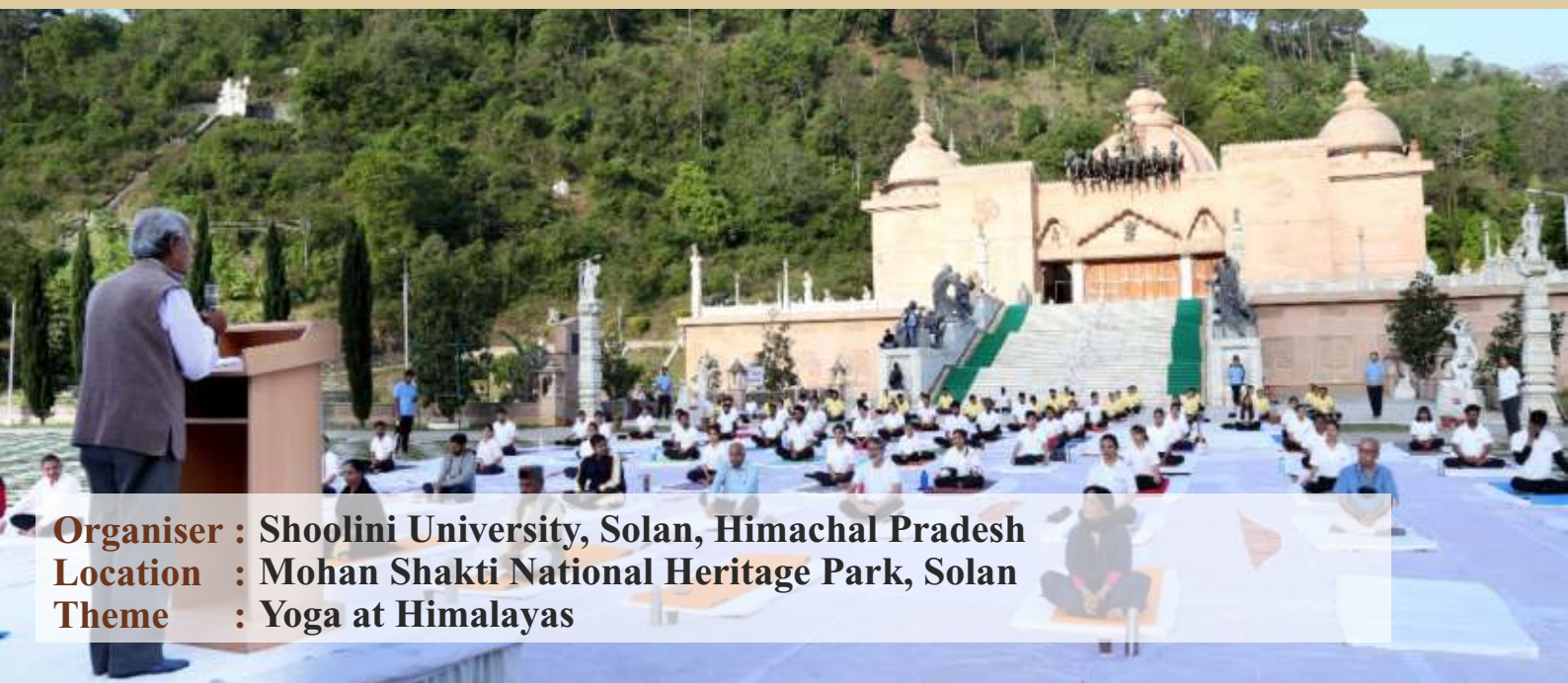


Yogotsav Countdown Programme was conducted at Aga Khan Palace-a monument of national importance and Heritage site at Pune on 30th March 2022. Thousands of Yoga enthusiasts showed great enthusiasm.

Organiser : National Institute of Naturopathy, Pune, Maharashtra
Location : Aga Khan Palace, Pune
Theme : Yoga for Immunity



A grand Yoga Utsav program took place at Mohan Shakti National Heritage Park, Solan on 31st March 2022. Mohan Shakti Heritage Park is North India's first-ever ancient heritage park. Dr. Rajiv Saizal, Hon'ble Health Minister of Himachal Pradesh inaugurated the function.



Organiser : Shoolini University, Solan, Himachal Pradesh
Location : Mohan Shakti National Heritage Park, Solan
Theme : Yoga at Himalayas



In the run-up to the 8th International Day of Yoga, the 81 Days to IDY countdown program was organised in Jeddah, Saudi Arabia on 1st April 2022. The event was led by Padma Shri Awardee, Nouf Almarwaai, President of the Saudi Yoga Committee.



Organiser : Saudi Yoga Committee, Kingdom of Saudi, Saudi Arabia
Location : Jeddah, Saudi Arabia
Theme : Yoga for Health, Well-being and World Peace



Encouraging the practice of Yoga for a healthy life, the 80 Days to IDY countdown program was organized at NIH, Kolkata on 2nd April, 2022. Students and Staff of the Institute participated in the CYP enthusiastically.



Organiser : National Institute of Homoeopathy, Kolkata, West Bengal
Location : National Institute of Homoeopathy, Kolkata
Theme : Karo Yog, Raho Nirog



The 79 Days to IDY countdown program took place on 3rd April, 2022 at Shivaji Park, Mumbai. The place holds significant historical and cultural value. A book was also released on 'Yoga Naturopathy'.



Organiser : International Naturopathy Organisation, New Delhi
Location : Shivaji Park, Mumbai, Maharashtra
Theme : Yoga for Immunity



With 78 Days to the International Day of Yoga, a Yogotsav countdown program was celebrated on 4th April 2022 at Golf Course, Shillong, Meghalaya.

Organiser : North Eastern Institute of Ayurveda & Homeopathy, Shillong, Meghalaya
Location : Golf Course, Shillong
Theme : Yoga for Health and Wellness



People from all walks of life joined the Yoga Utsav program on 5th April 2022 at Tambaram Sanatorium, Chennai. The event was warmly welcomed by thousands of Yoga enthusiasts as they participated in the Common Yoga Protocol practice.

Organiser : National Institute of Siddha, Chennai, Tamil Nadu
Location : National Institute of Siddha, Chennai
Theme : Yoga for Health



To mark 76 days to the IDY countdown programme, a Yoga event was organized on 6th April 2022 in Tokyo, Japan.



Organiser : Japan Organization for Yoga Certification, Tokyo, Japan
Location : High Commission of India, Japan
Theme : Common Yoga Protocol



Kick starting the celebrations for 75 Days to the International Day of Yoga-2022, a grand Yogotsav countdown programme took place on 7th April 2022 at Pink Patel, Near Amrit Kaur Bhawan, Shimla. Dr. Rajiv Saizal, Hon'ble Health Minister of Himachal Pradesh was the Chief Guest of the event.



Organiser : Department of Yoga Studies, Himachal Pradesh University, Shimla, Himachal Pradesh
Location : Amrit Kaur Bhawan, Shimla
Theme : Yoga for Prosperity



The 74 Days to Yogotsav countdown programme was organised at Vadakkunnathan Temple, Thrissur on 8th April 2022. Vadakkunnathan temple is one of the oldest temples in Kerala and is also a UNESCO recognised heritage site. Thousands of people participated in the CYP enthusiastically.



Organiser : Universal Yoga Consciousness, Thrissur, Kerala
Location : Vadakkumnnathan Temple, Thissur
Theme : Yoga for Wellness and Peace



The 73 Days to Yogotsav countdown program took place at Kalachuri Temple, Amarkantak, Madhya Pradesh on 9th April 2022. Hundreds of participants actively participated in the event.



Organiser : Indira Gandhi National Tribal University, Amarkantak, Madhya Pradesh
Location : Kalachuri Temple, Amarkantak
Theme : Yoga for Health, Well-Being and World Peace



A grand Yoga Utsav program was organised at Mysuru Palace, Karnataka on 10th April 2022. Mysuru Palace is India's proud possession and one of the most visited attractions, embracing an incredible man-made edifice. People gathered in large numbers to perform CYP at the event.



Organiser : Yoga Federation of Mysore, Karnataka
Location : Mysuru Palace, Mysuru
Theme : Yoga and Rashtriyata



IDY countdown program was celebrated with great zeal and enthusiasm at Trimbakeshwar Temple, Nashik. People gathered in large numbers to perform CYP at the event.

Organiser : Yoga Vidya Gurukul, Nashik, Maharashtra
Location : Trimbakeshwar Temple, Nashik
Theme : Theme: Yoga for Health



A special Yogotsav event to commemorate 70th day of the countdown to the 8th IDY-2022 took place at Bhatner Fort, Hanumangarh, Rajasthan on 12th April, 2022.



Organiser : Modish Services Private Limited, Vaishali Nagar, Rajasthan
Location : Bhatner Fort, Hanumangarh, Rajasthan
Theme : Yoga as Medicine

Yogotsav countdown program took place at Zero Mile Stone, Civil Line, Nagpur on 13th April 2022 marking 69 days to the 8th IDY-2022. Nagpur lies precisely at the centre of the country with the Zero Mile Marker indicating the geographical centre of India. Hundreds of Yog enthusiasts actively participated in the event.



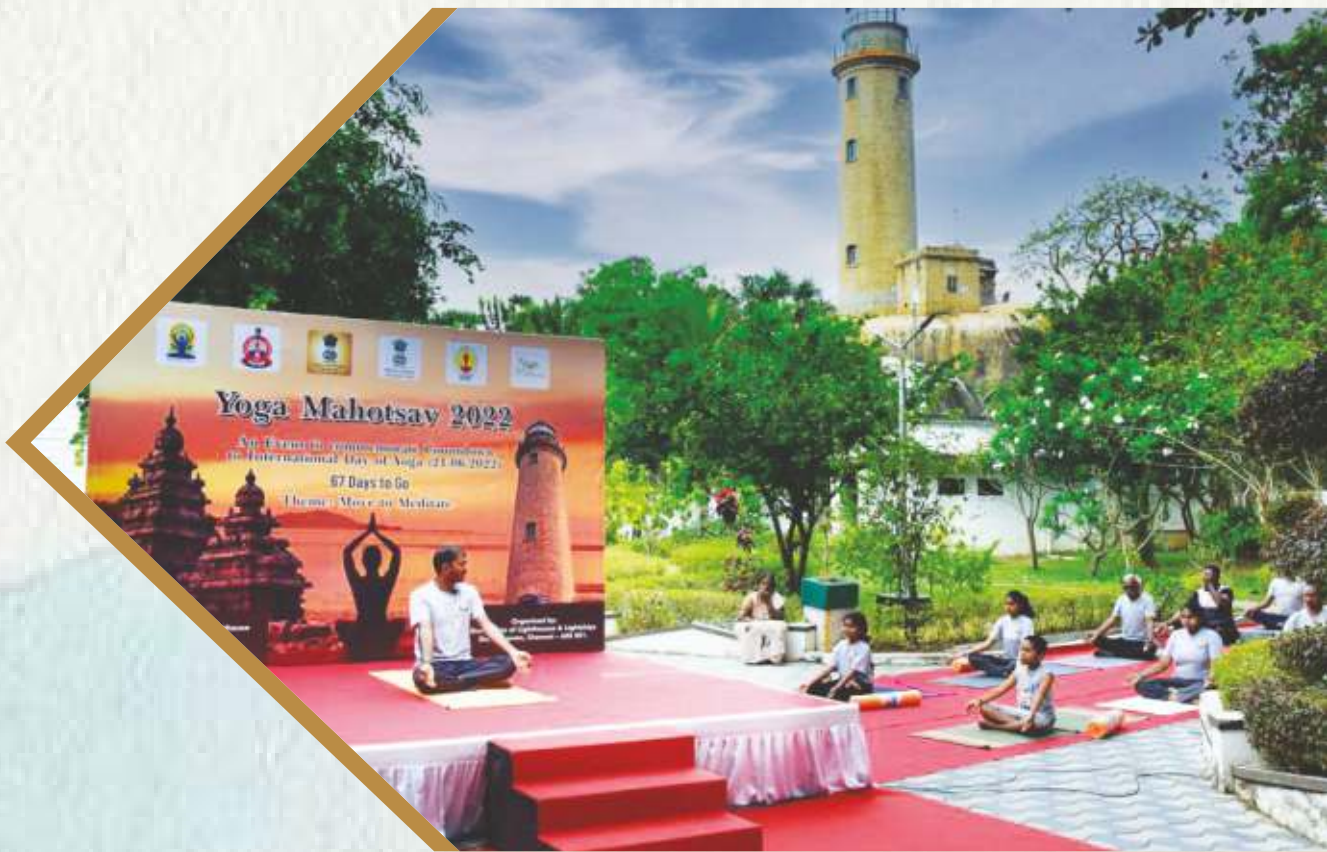
Organiser : Janardanswami Yogabhyasi Mandal, Nagpur, Maharashtra
Location : Zero Miles Stone, Nagpur
Theme : Importance of Yog Jivan Shaily



A grand Yogotsav event took place at Amar Jawan Jyoti, Shaheed Smarak, Meerut, Uttar Pradesh on 14th April, 2022 to commemorate the 68th Day of the countdown to the 8th IDY-2022. Hundreds of Yog enthusiasts actively participated in the event.



