

April 07-20, 2025



IDY 2025

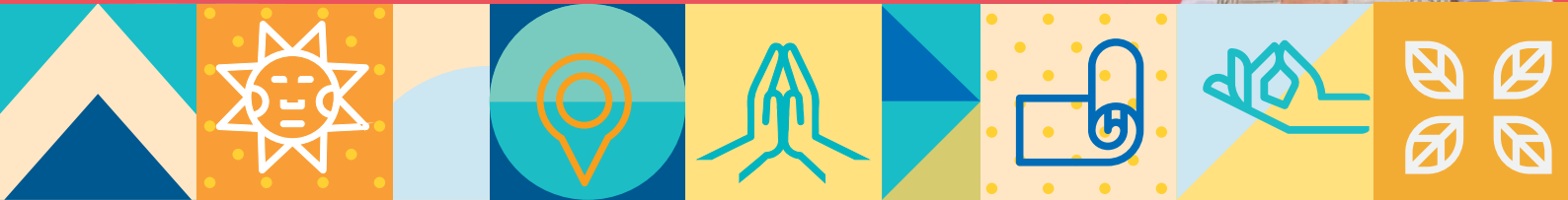
International Day of Yoga

NEWSLETTER

Yoga Quote

“Yoga helps us realise that our welfare is related to the welfare of the world around us. When we are peaceful within, we can also make a positive impact on the world.”

Shri Narendra Modi
Prime Minister



Yoga gets a boost in China, with Prime Minister Shri Narendra Modi's appreciation for the work and contributions of Professor Wang

On the occasion of a year marking the 75th anniversary of diplomatic ties between India and China, a unique cultural bridge was built on April 12, 2025, at Zhejiang University in Hangzhou. At the event, Professor Wang Zhicheng – a scholar and renowned Indophile – received a letter of appreciation from PM Narendra Modi. This gesture from the PM pointed the spotlight on Wang's dedicated efforts to introduce and popularise Yoga, Vedanta and Indian Cultural Traditions within China.



PM's letter was presented by the Indian Consul General Prateek Mathur during the ceremony. PM Modi praised Wang's commitment to fostering a deeper understanding of Indian Philosophical Traditions, particularly through the practice of Yoga and the study of Vedanta. Mathur, in his address, commended Wang's “unstinting efforts to popularise Indian Culture” emphasising Yoga's role as a potent tool for cultural diplomacy.

In the year 2016, during the G20 summit at Hangzhou, PM Modi had received a memento, in the form of a set of 10 Chinese translations of the ancient Indian texts by Professor Wang. Over the past decade, Yoga has surged in popularity across Chinese cities, becoming a widely adopted method for promoting physical and mental well-being. Millions of Chinese citizens now participate in Yoga classes, workshops and International Day of Yoga celebrations, a testament to the growing interest in the time-tested Indian practice.

The efforts of Professor Wang and the appreciation he received from India's Prime Minister serve as reminders of the shared human connections that Yoga fosters, transcending political boundaries.

Inside



Page 2
Yoga on the waves



Page 3
'Harit Yoga' nurtures both personal and planetary health: Ayush Minister



Page 4
In conversation with B.K. Sister Sapna
Sr. RajYoga Teacher
Co-ordinator, Brahma Kumaris
Meditation Centre





Yoga on the waves

In a powerful display of unity and harmony, personnel from the Indian Navy and the Sri Lankan Navy came together for a joint Yoga session aboard the warship INS Sahyadri, while docked in Colombo harbour on April 7, 2025. The open-deck Yoga session was a special event that went beyond typical maritime cooperation.

Participants practiced Yoga together, embodying the theme for the upcoming International Day of Yoga (IDY) 2025: "Yoga for One Earth, One Health." This theme was announced by Prime Minister Shri Narendra Modi during his 'Mann Ki Baat' address on March 30, 2025.

The primary mission of the visit of INS Sahyadri is to strengthen the age-old defence ties between India and Sri Lanka. The joint Yoga practice added to these objectives, serving as an unmissable symbol of unity and harmony. It fostered mutual understanding, demonstrating how shared cultural heritage like Yoga can build bridges of friendship.

With preparations for the IDY 2025 ongoing across the globe, this shared event on board INS Sahyadri rings out a matured message: well-being, harmony, and peace can move forward together, enhancing personal wellness as well as bilateral ties.



Capture the beauty of Yoga with "Yoga My Pride" photography contest

As we move quickly to IDY 2025, the Ministry of Ayush, MyGov and the Indian Council for Cultural Relations (ICCR), present an inspiring visual storytelling opportunity: the "Yoga My Pride" Photography Contest 2025. This global competition invites Yoga practitioners and photography enthusiasts worldwide to share their vision. Submissions are welcome from March 13, 2025, to April 30, 2025.