Organiser : Vivekanand Pratisthan Parishad, New Delhi
Location : Ashok Stambh, Meerut
Theme : Yoga for World Peace



The Directorate of Lighthouses and Lightships, Chennai organized a special Yogotsav event to commemorate the 67th Day of the countdown to 8th IDY-2022 at Mahabalipuram Lighthouse on 15th April, 2022. Mahabalipuram Lighthouse is India's oldest lighthouse and one of the most visited places by foreign tourists in India. People gathered in large numbers to perform CYP at the event.



Organiser : Directorate of Lighthouses and Lightships, Chennai, Tamil Nadu
Location : Mahabalipuram Light House, Chennai
Theme : Move to Meditate



A special Yogotsav event to commemorate the 66th day of the countdown to the 8th International Day of Yoga was observed at Cuenca, Ecuador on 16th April, 2022. Cuenca is the capital and the third-largest city in Ecuador and the economic centre of the southern Sierra. People gathered in large numbers to perform CYP at the event.

Organiser : Divine Values School and Latin American Center for Vedic Studies, Cuenca, Ecuador
Location : Cuenca, Ecuador
Theme : Yoga Philosophy and Shiva Kriya Yoga



People from all walks of life joined the Yoga Utsav event at Vidya Prasarak Mandal's Polytechnic, Thane. Hundreds of Yog enthusiasts actively participated in the event.



Organiser : Shri Ambika Yoga Kutir, Thane, Maharashtra
Location : VPM's College, Thane
Theme : Yoga for Holistic Health

To commemorate the 64th day of the countdown to the 8th International Day of Yoga (IDY) 2022, a Yogotsav event was organized at Dr. Harisingh Gour Vishwavidyalaya on 18th April 2022. The University encompasses one of the finest picturesque campuses in India. Hundreds of Yog enthusiasts actively participated in the event.



Organiser : Department of Yoga Education, Dr. Harisingh Gour Vishwavidyalaya, Sagar, Madhya Pradesh
Location : Dr. Harisingh Gour Vishwavidyalaya, Sagar
Theme : Yoga for Health, Harmony and Happiness

Under the aegis of Chandigarh Administration, a special Yoga event to mark the 63rd Day countdown program in prelude to the 8th IDY at Rock Garden, Chandigarh was organised. The event was graced by Shri Banwarilal Purohit, Hon'ble Administrator of U.T. Chandigarh and Governor of Punjab. Thousands of people participated in the collective Yoga practice enthusiastically.



Organiser : Government College of Yoga Education & Health, Chandigarh
Location : Rock Garden, Chandigarh
Theme : Yoga, Meditation and Neuroscience



To mark the 62nd countdown to the International Day of Yoga, a special Yoga event at Tanakpur Sports Stadium was arranged wherein hundreds of Yog enthusiasts and students actively participated in the event.

Organiser : Navyoga International Institute of Yoga and Naturopathy Sciences, New Delhi
Location : Tanakpur Sports Stadium, Uttarakhand
Theme : Yoga and Sustainable Living



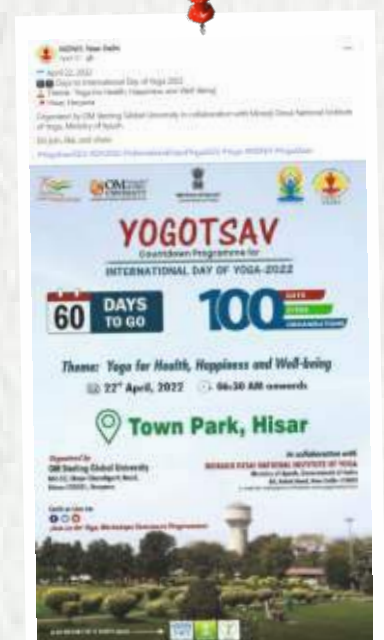
A countdown Yogotsav programme to mark 61 days was celebrated at Batadrava Than in Bordowa, Nagaon, Assam. Batadrava Than is a sacred place and an ideal hub of religious and cultural tourism founded by Mahapurusha Srimanta Sankaradeva. People gathered in large numbers to perform CYP at the event.



Organiser : DYSN, Mahapurusha Srimanta Sankaradeva Viswavidyalaya, Nagaon, Assam
Location : Batadrava Than, Nagaon
Theme : Yoga for Health and World Peace



The Yogotsav countdown programme to the 8th International Day of Yoga, was organised at the famous Town Park of Hisar, Haryana. People gathered in large numbers to perform CYP at the event.



Organiser : OM Sterling Global University, Hisar, Haryana
Location : Town Park, Hisar
Theme : Yoga for Health, Happiness and Well-Being



To commemorate the 59th Day countdown program to the 8th IDY-2022, a spectacular "Yoga Mahotsav" event was organized at the Pangong Lake in Ladakh. Ladakh is one of the most scenic & beautiful places on earth, is situated at the height of almost 4,350m and is the world's highest Saltwater lake. Perhaps such a program was conducted for the first time at this iconic place.

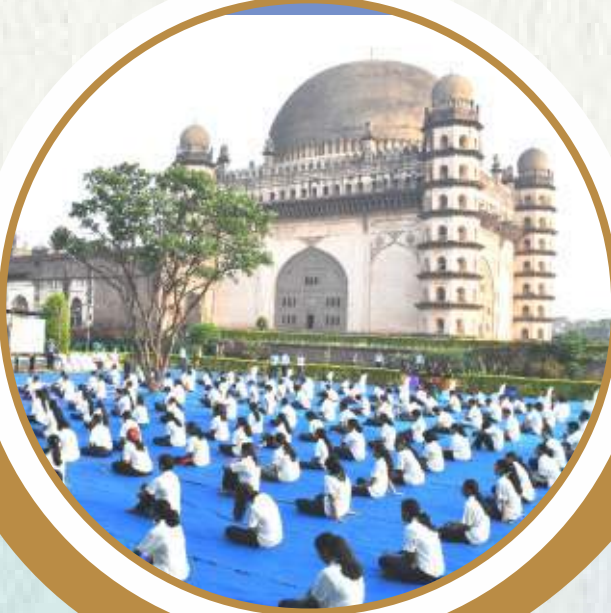


Organiser : Mahabodhi International Meditation Centre, Leh-Ladakh, Union Territory of Ladakh
Location : Pangong Lake, Leh, Ladakh
Theme : Relevance of Yoga in the Present Scenario

To celebrate 58 Days to 8th International Day of Yoga, a special countdown programme was organised at Digambar Jain Temple, Mathura. Mathura, the Braj Bhoomi, is a sacred place for Hindus and also for Jains. Hundreds of Yog enthusiasts actively participated in the event.



Organiser : Arham Dhyan Yog, Mandsaur, Madhya Pradesh
Location : Digambar Jain Temple, Mathura, Uttar Pradesh
Theme : Sadhana Se Swasthya



A special Yogotsav event to commemorate the 57th Day of the countdown to the 8th IDY-2022 took place at Gol Gumbaz, Karnataka. People gathered in large numbers to perform CYP at the event.



Organiser : BDLE University, Vijayapura, Karnataka
Location : Gol Gumbaz, Vijayapura
Theme : Yoga and Rashtriya



Several Diplomats, Officials and Yoga enthusiasts celebrated IDY countdown programme in Zagreb, Croatia on April 26, depicting the theme "Yoga for India - Croatia Friendship".

Organiser : Croatian Yoga Federation, Zagreb, Croatia
Location : Zagreb, Croatia
Theme : Yoga for India - Croatia Friendship



A mass demonstration of Yoga was conducted at Har ki Pauri, Haridwar on 27th April 2022. Har Ki Pauri is a major landmark place and a famous ghat on the banks of the River Ganga in Haridwar and a centre of attraction among devotees. People gathered in large numbers to perform CYP at the event.



Organiser : Dev Sanskriti Vishwavidyalaya, Haridwar, Uttarakhand
Location : Har Ki Pauri Ghat, Haridwar
Theme : Ghar Ghar Pahunche Yog, Desh Bane Nirog

Yogotsav countdown programme to mark 54 Days to IDY was celebrated at Kailasanathar Temple, Tamil Nadu on 28th April 2022. Many Senior Professors, Faculty and students of the University also joined the event in large numbers.



Organiser : Meenakshi Academy of Higher Education and Research, Chennai, Tamil Nadu
Location : Kailasanathar Temple, Kanchipuram, Tamil Nadu
Theme : Yoga for Health and Wellness



Under the guidance of Bhubaneswar Administration Yogotsav-2022 was celebrated to mark 53 days to IDY at Lingaraj Temple, Bhubaneswar. Hundreds of Yoga enthusiasts actively participated in the event.



Organiser : Centurion University of Technology and Management, R.Sitapur, Odisha
Location : Lingaraj Temple, Bhubaneswar, Odisha
Theme : Yoga for Health, Happiness and Harmony

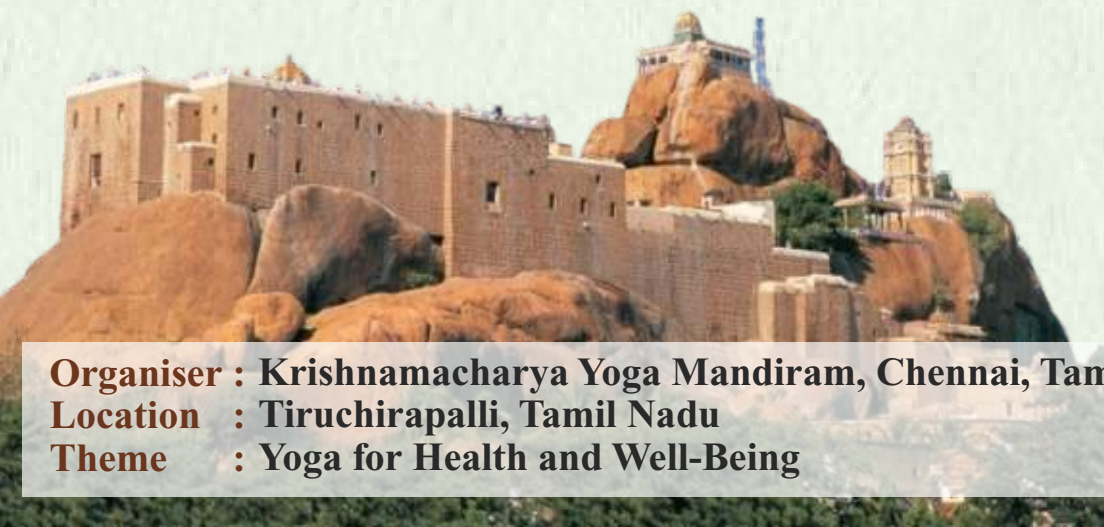
To mark 52nd-day countdown program to 8th International Day, Yogotsav countdown programme was organised at Soor Sadan, Agra on 30th April 2022. People gathered in large numbers to perform CYP at the event.



Organiser : Kaivalyadhama, Lonavala, Maharashtra
Location : Soor Sadan, Agra, Uttar Pradesh
Theme : Yoga at Workplace



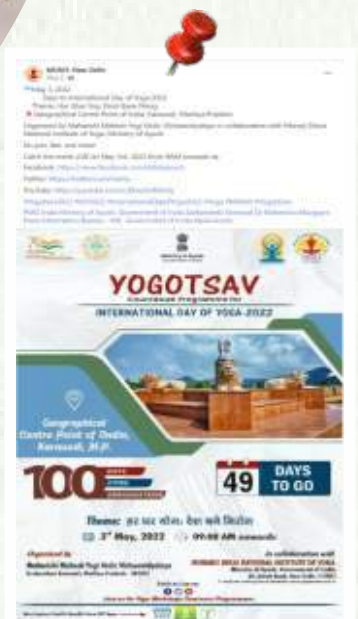
Yogotsav countdown program was organized at the historic landmark of Tiruchirappalli Rockfort Temple on 1st May 2022 to mark 51 Days countdown to the International Day of Yoga. Hundreds of Yog enthusiasts actively participated in the event.



Organiser : Krishnamacharya Yoga Mandiram, Chennai, Tamil Nadu
Location : Tiruchirapalli, Tamil Nadu
Theme : Yoga for Health and Well-Being



A mass demonstration of Yoga was conducted at the Geographical Center Point of India, Karaundi, Madhya Pradesh.



Organiser : Maharishi Mahesh Yogi Vedic Vishwavidyalaya, Katni, Madhya Pradesh
Location : Geographical Centre Point of India, Karaundi, Madhya Pradesh
Theme : Har Ghar Yog, Desh Bane Nirog



To celebrate the 48th day countdown program Yogotsav was organized at the famous Didneshwari Devi Temple, Bilaspur, Chhattisgarh. The Temple is known for its magnificent craftsmanship. Hundreds of Yog enthusiasts actively participated in the event.