Ready to join? Here's how:

Snap a creative photo of yourself in a Yoga pose, whether against a breathtaking sunset, at a historic monument, in your favourite studio, or even in your cozy home. Just make sure it captures the true essence of Yoga! Pair it with a short, powerful slogan (15 words max.) that speaks to your practice.

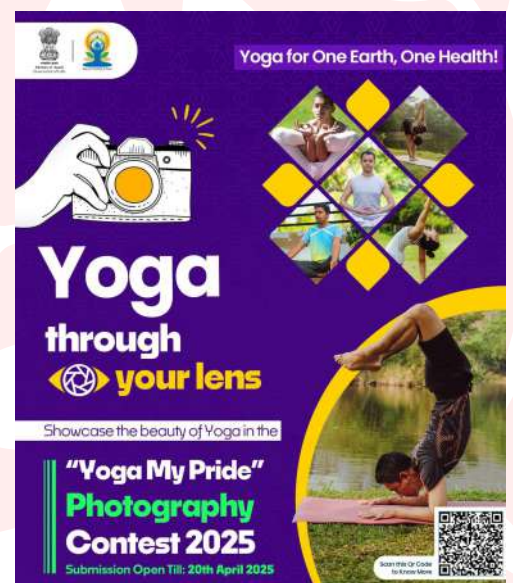
Scan and Participate



Why participate? Because your photo could inspire thousands! Plus, with exciting prizes up for grabs, this is your chance to showcase your belief in Yoga's unifying power.

<https://innovateindia.mygov.in/Yoga-my-pride-2025/>

Don't wait – frame your moment and share it TODAY! For more details on the contest, visit [MyGov.in](https://mygov.in).





'Harit Yoga' nurtures both personal and planetary health: Ayush Minister

Shri Prataprao Jadhav, Union Minister of State (IC) for the Ministry of Ayush and Minister of State for the Ministry of Health and Family Welfare, inaugurated the Harit Yoga initiative at Kalinga Stadium, Bhubaneswar, during the Yogotsav Celebration. The event marked the 75-day countdown to the IDY 2025, celebrated annually on June 21.

IDY 2025 features ten signature events. One among them, Harit Yoga emphasises the connection between personal wellness and environmental sustainability. "Just as Yoga nurtures the body and mind, tree planting nurtures the Earth," Shri Jadhav stated, aligning the initiative with Prime Minister Narendra Modi's vision of "Ek Ped Maa Ke Naam" (One Tree in the Name of Mother). Over 5,000 medicinal plants were distributed to participants on the occasion, reinforcing the theme of environmental consciousness.

Addressing over 6,000 Yoga enthusiasts who practiced the Common Yoga Protocol (CYP) at the stadium, the minister highlighted IDY's global impact. "Yoga has become a world-wide phenomenon over the past decade," he said, noting its evolution from a single-day event to a year-round global wellness campaign.

The event witnessed the presence of distinguished dignitaries, including Ms. Pravati Parida, Deputy Chief Minister of Odisha; Shri Sambit Patra, Member of Parliament, Puri Lok Sabha; Vaidya Rajesh Kotecha, Secretary, Ministry of Ayush; Ms. Monalisa Dash, Joint Secretary, Ayush; Ms. Sulochna Das, Mayor, Bhubaneswar and Shri Nishant Mehra, OSD to the Ayush Minister.



YOGA TECH



India thrives as a dynamic start-up hub today, with booming innovation and active government support fuelling endless entrepreneurial opportunities. The practice of Yoga is also a beneficiary of this vibrant ecosystem, with platforms like EXLY, MyYogaTeacher, and Superprof creating waves in the Yoga-Tech landscape.

Swasti Bharat is one such innovative digital platform connecting Yoga instructors directly with students, eliminating intermediaries. Its mission is to bring authentic Yoga into homes while empowering instructors with flexible income.

The platform offers instructors a transparent, user-friendly experience. They can create profiles, list classes, set prices, and manage schedules easily. This verified

ecosystem contrasts with informal methods, helping instructors build their brand and maximise earnings.

Founded by Ms. Yamini and recognised by Startup India and Startup Uttar Pradesh, Swasti Bharat was launched on March 7, 2025. It onboarded over 1,200 instructors in its first month. "Swasti Bharat aspires to be more than a platform", says its founder, "it wants to be a movement making Yoga instruction inclusive, accessible, and sustainable for all".



Signature Events of IDY 2025

As we look towards the IDY 2025, have you considered how deeply our inner peace is connected to the world around us? This year, IDY introduces a beautiful initiative to explore just that: **Harit Yoga**, or 'Green Yoga'.