Organiser : Atal Bihari Vajpayee Vishwavidyalaya, Bilaspur, Chhattisgarh
Location : Didneshwari Devi Temple, Bilaspur
Theme : Jan-Jan Mai Yog

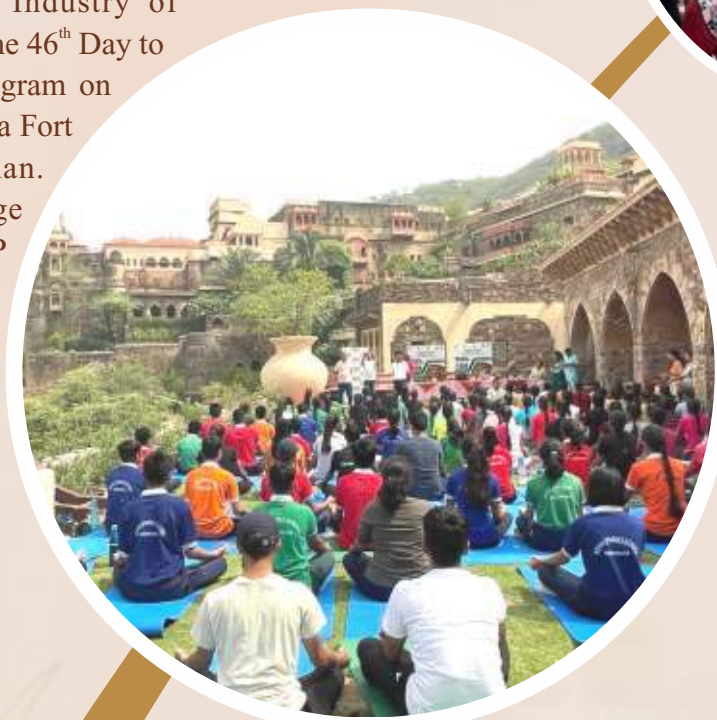


The 47 Days to Yogotsav countdown program was organised on 5th May 2022 at Jain Vishva Bharti in Ladnun, Rajasthan. Ladnun city is famous as a spiritual city, especially for Jain religious centres.



Organiser : Acharya Tulsi International Preksha Meditation Center, Ladnun, Rajasthan
Location : Acharya Tulsi International Preksha Meditation Center, Ladnun
Theme : Preksha Meditation and Yoga

The Associated Chambers of Commerce and Industry of India organized the 46th Day to Yogotsav countdown program on 6th May 2022 at Neemrana Fort Palace, Alwar, Rajasthan. People gathered in large numbers to perform CYP at the event.



Organiser : The Associated Chambers of Commerce and Industry of India, New Delhi
Location : Neemrana Fort Palace, Alwar, Rajasthan
Theme : Yoga for Well-being



Several students embraced the health benefits of Yoga with enthusiasm at the famous Vivekananda Rock Memorial, Kanyakumari, Tamil Nadu on 7th March 2022.



Organiser : Sree Ramakrishna College of Naturopathy and Yogic science, Kulasekharam, Tamil Nadu
Location : Vivekananda Rock Memorial, Kanyakumari, Tamil Nadu
Theme : Yoga and Azadi Ka Amrit Mahotsav



People from all walks of life joined the Yoga Utsav at Toli Ashram, Pauri Garhwal, Uttarakhand on 8th May 2022. Toli is a small village enveloped in the Gharwal region of the Himalayas and is the birthplace of Swami Rama, an embodiment of benevolence, compassion, and seva.



Organiser : Swami Rama Himalayan University, Doiwala, Uttarakhand
Location : Toli Ashram, Pauri Garhwal, Uttarakhand
Theme : Yoga for Joyful Living

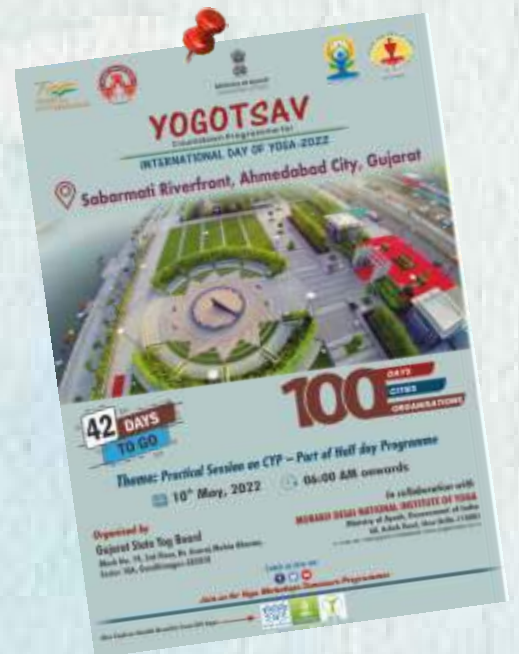
Taking the fitness revolution forward, Yogotsav countdown program took place at one of the foremost sacred places of Hindu pilgrimage Kedarnath Temple, Rudraprayag, Uttarakhand on 9th May 2022.



Organiser : Gurukula Kangri, Haridwar, Uttarakhand
Location : Kedarath Temple, Rudraprayag, Uttarakhand
Theme : Yoga for Spiritual Awakening



IDY countdown program was celebrated with great zeal and enthusiasm at Sabarmati Riverfront, Ahmedabad, Gujarat on 10th May 2022 to mark 42 days to the 8th International Day of Yoga.



Organiser : Gujarat State Yog Board, Gandhi Nagar, Gujarat
Location : Sabarmati Riverfront, Ahmedabad, Gujarat
Theme : Yoga for All

Yogotsav countdown program was observed at Jag Mandir, Udaipur on 11th May 2022. Jag Mandir, more commonly known as "Lake Garden Palace", is an impressive structure that is flocked by tourists in huge numbers. The occasion was also attended by hundreds of Yoga enthusiasts.



Organiser : New Age Yoga Institute, Mumbai, Maharashtra and Maitri Yog, Udaipur, Rajasthan
Location : Jag Mandir, Udaipur, Rajasthan
Theme : Yoga Awareness for Youth



Under the extensive preparations of the eighth International Day of Yoga, the 40 Days to Yogotsav countdown program was organised in the city of Visakhapatnam, Andhra Pradesh on 12th May 2022.



Organiser : Nature Cure Hospital, Visakhapatnam, Andhra Pradesh
Location : Visakhapatnam, Andhra Pradesh
Theme : Yoga for Health and Peace

People from all walks of life joined the Yoga Utsav program at the National Institute of Technology, Papum Pare, Arunachal Pradesh to mark 39 days countdown to the International Day of Yoga, 2022 on 13th May 2022.



Organiser : National Institute of Technology, Arunachal Pradesh
Location : National Institute of Technology, Papum Pare, Arunachal Pradesh
Theme : Yogo for Health

A grand Yoga Utsav program was organised at the famous architectural marvel and a symbol of India's heritage Konark Temple, Puri, Odisha to mark the 38 days countdown to the International Day of Yoga, 2022 on 14th May to take the fitness revolution forward. People gathered in large numbers to perform CYP at the event.



Organiser : Sri Sri University, Cuttack, Odisha
Location : Konark Temple, Puri, Odisha
Theme : Yoga for Holistic Health



To mark the 37 days countdown to the International Day of Yoga, 2022 on 15th May 2022, Yoga Utsav program was organised at Sri Vijaya Vittala Temple, Hampi, Karnataka. People gathered in large numbers to perform CYP at the event.



Organiser : Shwaasa Yoga Center, Bangalore, Karnataka
Location : Sri Vijaya Vittala Temple, Hampi, Karnataka
Theme : Yoga for Unity



Yogotsav countdown program took place at Nehru Rose Garden, Ludhiana, Punjab on 16th May 2022.



Organiser : PQMS Quality Services Pvt Ltd, Ludhiana, Punjab
Location : Nehru Rose Garden, Ludhiana
Theme : Swasth Punjab, Sukhi Punjab



To mark 35 days countdown to the 8th International Day of Yoga, 2022 a Yoga Utsav program was arranged at Thillai Nataraja Temple, Chidambaram, Tamil Nadu on 17th May. Hundreds of participants actively participated in the event.

Organiser : Manushi Institute of Yoga, Chidambaram, Tamil Nadu
Location : Nataraja Temple, Chidambaram
Theme : Yoga for Holistic Health, Harmony and Happiness



The 34 Days countdown program was celebrated in Singapore on May 18, 2022. The CYP session took place at the High Commission of India, Singapore along with the Iconic UNESCO heritage sites: Singapore Botanical Gardens, Merlion, Gardens by the Bay, and Marina Bay Sands. Many Singaporeans and citizens of other nationalities including Indian diaspora, and various yoga organizations attended this event.



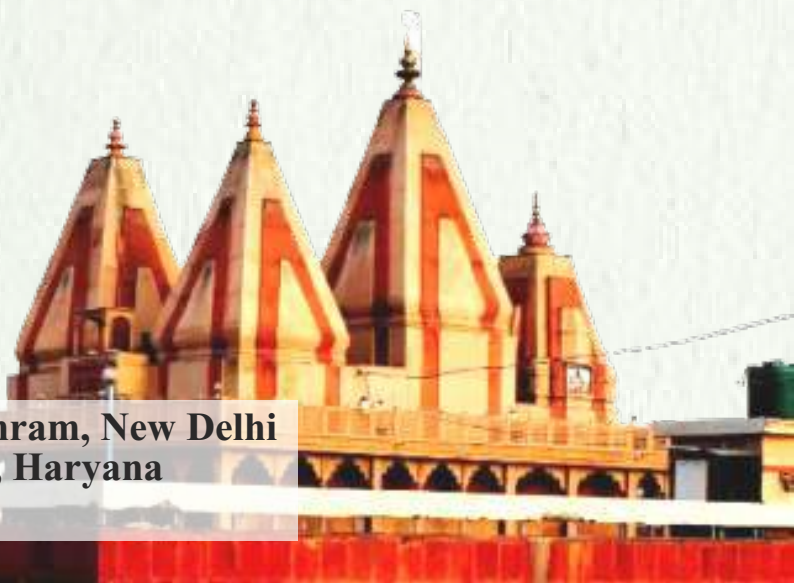
Organiser : Pragya Yoga and Wellness, Singapore
Location : High Commission of India, Singapore
Theme : Yoga for Health and Harmony



As a part of the ongoing celebrations of the 8th International Day of Yoga, the 33 Days to Yogotsav countdown programme was arranged at Brahma Sarovar, Kurukshetra, Haryana on 19th May 2022. Thousands of people participated in the collective Yoga practice enthusiastically.



Organiser : Bharatiya Yog Sansthan Yogashram, New Delhi
Location : Brahma Sarovar, Kurukshetra, Haryana
Theme : Vishwa Swasthya ke liye Yog





Under the extensive preparations of the 8th International Day of Yoga, the 32nd day countdown program was organised on 20th May 2022 at Ghaziabad, Uttar Pradesh. The day was marked by yogic exercises following the practice of the Common Yoga Protocol by 1,500 students from several schools across Ghaziabad.



Organiser : Uttam School for Girls, Ghaziabad, Uttar Pradesh
Location : Uttam School for Girls, Ghaziabad
Theme : Yoga for Health and Happiness



The Government of Sikkim in collaboration with Morarji Desai National Institute of Yoga, Ministry of Ayush organized the 31 Day countdown event to the International Day of Yoga at the historic Enchey Monastery in Gangtok. 200 years old Enchey Monastery is a sacred Buddhist pilgrimage surrounded by splendid natural beauty with a peaceful and serene environment. The event was graced by the Hon'ble Minister of Ayush Shri Sarbananda Sonowal Ji.



Organiser : Government of Sikkim
Location : Enchey Monastery, Gangtok, Sikkim.
Theme : Yoga for Health and Harmony



Yogotsav was celebrated to mark 30 Days to International Day of Yoga 2022 on May 22, 2022, at Vashi Railway Station, Navi Mumbai, Maharashtra. People gathered in large numbers to perform CYP at the event.



Organiser : Yoga Vidya Niketan, Navi Mumbai, Maharashtra
Location : Vashi Railway Station, Navi Mumbai
Theme : Yoga as a Therapeutic Modality

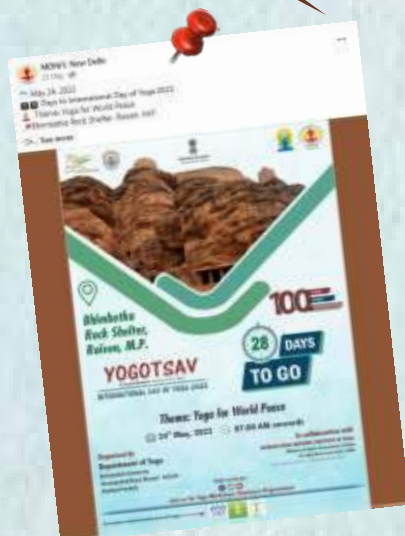


A special Yoga event to mark the 29th day countdown program was celebrated on 20th May 2022 took place at Swami Vivekananda Statue, RKMVERI Belur, Howrah, West Bengal.



Organiser : Ramakrishna Mission Vivekananda Educational and Research Institute, Howrah, West Bengal
Location : Swami Vivekananda Statue, RKMVERI, Howrah
Theme : Yoga for Holistic Health

To celebrate the 28th day
 countdown program, a
 special Yoga event was
 organized on 20th May 2022 at
 Bhimbetka Rock Shelter, Raisen,
 Madhya Pradesh. Thousands of
 people participated in the collective
 Yoga practice enthusiastically.



Organiser : Barkatullah University of Bhopal, Madhya Pradesh
Location : Bhimbetka Rock Shelter, Raisen, Madhya Pradesh
Theme : Yoga for World Peace



Continuing the momentum of celebrations, a Yoga event to mark the 27 day countdown program in the prelude to 8th International Day was organized on 25th May 2022 at Aligarh Muslim University (AMU), Uttar Pradesh. Thousands of students participated in the collective Yoga practice enthusiastically.



Organiser : Department of Physical Education, Aligarh Muslim University, Aligarh, Uttar Pradesh
Location : Aligarh Muslim University
Theme : Yoga for Unity



Under the extensive preparations for the 8th IDY-2022, a countdown program was organized on 26th May at the sacred Ram Ghat of Ayodhya in Uttar Pradesh. People gathered in large numbers to perform CYP at the event.



Organiser : Vivek Srishti Trust, Ayodhya, Uttar Pradesh
Location : Ram Ghat, Ayodhya, Uttar Pradesh
Theme : Yoga for All

IDY countdown program was held at Marktplatz, Bremen, Germany to mark 24 days to IDY- 2022. It was welcomed warmly by health and wellness enthusiasts as they participated in the drill of the Common Yoga Protocol in huge numbers.



Organiser : Shaktya e.V, Bremen, Germany
Location : Markt Platz, Bremen
Theme : Yoga for Peace, Unity and Integrity



Celebrating the occasion of 23 Days to the International Day of Yoga, a special event took place on 29th May 2022 at the University of Science & Technology of Meghalaya.



Organiser : University of Science & Technology of Meghalaya, Assam
Location : University of Science & Technology of Meghalaya
Theme : Yog Samaroh-2022

IDY countdown program marking 22 days to IDY- 2022 was celebrated at Raj Fort, Darbhanga, Bihar. The event was warmly welcomed by thousands of Yoga enthusiasts as they participated in the drill of Common Yoga Protocol.



Organiser : SM Yoga Research Institute, Vrindavan, Uttar Pradesh
Location : Raj Fort, Darbhanga, Bihar
Theme : Yoga and Mind-Body Medicine



Rakhi Garhi Stadium, Hisar, Haryana witnessed resident from all walks of life coming out in huge number to celebrate Yogotsav marking the 21 days to International Day of Yoga 2022.



Organiser : Directorate of Ayush and Haryana Yog Aayog, Hisar, Haryana
Location : Rakhi Garhi Stadium, Hisar
Theme : Yog for Mental Health



As the International Day of Yoga was approaching, the 20th day to IDY was celebrated at Vishal Prakruthi Resorts, Opp Air Force Academy, Dundigal, Telangana. Several officers from the Air Force Academy participated in the drill of the Common Yoga Protocol enthusiastically.



Organiser : Bharat Swabhimon Trust, Haridwar, Uttarakhand
Location : Vishal Prakruthi Resorts, Opp Air Force Academy, Dundigal, Telangana
Theme : Yoga for Better Health and Life

As the International Day of Yoga inched closer, the Yogotsav countdown to mark 19 days to IDY-2022 was celebrated in Kohima, Nagaland on 2nd June 2022. The event witnessed residents from all walks of life coming out in huge numbers to celebrate Yogotsav.



Organiser : Nagaland State Ayush Mission Society, Nagaland
Location : Kohima, Nagaland
Theme : Yoga for Health



Yogotsav countdown program was celebrated on 3rd June, 2022 at the Indian National Army Memorial and Museum, Moirang, Manipur to mark 18 days to IDY-2022. Moirang holds a special place in the history of India's Freedom Struggle.



Organiser : The Directorate of Ayush and Sustainable Centre of Development and Culture, Manipur
Location : Indian National Army Memorial and Museum, Moirang, Manipur
Theme : Yoga for Human Excellence



Hundreds of Yoga enthusiasts gathered to celebrate Yogotsav at Adiyogi Shiva Statue, the world's largest bust sculpture in Coimbatore, Tamil Nadu ahead of the 8th International Yoga Day to mark 13 days to IDY on June 4, 2022. Thousands of people participated in the collective Yoga practice enthusiastically.



Organiser : Isha Foundation, Coimbatore, Tamil Nadu
Location : Adiyogi Statue, Coimbatore
Theme : Yoga for Health & Well-being



To mark the 16 days to IDY- 2022, Yogotsav countdown program was held at Sher-i-Kashmir International Conference Centre on the banks of Picturesque Dal Lake in Srinagar on 5th June 2022. The event was warmly welcomed by thousands of Yoga enthusiasts as they participated in the Common Yoga Protocol Practice.



Organiser : The Directorate of Ayush, J&K
Location : Sher-i-Kashmir International Conference Centre, Srinagar
Theme : Yoga for Humanity



Celebrating the IDY countdown program to mark 15 Days to IDY- 2022 on 6th June, 2022 at Pattadakal, Bagalkot, Karnataka. The event was warmly welcomed by thousands of Yoga enthusiasts as they participated in the drill of Common Yoga Protocol.



Organiser : Ayush TV, Bangalore, Karnataka
Location : Pattadakal, Bagalkot, Karnataka
Theme : Yoga for Universal Well-being



As a part of the ongoing celebrations of the 8th International Day of Yoga, a grand Yogotsav countdown program to mark 14 days to IDY- 2022 was held at Indian Coast Guard Air Station, Daman on 7th June, 2022. The event was conducted in an endeavor to generate the healthy benefits for Yoga among service personnel.



Organiser : Indian Coast Guard Air Station, Daman
Location : Daman
Theme : Yoga for Humanity

Hundreds of Yoga enthusiasts gathered to celebrate IDY- 2022 countdown program at Singhbhum Chamber of Commerce & Industry, Jamshedpur, Jharkhand. Many kids with disabilities showcased their tremendous core strength by performing difficult Yoga variations at the event.

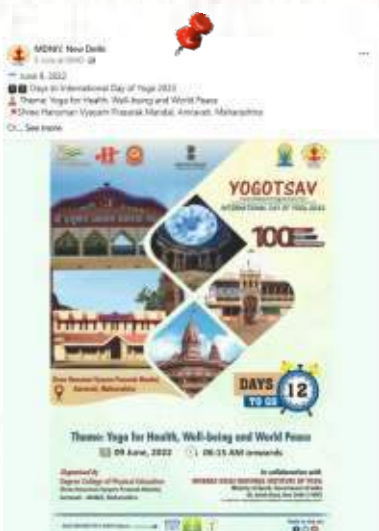


Organiser : The Art of Living, Bengaluru, Karnataka

Location : Singhbhum Chamber of Commerce & Industry, Jamshedpur, Jharkhand

Theme : Yoga for Happiness

Hundreds of Yoga enthusiasts participated in the drill of the Common Yoga Protocol with great fervour and zeal at the sacred places viz- Shree Ambadevi-Ekvira Devi Temple; Aanandeshwar Temple, Lasur, and Shree Hanuman Vyayam Prasarak Mandal, Amravati to celebrate 12 days to IDY- 2022 on 9th June 2022.



Organiser : Degree College of Physical Education, Amravati, Maharashtra
Location : Shree Hanuman Vyayam Prasarak Mandal, Amravati, Maharashtra
Theme : Yoga for Health, Well-being, and World Peace

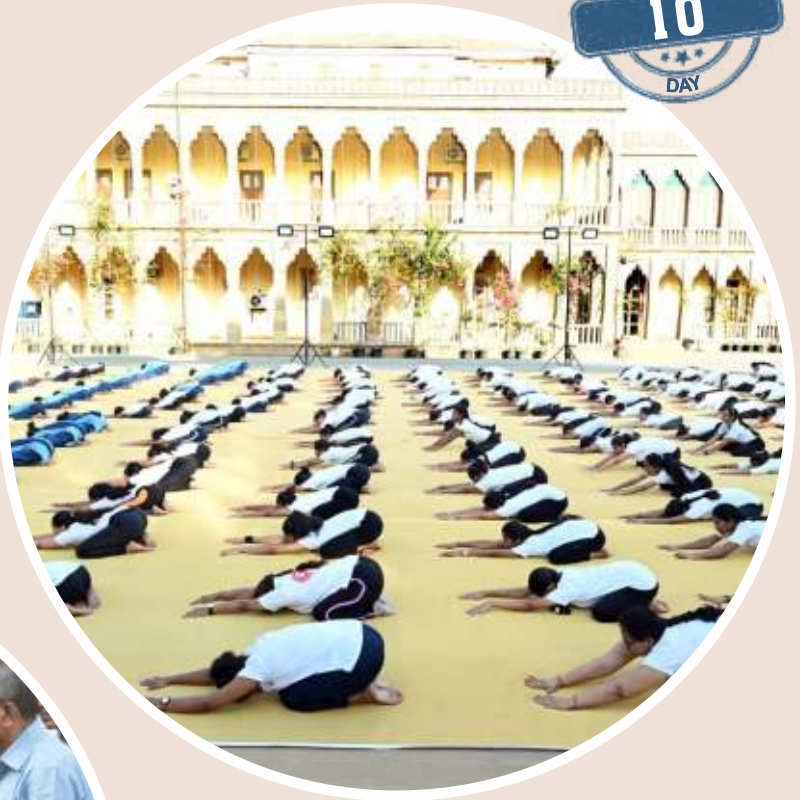


Yoga event was organized to mark 11 days to IDY- 2022 on 10th June 2022 at Dholavira, Kutch, Gujarat. Hundreds of Yog enthusiasts actively participated in the event.



Organiser : SE TransStadia Pvt. Ltd, Mumbai, Maharashtra
Location : Dholavira, Kutch, Gujarat.
Theme : Yoga for a Healthy Lifestyle

As the International Day of Yoga approached closer, thousands of students participated in the Common Yoga Protocol drill enthusiastically at Nilambag Palace, Bhavnagar, Gujarat to mark 10 days to IDY-2022 on 11th June 2022. The event was warmly welcomed by thousands of Yoga enthusiasts as they participated in the drill of Common Yoga Protocol.



Organiser : Lakulish Yoga University, Ahmedabad, Gujarat
Location : Nilambag Palace, Bhavnagar, Gujarat
Theme : Yoga for Happiness & Well-being

The Yoga Institute in collaboration with Morarji Desai National Institute of Yoga organized the Yogotsav countdown program to mark 9 days to IDY- 2022 on 12th June 2022 at Indira Gandhi Krishi Vishwavidyalaya, Raipur, Chhattisgarh. People gathered in large numbers to perform CYP at the event.



Organiser : The Yoga Institute, Mumbai, Maharashtra
Location : Indira Gandhi Krishi Vishwavidyalaya, Raipur, Chhattisgarh
Theme : Yoga for Humanity

Thousands of people from all walks of life celebrated the Yogotsav countdown program at Promenade Beach, Puducherry on 13th June 2022. Dr. Tamilisai Soundararajan, Hon'ble Governor of Telangana and Lieutenant Governor Puducherry, inaugurated SBV Yoga Mahotsav along with Hon'ble Minister of Civil Supplies Shri A.K Sai J Saravanan Kumar.



Organiser : Sri Balaji Vidyapeeth, Puducherry
Location : Gandhi Thidal, Promenade Beach, Puducherry
Theme : Strengthening the Cultural Ethos of Yoga Therapy



With just a week away from IDY-2022, Yogotsav countdown program on 14th June 2022 was organized at Shrimad Rajchandra Ashram, Dharampur, Gujarat. People gathered in large numbers to perform CYP at the event.



Organiser : SRMD Yoga, Valsad, Gujarat
Location : Shrimad Rajchandra Ashram, Dharampur, Gujarat
Theme : Celebrating the Essence of Yoga



Yogotsav countdown program took place at Kirti Mandir, Porbandar, Gujarat on 15th June 2022. Mahatma Gandhi was born in a home wedged in the narrow lanes of Porbandar. Hundreds of Yog enthusiasts actively participated in the event.



Organiser : The Institute of Teaching and Research in Ayurveda, Jamnagar, Gujarat
Location : Kirti Mandir, Porbandar, Gujarat
Theme : Yoga for Social well-being



With IDY-2022 less than a week away, a special countdown event was organized on 16th June 2022 at NSNIS, Patiala, Punjab. The CYP session saw active participation from many senior professors and students of the Institute.



Organiser : Netaji Subhas National Institute of Sports, Patiala, Punjab
Location : NSNIS, Patiala
Theme : Ek Bharat Shrestha Bharat



The Confederation of Indian Industry organized a Yogotsav countdown programme in collaboration with Morarji Desai National Institute of Yoga, Ministry of Ayush at Taj Convention Centre, Panaji, Goa on 17th June, 2022. Hundreds of Yog enthusiasts actively participated in the event.



Organiser : The Confederation of Indian Industry, New Delhi
Location : Taj Convention Centre, Panaji
Theme : Yoga for Humanity and Mental Well-being

Yogotsav countdown program was organised at Rockfort Temple, Tiruchirapalli, Tamil Nadu on 1st May 2022 to mark the 3 Days countdown to the International Day of Yoga. Hundreds of Yog enthusiasts actively participated in the event.



Organiser : Seethalakshmi Ramaswami College, Tiruchirapalli, Tamil Nadu
Location : Rockfort Temple, Tiruchirapalli, Tamil Nadu
Theme : Yoga for Humanity



Enthusiastic participation by people from all walks of life at IDY countdown programme organised at Yog Ashram, Gole Gujral, Jammu on 19th June, 2022. Several participants soaked in the beauty and tranquility of Yoga.



Organiser : The Directorate of Ayush, J&K
Location : Yog Ashram, Gole Gujral, Jammu
Theme : Yoga for Humanity

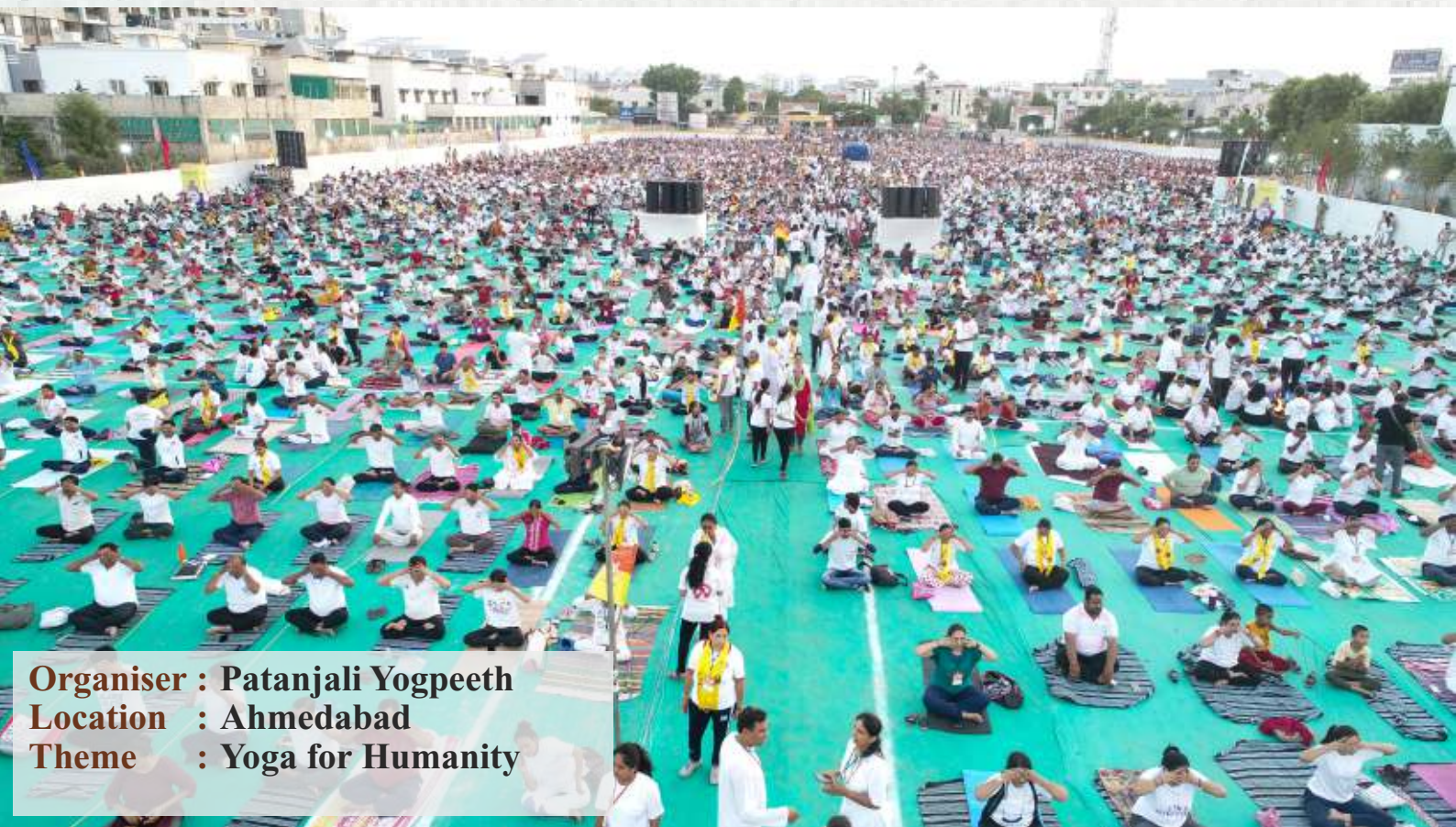


People from all walks of life participated at IDY countdown programme organised at Nalanda, Bihar. Several participants soaked in the beauty and tranquillity of Yoga.



Organiser : Nava Nalanda Mahavihara
Location : Nalanda Mahavihara, Nalanda, Bihar
Theme : Yoga for Humanity

Enthusiastic participation by people from all walks of life at IDY countdown programme organised at Ahmedabad on 19th June, 2022. Several participants soaked in the beauty and tranquillity of Yoga.



Organiser : Patanjali Yogpeeth
Location : Ahmedabad
Theme : Yoga for Humanity



With only 1 day away from the grand event of IDY, a special Yoga event was celebrated on 19th June 2022 at Kanha Shanti Vanam, Ranga Reddy, Telangana. The event was warmly welcomed by thousands of Yoga enthusiasts as they participated in the Common Yoga Protocol Practice.



Organiser : Heartfulness Institute, Hyderabad, Telangana
Location : Kanha Shanti Vanam, Ranga Reddy, Telangana
Theme : Yoga for Humanity

ANNEXURE

Days	Cities	Organisations	About the Organisation/Venue
100	Vigyan Bhawan, Delhi	MDNIY, New Delhi	<p>MDNIY, Ministry of Ayush is a focal Institute for Planning, Training, Promotion and Coordination of Yoga Education, Training, Therapy and Research in all its aspects, evolved as a reputed Yoga institution, an institution synonymous with quality and excellence.</p> <p>Vigyan Bhawan is a premier conference centre of the Government of India in New Delhi. Built in 1956, over the years it has been the venue of conferences of national and international stature, seminars and award ceremonies attended by distinguished world leaders and dignitaries.</p>
99	Surajkund, Faridabad, Haryana	Manav Rachna International Institute of Research & Studies, Faridabad, Haryana	<p>Manav Rachna Educational Institutions are the brain child of Dr. O P Bhalla, an educationist, and a philanthropist. Founded in 1997, the Institute in Faridabad is a visible symbol of knowledge & experience providing high-quality education in various fields</p> <p>Surajkund constitutes of an ancient reservoir that is among the ancient ones in India, dating back to the 10th Century which attracts a lot of travelers across the globe who get enamored of its beauty and historicity.</p>
98	Deverkhan, Jhajjar, Haryana	Central Council for Research in Yoga & Naturopathy, Janakpuri, New Delhi	<p>CCRYN is functioning as an autonomous organization under Ministry of Ayush. Since inception, the Council is involved in various activities related to the development of systems in terms of Research, Education, Training and Propagation.</p> <p>Jhajjar is known for the incredible number of temples dotting the town. Jhajjar is also famous for valour and courage of its soldiers in defence forces.</p>
97	Mokshayatan Yog Sansthan, Saharanpur, Uttar Pradesh	Mokshayatan Yog Sansthan, Saharanpur, Uttar Pradesh	<p>Mokshayatan Yog Sansthan in an honest effort is working to save the original form of yog science introduced by the rishis to benefit humanity.</p> <p>Saharanpur is a burgeoning commercial hub and a leading regional centre for wholesale and retail trade, agro based industries and industrial products.</p>
96	Parmarth Niketan Ashram, Rishikesh, Uttarakhand	Parmarth Niketan, Rishikesh	<p>Parmarth Niketan Ashram in Rishikesh is a true, spiritual heaven, lying on the holy banks of mother Ganga in the lap of the lush Himalayas.</p> <p>Rishikesh is commonly referred to as the Yoga capital of the world, situated on the banks of the holy river Ganges and surrounded by the Himalayas. Thousands of pilgrims visit the places for a grand experience of spiritual elevation.</p>
95	Thousand Pillar Temple, Moodabidri Karnataka	The Alvas College of Naturopathy and Yogic Sciences, Tenkamijar, Karnataka	<p>Alva's College of Naturopathy and Yogic Sciences came into its nascent existence in the year 2003. Today, within a short span it has catapulted into an epitome of quality of education in the field of naturopathy and yogic sciences rivaling the best institution in the country.</p> <p>Thousand Pillar Temple stands as a statement of the finest of arts as every part of the Temple depicts the richness of our country.</p>

Days	Cities	Organisations	About the Organisation/Venue
94	Padmanabhaswamy Temple, Thiruvananthapuram, Kerala	Sivanand Yoga Vedanta Dhanwantari Ashram, Thiruvananthapuram, Kerala	Sivanand Yoga Vedanta Dhanwantari Ashram propagates the teaching of Yoga and vedanta, preserving its purity and tradition dating back several thousand years. The centre is well known for its spiritual growth and learning, with many thousands of Yoga teachers worldwide trained since 1963.
			Padmanabhaswamy Temple is renowned for its beauty and grandeur and its architecture stands out for its work in stone and bronze.
93	Bilimora College, Navsari, Gujarat	Paramanand University Trust, Limbodi	Paramanand University has been imparting wisdom of traditional Yoga for the last 4 decades.
			A small city in southern Gujarat, Bilimora is situated on the banks of Ambika river.
92	Bhojpur Temple, Raisen, Madhya Pradesh	Sant Hirdaram Medical College of Naturopathy & Yogic Sciences, Bhopal, Madhya Pradesh	Central India's first College of Naturopathy & Yogic Sciences was established in the year 2009 and provides a rigorous, systematic training based on well planned course curriculum, comprehensive clinical training and ground breaking workouts in applied aspects.
			Bhojpur Temple is of national importance as several stone sculptures adorn the Temple's dome, facade and pillars.
91	Kanke Dam, Ranchi, Jharkhand	Ramakrishna Mission Ashram, Ranchi, Jharkhand	The vision of Swami Vivekananda took shape with the establishment of this Ashrama at Ranchi in 1927. The Ashrama has adopted several major objectives for integrated development of the rural tribal people.
			Ranchi has a rich history, unique beauty, and ideal location. This mineral-rich city boasts natural wonders, from a wide collection of flowers and fauna, to striking waterfalls and hills with a plethora of natural charm.
90	Nau Chowki Pal, Rajsamand, Rajasthan	Gayatri Parivar Trust, Rajsamand, Rajasthan	Gayatri Parivar Trust is a non-profit organisation, established in 2010.
			Nau Chauki present in the Rajsamand district was built by the Maharaja of Udaipur.
89	Pitra Parvat, Indore, M.P.	Sunderbai Phool Chand Ji Adarsh Shiksha Sansthan Indore, Madhya Pradesh	Active since 1993, the organisation has been trying to help people ever since its inception with the objective to serve the society by the way of providing economical and convenient treatment.
			Pitra Parvat Hanuman Temple is one of the biggest metal statues of Lord Hanumanji in Asia.
88	Shraddhanjali Kanan, Guwahati, Assam	Institute of Yoga and Nutrition Science, Guwahati, Assam	Institute of Yoga and Nutrition Sciences is a non-profit organisation, established in 2013.

Days	Cities	Organisations	About the Organisation/Venue
			Shraddhanjali Kanan is one of the most famous parks in Guwahati due to its green-clean environment and numerous amusement items for kids.
87	DRDO, Leh, Ladakh	Defence Institute of High Altitude Research, Leh, Ladakh	<p>DIHAR is a defence laboratory of the Defence Research and Development Organisation located in Leh, Ladakh. It conducts research on cold arid agro-animal technologies.</p> <p>Set amidst the epic Himalayas, Ladakh is a rustic and heavenly beautiful travel destination. The rugged valleys and mountains, winding roads coupled with the vibrant cultural life maintain the exuberance and charm of this region.</p>
86	Chong Nonsi Bridge, Bangkok, Thailand	Agath Health Care Bangkok, Thailand	<p>Agath Health Care promote people's health through its primary services, consisting of natural therapy and offer additional services such as nature based treatments, exercise, nutritional therapy and diet control, Yoga, meditation, use of herbs or other products for health and other alternative medicine treatment.</p> <p>Chong Nonsi Pedestrian Bridge in Bangkok. This Skywalk is an Urban Landmark located in the middle of the Sathorn Silom Central Business District with Empire Tower in the background.</p>
85	Patteeswarar Swamy Temple, Perur, Coimbatore	JSS Institute of Naturopathy and Yogic Sciences, Coimbatore, Tamil Nadu	<p>JSS Institute of Naturopathy and Yogic Sciences started with the vision of imparting standardised system of education in Naturopathy and Yoga and to provide best treatment for the needy people.</p> <p>The Temple has rare sculptures and carvings that stand as a testimony to the splendid art and architecture</p>
84	Dharmasthala, Dakshina Kannada, Karnataka	Sri Dharmasthala Manjunatheshwara College of Naturopathy and Yogic Sciences, Ujire, Dakshina Kannada, Karnataka	<p>India's first College of Naturopathy & Yogic Sciences, SDMCNYS, was established in the year 1989 by SDM Educational Society, Ujire.</p> <p>Dharmasthala is the epitome of spirituality and religious and cultural harmony. It is one of the renowned holy sites.</p>
83	Aga Khan Palace, Pune, Maharashtra	National Institute of Naturopathy, Pune, Maharashtra	<p>National Institute of Naturopathy, Pune is an autonomous body under the Ministry of Ayush, located in a historic building named Bapu Bhavan. Bapu Bhavan building is named after Mahatma Gandhi as he stayed there for 156 days in 1934 and made this institution his home.</p> <p>Aga Khan Palace is one of the most important landmarks in Indian history and has been instrumental in many defining moments of India's independence.</p>

Days	Cities	Organisations	About the Organisation/Venue
82	Mohan Shakti National Heritage Park, Solan, Himachal Pradesh	Shoolini University, Solan, Himachal Pradesh	<p>Established in 2009, this dynamic and innovation-led centre of learning has made giant strides towards delivering quality education. It has consistently been ranked among India's top universities.</p> <p>The picturesque park, Mohan Shakti Heritage Park is North India's first-ever ancient heritage park and is supplemented with many unique structures.</p>
81	Jeddah, Saudi Arabia	Saudi Yoga Committee, Kingdom of Saudi, Saudi Arabia	<p>Saudi Yoga Committee is popularising Yoga among the Kingdom's population. Nouf Al-Marwaai, who was honoured with Padma Shree by the Government of India for her efforts to propagate Yoga across the Kingdom has been appointed as President of Saudi Yoga Committee by the Kingdom's rulers.</p> <p>Jeddah, a Saudi Arabian port city on the Red Sea, is a modern commercial hub and gateway for pilgrimages to the Islamic holy cities Mecca and Medina.</p>
80	National Institute of Homoeopathy, Kolkata, West Bengal	National Institute of Homoeopathy, Kolkata, West Bengal	NIH is an autonomous body under the Ministry of Ayush with a mission to foster excellence in homoeopathic medical education and research, to educate and train undergraduate, post graduate students and research scholars of homoeopathy in accordance with the highest professional standards and ethical values.
79	Shivaji Park, Mumbai, Maharashtra	International Naturopathy Organisation, New Delhi	<p>INO is a non-profit organization dedicated to the promotion and propagation of Naturopathy at the grass root level. It focuses on the overall development of this ancient and miraculous science at global level and endeavours to bring this at par with other medical sciences.</p> <p>Shivaji Park is a public park situated in Dadar, Mumbai. It is the largest park in the island city. It holds historical and cultural value because of the political and social gatherings it has witnessed, both in pre- and post-independence Mumbai.</p>
78	Golf Course, Golfink, Shillong	North Eastern Institute of Ayurveda & Homeopathy, Shillong, Meghalaya	The North Eastern Institute of Ayurveda & Homoeopathy, Shillong is an autonomous institute established under the Ministry of Ayush which provides medical education for two streams namely Ayurveda and Homoeopathy.
77	NIS, Chennai, Tamil Nadu	National Institute of Siddha, Chennai, Tamil Nadu	The National Institute of Siddha is a centre of excellence with research and higher education in the Siddha System of Medicine as its mission.
76	High Commission of India, Japan	Japan Organization for Yoga Certification, Tokyo, Japan	The organisation aims to develop standards to maintain the quality of Yoga training. Japan offers a wide range of opportunities for enthusiasts catering to all tastes and preferences.

Days	Cities	Organisations	About the Organisation/Venue
75	Amrit Kaur Bhawan, Shimla, H.P.	Himachal Pradesh University, Shimla, Himachal Pradesh	Himachal Pradesh University was established by an Act of the Legislative Assembly of Himachal Pradesh in 1970. It is the only multi-faculty residential and affiliating university in the State that provides higher education to urban, rural and tribal areas through formal and distant modes.
			Snow-capped Himalayan peaks and green pastures surround Shimla, the capital of Himachal Pradesh. The well developed amenities, easy reach and various tourist attractions make it one of India's most popular hill stations.
75	Red Fort, Delhi	MDNIY, New Delhi	MDNIY, Ministry of Ayush is a focal Institute for Planning, Training, Promotion and Coordination of Yoga Education, Training, Therapy and Research in all its aspects, evolved as a reputed Yoga institution, an institution synonymous with quality and excellence.
			The Red Fort or Lal Qila is a historic fort in Old Delhi, named for its massive enclosing walls of red sandstone.
74	Vadakkunnathan Temple, Thiruvananthapuram, Kerala	Universal Yoga Consciousness, Thrissur, Kerala	Universal Yoga Consciousness, a spiritual mission founded by Yogi Jayadevan, an experienced teacher from India, in 1988 at Trichur, Kerala. This mission is dedicated to spread the mystic knowledge of Yoga, Vedanta and other spiritual discipline in order to establish world peace, brotherhood and enlightenment.
			Vadakkunnathan temple is one of the oldest temples in Kerala and is also a UNESCO recognised heritage site.
73	Kalachuri Temple, Amarkantak, M.P.	Indira Gandhi National Tribal University, Amarkantak, Madhya Pradesh	The Indira Gandhi National Tribal University, Amarkantak has been established by an Act of the Parliament of India. The university caters to the tribals' long cherished dream of higher education.
			The Archaeological Survey of India protects Amarkantak as the entire town is dotted with innumerable temples.
72	Mysuru Palace, Mysuru, Karnataka	Yoga Federation of Mysore, Karnataka	The organisation is vigorously and consistently training the students and citizens of Mysuru in Yoga and making the city a Yoga hub.
			Mysore Palace is India's proud possession and one of the most visited attractions, embracing an incredible man-made edifice. It is a palatial structure that tells many tales of India's complex and intriguing past.
71	Trimbakeshwar Temple Complex, Nashik, Maharashtra	Yoga Vidya Gurukul, Nashik, Maharashtra	The black stone temple is known for its appealing architecture and sculpture.

Days	Cities	Organisations	About the Organisation/Venue
70	Bhatner Fort, Jaipur, Rajasthan	Modish Services Private Limited, Vaishali Nagar, Rajasthan	The fort is one of the ancient forts of Rajasthan and has been the centre of attraction for tourists and history buffs for its glorious history
69	Zero Miles Stone, Nagpur, Maharashtra	Janardanswami Yogabhysa Mandal, Nagpur, Maharashtra	The Zero Mile Stone consists of a pillar made up of sandstone and another small stones representing the GTS Standard Benchmark. Nagpur lies precisely at the centre of the country with the Zero Mile Marker indicating the geographical centre of India. Hundreds of Yog enthusiasts actively participated in the event.
68	Ashok Stambh, Meerut, Uttar Pradesh	Vivekanand Pratisthan Parishad, New Delhi	The Shaheed Smarak symbolizes the freedom struggle against British rule, which was triggered from Meerut on May 10, 1857, and is a huge draw for tourists who visit or pass by the ancient Ramayan-era city.
67	Mahabalipuram Lighthouse, Chennai, Tamil Nadu	Directorate of Lighthouses and Lightships, Chennai, Tamil Nadu	Mahabalipuram Lighthouse is India's oldest lighthouse and one of the most visited places by foreign tourists in India.
66	Cuenca, Ecuador	Divine Values School and Latin American Center for Vedic Studies, Cuenca, Ecuador	Cuenca is the capital and the third largest city in Ecuador, and the economic centre of the southern Sierra. These distinctions, along with the city's incredibly well preserved history, have listed it as a UNESCO World Heritage Trust site
65	VPM's College, Thane, Maharashtra	Shri Ambika Yoga Kutir, Thane Maharashtra	Vidya Prasarak Mandal's Polytechnic Thane, The Self-financed Institute was founded in the year 1983 by a group of dedicated and philanthropic visionaries of Vidya Prasarak Mandal, Thane, after receiving the approval from the State Govt. The Institute has already achieved many distinctions and credentials.
64	Dr. Harisingh Gour Vishwavidyalaya, Sagar, Madhya Pradesh	Department of Yoga Education, Dr. Harisingh Gour Vishwavidyalaya, Sagar, Madhya Pradesh	Dr. Harisingh Gour Vishwavidyalaya is the 18 th University of India and the oldest and the biggest University in Madhya Pradesh. It was established by Dr. Sir Hari Singh Gour, a great Jurist, Philanthropist, Educationist, and Social Reformer. The University encompasses one of the finest picturesque campuses in India
63	Rock Garden, Chandigarh	Government College of Yoga Education & Health, Chandigarh	The Government College was established by the Chandigarh Administration in 1962 to promote health and awareness among the residents of the city. Regular Yoga sessions are conducted for the benefit of the residents of the city.

Days	Cities	Organisations	About the Organisation/Venue
			The Rock Garden displays spectacular sculptures made from urban and industrial wastes which have truly re-defined art and craft. Enduring a total of about 5,000 statues within its bounds, the place is a true example of 'Best from Waste'.
62	Tanakpur Sports Stadium, Uttarakhand	NavYoga International Institute of Yoga and Naturopathy Sciences, New Delhi	<p>The renowned Yogacharya Dr. Navdeep Joshi & Manjari Joshi are the founder of NAVYoga. The Institute follows and imparts scientific method of healthy life style through their different courses.</p> <p>Tanakpur Sports Stadium is situated on the banks of River Sarda with well-equipped facilities assisting the town produce some promising sportspersons</p>
61	Batadrava Than, Nagaon, Assam	Department of Yogic Science and Naturopathy, Mahapurusha Srimanta Sankaradeva Viswavidyalaya, Nagaon, Assam	<p>Mahapurusha Srimanta Sankaradeva Viswavidyalaya has formally been founded on 10th June, 2014 and it has been working relentlessly among the masses for inculcating the values preached by Srimanta Sankaradeva.</p> <p>Batadrava Than is a sacred place and an ideal hub of religious and cultural tourism founded by Mahapurusha Srimanta Sankaradeva. Alongside it also depicts the cultural ideology of the state into the world map further enlightening the identity of the wonderful culture to a larger audience.</p>
60	Town Park, Hisar, Haryana	OM Sterling Global University, Hisar, Haryana	OM Sterling Global University offers students a valuable academic experience in a collaborative and supportive environment and aims at producing world class academicians, researchers and leaders in diverse fields by embedding high moral values in its students, commitment to excellence, and enthusiasm for continuous intellectual development.
			The Town Park of Hisar is one of the high-quality places that are engulfed with nicely-laid gardens where the encompassing bushes provide a nice respite from the hustle of the town. The lovely fountain inside the center of the park also holds one of the main attractions
59	Pangong Lake, Leh, Ladakh	Mahabodhi International Meditation Centre, Leh-Ladakh, Union Territory of Ladakh	<p>The Mahabodhi International Meditation Centre is a great example of one man's vision turning into reality. Venerable Bhikkhu Sanghasena established the Mahabodhi International Meditation Center in 1986 to offer both spiritual instructions as well as desperately needed humanitarian services to impoverished people in the remote land of Ladakh.</p> <p>Pangong Lake is a beautiful endorheic lake situated in the Himalayas and is 134 km long, extending from India to China. Pangong Lake is situated at a height of 4350 m and is one of the biggest tourist attractions of the country. The beauty and allure of this lake has attracted people from all over the country and beyond.</p>

Days	Cities	Organisations	About the Organisation/Venue
58	Digambar Jain Temple, Mathura, U.P.	Arham Dhyan Yog, Mand-saur, Madhya Pradesh	Mathura, the Braj Bhoomi, is a sacred place for Hindus and Jains. Mathura, the pilgrimage city is a sacred place for all major religions of India like Hindus, Jains, Buddhists, etc
57	Gol Gumbaz, Vijayapura, Karnataka	BLDE University, Vijayapura, Karnataka	BLDE (Deemed to be University) came into existence in 2008 with the sole objective of providing quality Medical Education and meeting the health care needs of the people in this backward region of North Karnataka.
			Gol Gumbaz is the most famous monument in Vijayapura that displays the architectural brilliance of the bygone eras. It is the tomb of Mohammed Adil Shah who ruled from 1627-1657 and is also the second-largest dome ever built, next in size only to St Peter's Basilica in Rome.
56	Zagreb, Croatia	Croatian Yoga Federation, Zagreb, Croatia	<p>The Federation strives to impart Yoga through various seminars, classes in Croatia and supports the popularization of Yoga for healthy living.</p> <p>Zagreb, Croatia's northwestern capital, is distinguished by its 18th and 19th century Austro-Hungarian architecture.</p>
55	Har Ki Pauri Ghat, Haridwar, Uttarakhand	Dev Sanskriti Vishwavidyalaya, Haridwar, Uttarakhand	<p>Established in 1999, the main goal of the university is to establish harmony between the two schools of thought – science and spirituality.</p> <p>Har Ki Pauri is a major landmark place and a famous ghat on the banks of the River Ganga in Haridwar and a centre of attraction among devotees</p>
54	Kailasanathar Temple, Tamil Nadu	Meenakshi Academy of Higher Education and Research, Chennai, Tamil Nadu	<p>MAHER, a flagship institute (Deemed to be University), is part of a very large conglomerate of India's top league education institutions under the Meenakshi Ammal Trust, a public charitable education trust, founded in the year 1983 by late Mrs. D Meenakshi Ammal, a noted philanthropist and astute social leader of her time.</p> <p>The Kailasanathar temple, also referred to as the Kailasanatha temple, is a Pallava-era historic Hindu temple in Kanchipuram, Tamil Nadu, dedicated to lord Shiva. The massive temple is decorated with highly exquisite and intricate carvings. Dedicated to Lord Shiva, the temple is of immense religious significance for the followers making it an extremely popular pilgrimage destination</p>
53	Lingaraj Temple, Bhubaneswar, Odisha	Centurion University of Technology and Management, R.Sitapur, Odisha	The journey of Centurion University of Technology and Management began in the year 2005 by a group of ambitious academics with aspirations to provide high quality education both nationally and internationally.

Days	Cities	Organisations	About the Organisation/Venue
			Lingaraja Temple is a Hindu temple dedicated to Shiva and is one of the oldest temples in Bhubaneswar.
52	Soor Sadan, Agra, Uttar Pradesh	Kaivalyadhama, Lonavala, Maharashtra	<p>Founded by Swami Kuvalyananda in 1924, Kaivalyadhama is one of the oldest pioneering Yoga institutions in the world.</p> <p>Named in honor of the legendary poet Surdas, Soor Sadan is one of the avenues for hosting big-ticket cultural events.</p>
51	Rockfort Temple, Tiruchirappalli, Tamil Nadu	Krishnamacharya Yoga Mandiram, Chennai, Tamil Nadu	<p>One of Chennai's most well-known Yoga landmarks, KYM is among the premier centres of Yoga and Yoga therapy in India.</p> <p>The most famous and historic landmark of Tiruchirappalli is Rockfort Temple situated in the heart of the city. The temple consists of a 100 pillared hall and the inscription in this temple date back to the 3rd century B.C.</p>
50	Sivadol, Sivasanagar, Assam	District Administration, Sivasagar, Assam	Shivsagar is an administrative district in the Indian state of Assam. The district has acquired its distinct identity due to the co-existence of different races, tribes, languages, and cultures.
			The historical significance of Sivasagar is paramount as it was the epicenter of the Ahom kingdom which ruled between the 13th and 19th century CE.
49	Geographical Centre Point of India, Karaundi, Madhya Pradesh	Maharishi Mahesh Yogi Vedic Vishwavidyalaya, Katni, Madhya Pradesh	<p>MMYVV was established in 1995 of Madhya Pradesh Government and is the only university disseminating education in all forty aspects of Vedic Science and its technologies..</p> <p>The site is known for its geographical importance, as it is the Centre point of India, depicting the very soul of India.</p>
48	Didneshwari Devi Temple, Bilaspur, Chhattisgarh	Atal Bihari Vajpayee Vishwavidyalaya, Bilaspur, Chhattisgarh	Atal Bihari Vajpayee Vishwavidyalaya was established in June, 2012 to develop innovative and professional instructional programmes to cater the needs of students of the State of Chhattisgarh.
			Didneshwari Devi Temple is a centre of religious and archaeological importance. The temple is also famous for its fine and magnificent craftsmanship.
47	Ladnun, Rajasthan	Acharya Tulsi International Preksha Meditation Center, Ladnun, Rajasthan	<p>The most esteemed Acharya Tulsi International Preksha Meditation Center promote and propagate Preksha Meditation, a path of self awakening and self realization.</p> <p>Ladnun city is famous as a spiritual city, especially for Jain religious centres.</p>

Days	Cities	Organisations	About the Organisation/Venue
46	Neemrana Fort Palace, Alwar, Rajasthan	The Associated Chambers of Commerce and Industry of India, New Delhi	The Associated Chambers of Commerce & Industry of India (ASSOCHAM) is the country's oldest apex chamber. It brings in actionable insights to strengthen the Indian ecosystem, leveraging its network of more than 4,50,000 members, of which MSMEs represent a large segment.
			The Neemrana Fort now functions as India's oldest heritage resort ensuring special care for its time honoured structures that are restored and preserved with the authenticity that truly immerses one back to the mediaeval times.
45	Vivekanand Rock Memorial, Kanyakumari, Tamil Nadu	Sree Ramakrishna College of Naturopathy and Yogic Science, Kulasekharam, Tamil Nadu	Sree Ramakrishna College of Naturopathy and Yogic Science promotes a lifestyle that is in harmony with Nature. It offers therapies, treatments and beauty regimes rooted in ancient Ayurvedic traditions and a wide range of alternative healing and restorative therapies from around the world.
			Vivekananda Rock Memorial is undeniably one of the most popular places of great scenic beauty, historical importance, and religious significance in Kanyakumari. The rock is considered to be holy as well as an architectural wonder and consists of a captivating memorial of Swami Vivekananda.
44	Toli Ashram, Pauri Garhwal, Uttarakhand	Swami Rama Himalayan University, Doiwala, Uttarakhand	SRHU is top private university in Dehradun endeavors to transform lives through holistic approach to education, providing integrated health care services and effective rural development and social outreach programs.
			Toli is a small village enveloped in the Gharwal region of the Himalayas and is the birthplace of Swami Rama, an embodiment of benevolence, compassion, and seva
43	Kedarath Temple, Rudraprayag, Uttarakhand	Gurukula Kangri (Deemed to be University), Haridwar, Uttarakhand	Gurukula Kangri (Deemed to be University) was founded on March 4, 1902 by Swami Shraddhanan daji with the sole aim to revive the ancient Indian Gurukula System of education, on the bank of Ganges.
			Kedarnath is one of the foremost sacred places of Hindu pilgrimage and is situated on the heights of the Himalayas. The temple lies amidst the majestic snow-capped Garhwal Himalayan ranges and is thronged by thousands of tourists each year.
42	Sabarmati Riverfront, Ahmedabad, Gujarat	Gujarat State Yog Board, Gandhi Nagar, Gujarat	Gujarat State Yoga Board formed by the Government of Gujarat, the purpose of promoting Yoga activities is to spread Yoga to the masses in the entire state and to create an atmosphere about Yoga among the people to improve the mental health and physical health of the people through Yoga.

Days	Cities	Organisations	About the Organisation/Venue
			The Sabarmati Riverfront has been gaining momentum as a popular tourist spot as it is one of the major attractions to visit in Ahmedabad. The Sabarmati River has been the lifeline of the city for centuries and was given prominence when it went through an urban overhaul in 2005.
41	Jag Mandir, Udaipur, Rajasthan	New Age Yoga Institute, Mumbai, Maharashtra and Maitri Yog, Udaipur, Rajasthan	<p>New Age Yoga, an organization set up more than 20 years ago - since 1994, dedicated to live and teach Yoga way of life.</p> <p>Jag Mandir is a palace built on an island in the Lake Pichola. It is also called the Lake Garden Palace and the impressive structure is flocked by tourists in huge numbers.</p>
40	Visakhapatnam, Andhra Pradesh	Nature Cure Hospital, Visakhapatnam, Andhra Pradesh	<p>Nature Cure Hospital and Wellness Center in Visakhapatnam is a reliable name in the industry committed to provide a purpose driven health care and services.</p> <p>Visakhapatnam is one of the oldest port cities in the country situated in the heart of Andhra Pradesh and is known for its picturesque beaches and serene landscape, as well as a rich cultural past, which makes it an ideal spot for tourist destination in South India.</p>
39	NIT, Papum Pare, Arunachal Pradesh	National Institute of Technology, Arunachal Pradesh	<p>NIT Arunachal Pradesh was established to combat the growing need of technological professionals in India and is surrounded by beautiful green forest and mountains. The picturesque surrounding makes it ideal for a noble academic environment</p> <p>Papum Pare District is situated in the Northeastern part of Arunachal Pradesh. The district as whole is mountainous terrain intersected by valleys and ravines through which flow innumerable streams and rivers. It is a land of lush green forest, deep river valleys and beautiful plateaus.</p>
38	Konark Sun Temple, Puri, Odisha	Sri Sri University, Cuttack, Odisha	<p>Envisioned by Sri Sri Ravi Shankar Ji, Sri Sri University was established in 2009 as a centre for world-class education in India</p> <p>An architecture marvel and a symbol of India's heritage, Konark Sun Temple is situated in the eastern state of Odisha and is one of the eminent tourist attractions in the region. The temple dedicated to the Sun God is a massive conception of artistic magnificence and engineering dexterity.</p>

Days	Cities	Organisations	About the Organisation/Venue
37	Sri Vijaya Vittala Temple, Hampi, Karnataka	Shwaasa Yoga Center, Bangalore, Karnataka	Shwaasa, a spiritually-focused organization, encourages yogis to immerse themselves into a deep understanding of the ancient art. Built upon the foundations of authenticity, trust and devotion towards the ancient science, the Shwaasa Yoga Ashram was founded in 2012 by Swami Vachananand Ji in Bangalore, Karnataka.
			Sri Vijaya Vittala Temple is an ancient monument that is well-known for its exceptional architecture and unmatched craftsmanship. The temple is one of the largest and most famous structures in Hampi.
36	Nehru Rose Garden, Ludhiana, Punjab	PQMS Quality Services Pvt Ltd, Ludhiana, Punjab	PQMS has been established by seasoned professionals with a background and rich experience in assessment and certification.
			Nehru Rose Garden was established in 1967 and is one of Asia's most extensive rose gardens, spreading over an area of 30 acres which attracts thousands of visitors every year.
35	Thillai Nataraja Temple, Chidambaram, Tamil Nadu	Manushi Institute of Yoga, Chidambaram, Tamil Nadu	Manushi Institute of Yoga shows how to use your Brain as a gateway for achieving health, wealth and happiness. It explores new discoveries in Neuroscience that maximize the potential of the Human brain in practical and actionable ways.
			Thillai Nataraja Temple is a magnificent temple that exemplifies immense creativity and architectural excellence. The massive temple is decorated with highly exquisite and intricate carvings. Dedicated to Lord Shiva, the temple is of immense religious significance for the followers making it an extremely popular pilgrimage destination.
34	High Commission of India, Singapore	Pragya Health and Wellness, New Delhi	The centre has widespread reach towards the community to bring about awareness on different Health affecting issues across the globe.
			Singapore was occupied by Hindu empires in the 14th century. One of these empires is the one which gave it the name Singapore which means lion city in Sankrit, for a lion sighting in the area. Singapore is also famous for being a global financial center.
33	Brahma Sarovar, Kurukshetra, Haryana	Bharatiya Yog Sansthan Yogashram, New Delhi	Bharatiya Yog Sansthan came into existence in 1967, it is a non-sectarian, social, cultural and non-profit making organization and firmly believes in Bharatiya cultural heritage and aims to re-establish by protecting and preserving it.
			Brahma Sarovar is an ancient water pool sacred to Hinduism in old Kurukshetra city, in the state of Haryana in North India, India.

Days	Cities	Organisations	About the Organisation/Venue
32	Uttam School for Girls, Ghaziabad, Uttar Pradesh	Uttam School for Girls, Ghaziabad, Uttar Pradesh	Uttam School lays stress on imparting quality education to achieve physical, mental and spiritual potential which is latent in each child.
31	Enchey Monastery, Gangtok, Sikkim	Government of Sikkim	200 years old Enchey Monastery is a sacred Buddhist pilgrimage surrounded by splendid natural beauty with a peaceful and serene environment.
30	Vashi Railway Station, Navi Mumbai, Maharashtra	Yoga Vidya Niketan, Navi Mumbai, Maharashtra	<p>Yogacharya Padmashri Sadashivrao Nimbalkar Gururji founded Yoga Vidya Niketan in 1974, with the motto "Yoga Vidya Gharoghari".</p> <p>Vashi Railway station is situated in Navi Mumbai making it an important railway station in the Indian state of Maharashtra as part of one of the busiest and populated Indian states.</p>
29	Swami Vivekananda Statue at RKMVERI, Howrah, West Bengal	Ramakrishna Mission Vivekananda Educational and Research Institute, Howrah, West Bengal	RKMVERI is named after Swami Vivekananda, one of the towering figures in the long and illustrious spiritual history of India the Institute was established in 2005 and its growth from inception to its present stature is a testament to the solid foundation laid by its ideals of truth, selfless service, and purity of motive bequeathed by Swami Vivekananda.
28	Bhimbetka Rock Shelter, Raisen, M.P.	Barkatullah University of Bhopal, Madhya Pradesh	<p>Barkatullah University, formerly known as Bhopal University, was established in 1970 in the capital city of Madhya Pradesh and rechristened in 1988 as Barkatullah Vishwavidyalaya in the living memory of the great freedom fighter Prof. Barkatullah who belonged to Bhopal</p> <p>Discovered in 1957, Bhimbetka rock Shelter consists of a series of natural rock shelters at the foothills of the Vindhya Range, central India depicting one of the largest repositories of prehistoric art in India. The shelters were designated a UNESCO World Heritage site in 2003.</p>
27	AMU, Aligarh, Uttar Pradesh	Department of Physical Education, Aligarh Muslim University, Aligarh, Uttar Pradesh	AMU occupies a unique position amongst universities and institutions of higher learning in the country. It draws students from all states in India and from different countries like Africa, West Asia, and Southeast Asia.
26	Ram Ghat, Ayodhya, U.P.	Vivek Srishti Trust, Ayodhya, Uttar Pradesh	<p>Vivek Srishti Trust is committed to spread the science of Yoga in the common people and promote the spiritual excellence in today's dynamic life.</p> <p>Ram ki Paidi is a series of ghats on the bank of river Saryu. The river front brings forth an outstanding landscape especially in floodlit night.</p>

Days	Cities	Organisations	About the Organisation/Venue
25	Lal Bahadur Shastri Stadium, Hyderabad	Ministry of Culture	<p>The Ministry of Culture is the Indian government's Ministry charged with preservation and promotion of art and culture of India.</p> <p>The Lal Bahadur Shastri stadium is named in memory of Lal Bahadur Shastri, India's former Prime Minister. It is one of India's premier storied stadiums and venue for many national and international sporting events, especially for football and cricket having the capacity to seat around 25,000 people.</p>
24	Markt Platz, Bremen, Germany	Shaktya e.V, Bremen, Germany	<p>Shaktya e.V. is a charitable organization for international understanding, tolerance and intercultural exchange. The main purpose of the association is to promote art, culture, education, international sentiment, tolerance in all areas of culture and the concept of international understanding.</p> <p>Well known for being the largest national economy in Europe and having an interesting and rich history narrated by the old-fashion and colorful architecture, castles, palaces, cathedrals and monuments, Germany remains one of the top destinations in the world for travelers.</p>
23	University of Science & Technology of Meghalaya	University of Science & Technology of Meghalaya	The University of Science & Technology Meghalaya is the first State Private University of Science & Technology in the entire North East India and has been established in a picturesque landscape surrounded by tranquil greenery in Assam-Meghalaya border at Baridua.
22	Raj Fort, Darbhanga, Bihar	SM Yoga Research Institute, Vrindavan, Uttar Pradesh	<p>The SM Yoga Research Institute from Vrindavan, is a non-profit making organization, working to re-establish the ancient cultural science of Yoga.</p> <p>The majestic Raj Fort is a symbol of Mithila culture having great architectural works and wall and attracts tourists across the globe because of its historical significance.</p>
21	Rakhi Garhi Stadium, Hisar, Haryana	Haryana Yog Aayog, Hisar, Haryana	<p>The Haryana Yog Aayog works for the promotion, management, and regulation of training of Yoga and naturopathy in the state.</p> <p>Rakhi Garhi stadium is located in Hansi, Haryana. The site of Rakhigarh is one of the five known biggest townships of Harappan civilization on Indian subcontinent. Other four are Harappa, Mohenjodaro, The Garhi stadium provide the platform to sportspersons and people of Hisar facilitating all types of sports activities.</p>

Days	Cities	Organisations	About the Organisation/Venue
20	Vishal Prkruthi Resorts, Opp Air Force Academy, Dundigal, Telangana	Bharat Swabhiman Trust, Haridwar, Uttarakhand	Bharat Swabhiman Trust is working relentlessly across all over India under the divine guidance of Param Shraddhey Swami Ramdev Ji Maharaj and Param Pujya Acharya Balkrishna Ji Maharaj.
			Dundigal is a developing neighborhood that is situated in north Hyderabad and well-known educational institutions like Kendriya Vidyalaya, Air Force School, Institute of Aeronautical Engineering, Technology and Management, among others.
19	Kohima, Nagaland	Nagaland State Ayush Mission Society, Nagaland	Nagaland State Ayush Mission Society is working enthusiastically to serve the community by bringing health care services to the doorsteps of the community of Nagaland.
			Kohima, is the capital of the Northeastern Indian state of Nagaland and known for many beautiful sites
18	Indian National Army Memorial Hall, Moirang, Manipur	Sustainable Centre of Development and Culture, Manipur	The Centre For Sustainable Development is working relentlessly to uplift the community and works towards the promotion of sustainable development.
			The INA Museum displays a collection of letters, photographs, badges of Ranks, and other war items reminding the visitors of the noble sacrifices made by the INA soldiers under the charismatic leadership of Netaji Subhas Chandra Bose.
17	Adiyogi Statue, Coimbatore, Tamil Nadu	Isha Foundation, Coimbatore, Tamil Nadu	Sadhguru has touched millions across the world through his spiritual work. Isha Foundation, which he founded in 1992, has a volunteer base that is over 11 million strong and growing across 300 centers worldwide.
			Adiyogi Shiva Statue, the world's largest bust sculptures in Coimbatore.
16	Sher-i-Kashmir International Conference Centre, Srinagar	The Directorate of Ayush, J&K	The Department is entrusted with the responsibility of developing and propagating officially recognised systems, namely, Ayurveda, Yoga, Naturopathy Siddha, Unani, and Homoeopathy.
			Sher-i-Kashmir International Conference Centre is spread over rolling acres of green carpet and is now the country's newest and one of its most modern convention centres equipped to handle international conferences with ease and efficiency.
15	Pattadakal, Bagalkot, Karnataka	Ayush TV, Bangalore, Karnataka	Ayush TV, World's First Wellness & Lifestyle Television Channel to develop a stress free community and create awareness on health that connects the audience with best renowned medical professionals.

Days	Cities	Organisations	About the Organisation/Venue
			Pattadakal, Bagalkot, Karnataka a UNESCO World Heritage Site is a testament to the richness and time less splendour of the Chalukyan architecture during the 7th and 8th centuries, renowned for its intricately chiselled temples.
14	Indian Coast Guard Air Station, Daman	Indian Coast Guard Air Station, Daman	<p>The Indian Coast Guard is a multi-mission organization, conducting round-the-year real-life operations at sea. It has a wide range of task capabilities for both surface and air operations.</p> <p>Daman is famous for its beautiful beaches, portuguese colonial architecture, churches and the mesmerizing beauty of twin towns of Nani-Daman and Moti-Daman.</p>
13	Singhbhum Chamber of Commerce & Industry, Jamshedpur, Jharkhand	The Art of Living, Bengaluru, Karnataka	<p>Operating in 156 countries, The Art of Living is a non-profit, educational and humanitarian organization founded in 1981 by the world-renowned humanitarian and spiritual teacher - Gurudev Sri Sri Ravi Shankar.</p> <p>Jamshedpur, is one of the largest cities of India and is often referred to as "The Steel City".</p>
12	Shree Hanuman Vyayam Prasarak Mandal, Amravati, Maharashtra	Degree College of Physical Education, Amravati, Maharashtra	<p>Degree College of Physical Education is runned by world famous institute Shree Hanuman Vyayam Prasarak Mandal. Mandal is established in 1914 and has completed more than 100 years.</p> <p>Amravati, also called Ambanagri, a city of immense cultural and religious importance in Maharashtra. It is also called the cultural capital of the Vidarbha region.</p>
11	Dholavira, Kutch, Gujarat	SE TransStadia Pvt. Ltd, Mumbai, Maharashtra	<p>TransStadia is a sports company with interests in Sports Infrastructure and Sports Technologies incorporated with a belief that India can emerge amongst the global frontrunners in the field of sport.</p> <p>Dholavira site is India's most prominent archaeological site associated with excavations of the Harappan (Indus Valley) Civilisation dating back to about 4,500 years ago</p>
10	Nilambag Palace, Bhavnagar, Gujarat	Lakulish Yoga University, Ahmedabad, Gujarat	Lakulish International was founded in 1993 by Swami Rajarshi Muni, a practicing advanced yogi.
			Nilambag Palace in Bhavnagar is one of the most popular heritage hotels in Gujarat. The Nilambag Palace is an ancient mansion initiated by the king of Bhavnagar of the time, Maharaja Saheb Takhtsinhji.

Days	Cities	Organisations	About the Organisation/Venue
09	Indira Gandhi Krishi Vishwavidyalaya, Raipur, Chhattisgarh	The Yoga Institute, Mumbai, Maharashtra	The Yoga Institute, imbued with the true spirit of Yoga, have been instrumental in bringing about a positive change worldwide, for over 102 years.
			Raipur is very significant and prominent, especially for its steel markets. From lakes to temples, there is a lot that one can see in Raipur.
08	Gandhi Thidal, Promenade Beach, Puducherry	Sri Balaji Vidyapeeth, Puducherry	Sri Balaji Vidyapeeth aims to excel in academic and clinical medicine; research and training; nurturing passion and enthusiasm into achievement and theoretical knowledge into evidence based practice and research.
			Out of all the beaches in Pondicherry, Promenade Beach is one of its own kind of beach that is popularly known for its azure waters, ocean sprays, shimmering sand, beautiful coastline, and cosy ambiance.
07	Rajiv Gandhi Stadium, Aizawl, Mizoram	SRMD Yoga, Valsad, Gujarat	Through asana, pranayama, meditation, philosophy and other yogic techniques, SRMD Yoga promotes a holistic way of living by aligning one's body, mind and soul.
			Rajiv Gandhi Stadium is an athletic stadium in Aizawl, Mizoram and is used mainly for football and athletic games. This stadium is named after Rajiv Gandhi, 6th Prime Minister of India.
06	Kirti Mandir, Porbandar, Gujarat	The Institute of Teaching and Research in Ayurveda, Jamnagar, Gujarat	The Institute of Teaching and Research in Ayurveda is the first Institute of national importance in the sector of Ayush, set up to serve as custodian and propagate the knowledge of Ayurveda and allied health sciences globally.
			Mahatma Gandhi was born in a home wedged in the narrow lanes of Porbandar. The memorial that stands adjacent to the modest ancestral house of the family is known as Kirti Mandir.
05	NSNIS, Patiala, Punjab	Netaji Subhas National Institute of Sports, Patiala, Punjab	The Institute was dedicated to the memory of late freedom fighter Netaji Subhas Chandra Bose, and renamed as Netaji Subhas National Institute of Sports which was later merged with the Sports Authority of India (SAI), in 1987.
04	Taj Convention Centre, Panaji, Goa	The Confederation of Indian Industry, New Delhi	The history of CII is the story of the transformation of a miniscule association, representing a small segment of industry, to the premier business association of modern India. The journey began in 1895 when 5 engineering firms joining hands to form the Engineering and Iron Trades Association.
			Panjim is Goa's capital as well as the heart. It is a unique concoction of idyllic charm and lively events, with cobblestone streets, Portuguese colonial-era buildings, from serene beaches and quaint churches to impressive forts, pretty temples and even museums.

Days	Cities	Organisations	About the Organisation/Venue
03	Tiruchirappalli, Tamil Nadu	Seethalakshmi Ramaswami College, Tiruchirappalli, Tamil Nadu	The Founder of Seethalakshmi Ramaswami College Padmabhushan Shri. N. Ramaswami Ayyar started Savithri Vidyasala Hindu Girls' Higher Secondary School in the year 1938, with a noble purpose of providing education to girls in the background of Indian tradition and culture.
			Tiruchirappalli also called Tiruchi or Trichy is an ancient city in India's southern Tamil Nadu state.
02	Nalanda Mahavihara, Nalanda, Bihar	Nalanda Mahavihara, Bihar	The inspiration behind the establishment of this institute was to develop a centre of Higher Studies in Pali and Buddhism along the lines of ancient Nalanda Mahavihara.
			Nalanda was once visited by monks and tourists from all around the world and is known for its Buddhist sites and monuments. Nalanda flourished during the regime of several rulers like and Buddhist emperors and it was then when the province shot to prominence
02	Gole Gujral, Talab Tillo, Jammu	Directorate of Ayush J&K	The department is entrusted with the responsibility of developing and propagating officially recognised systems, namely, Ayurveda, Yoga, Naturopathy Siddha, Unani, and Homoeopathy.
02	Ahmedabad, Gujarat	Patanjali Yogpeeth	Patanjali has benefitted crores of people through its charity worth thousands of crores following a holistic perspective towards health & well-being.
01	Kanha Shanti Vanam, Ranga Reddy, Telangana	Heartfulness Institute, Hyderabad, Telangana	Heartfulness Institute is a global nonprofit organization with thousands of volunteer trainers who serve more than a million meditators in over 130 countries.
			Shanti Vanam is famous for nurturing a joyful environment where people from all walks of life, from every corner of the world gather to meditate under one roof.



MORARJI DESAI NATIONAL INSTITUTE OF YOGA

Ministry of Ayush, Government of India

68, Ashok Road, New Delhi-110 001

Ph: 011-23730417-18, 23351099, 23721472 Telefax: 011-23711657

E-mail: mdniy@yahoo.co.in Website: www.yogamdniy.nic.in

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