What exactly is Harit Yoga? It's one of ten special Signature Events for IDY 2025, designed to weave together the profound practice of Yoga with a conscious commitment to environmental sustainability. Its aim is simple yet powerful: to foster holistic health not just within ourselves, but within our shared planetary home.

How can You, as an Individual, embrace Harit Yoga?

Becoming part of the Harit Yoga movement is simple. Every small step connects you more deeply with both Yoga and nature. Here's how you can start:

- Practice Yoga outdoors, connect directly with nature.
- Choose eco-friendly Yoga mats.
- Help keep local water sources clean or join a clean-up drive.
- Plant a tree – perhaps dedicating it through the 'Ek Ped Maa Ke Naam' (A Tree in Mother's Name) spirit.
- Embrace zero-waste principles in your daily life and practice.
- Opt for public transport more often to reduce your carbon footprint.
- Share your green Yoga journey online using #HaritYoga on social media!

How can organisations champion Harit Yoga?

Institutions, Yoga studios, community groups and commercial firms can become powerful ambassadors of Harit Yoga. Here's how to lead the way:

- Organise events that blend nature and Yoga – Trekking + Yoga retreats, community clean-up drives, or tree plantation campaigns.
- Design your own unique initiatives that creatively merge Yoga practices with environmental conservation themes.
- Actively promote the message and importance of Harit Yoga within your networks and community.

In Conversation

B.K. Sister Sapna

Sr. RajYoga Teacher
Co-ordinator, Brahma Kumaris
Meditation Centre



Having studied economics and trained as a software engineer, what motivated your transition to become a Brahma Kumari?

From a young age, I have been drawn to spirituality. During my teenage years, my mother introduced me to the Brahma Kumaris, a connection that deeply resonated with my inner instincts. I believe that the ultimate goal of our lives is to attain peace, happiness, and fulfilment – qualities that are spiritual rather than material. The Brahma Kumaris do not advocate renunciation; instead, they teach individuals how to be like a lotus – living with an elevated consciousness, unaffected by the negativity of the world.

The Brahma Kumaris emphasise a lifestyle of purity, and sattvic diet. How do these principles align with the goals of the International Day of Yoga, and how do you inspire others to adopt them?

The principles of purity and a sattvic diet are aligned with the goals of the International Day of Yoga, as both emphasize balance, harmony, and overall well-being – key components of the Yoga philosophy. The practice of Yoga encourages cleanliness in both body and mind. A sattvic diet of fresh and wholesome food calms the mind and reduce stress.

Reflecting on the proposed theme for IDY 2025, 'Yoga for One Earth, One Health,' how, in your view, does the practice of Yoga contribute to fostering the interconnectedness between individual well-being and planetary harmony?

Yoga's spiritual practices, such as meditation and contemplation, help us realise that we humans are part of a greater whole, and our thoughts, actions, and habits have an impact on nature. By cultivating a sense of oneness with nature, Yoga also encourages us to understand that the well-being of the individual is linked to the well-being of the planet. When we harm the planet, we harm ourselves, and when we protect and nurture the planet, we nurture our own health.

» Page 6

GenZ or TrendZ: Yoga – a timeless practice for all ages!

Young or old, Yoga for all. For the young, Yoga enhances focus, emotional regulation, strength, flexibility and discipline, while reducing impulsivity. For seniors, it improves strength, balance, mental well-being, sleep quality and helps manage stress.

As we gear up for IDY 2025, our team visited Lodhi Garden and spoke with practitioners, both young and not so young, who shared how Yoga has changed their daily lives.



Murari Tiwari,
Former Chairman,
Bar Council of Delhi and
Chairman, Disciplinary Committee

"I practice Yoga daily for an hour. I have found that Yoga greatly benefits my health, improving digestion and posture. My children suggest gym workouts, but I find Yoga more peaceful and effective. I recommend Yoga for its long-term health benefits and quality of life improvement to younger people."



Vasant Rao Patil,
Rtd. Professional

"I started doing Yoga after retirement in 2016. I do Kapalbhathi, Anulom-Vilom, Bhastrika and Sitali Pranayama on daily basis. At the age of 66, I'm in good health and don't take any medication, which I attribute to Yoga and my disciplined lifestyle. Yoga keeps me happy and fresh."



Kamakhya Pandey,
Ph.D. Scholar

"I was introduced to Yoga at a young age but began regular practice only after school. I mainly practice Pranayama, Anulom-Vilom, Bhramari, and Kapalbhathi. I had PCOD for 5 years, but now I'm healthy and find peace in Yoga. I prefer Yoga over the Gym as it is costly and doesn't fit my schedule."



Sudesh Malik,
Homemaker

"Yoga has been part of my life for the last 10 years. After my husband's death, I was depressed and had mobility issues. With my son's support, I started Yoga slowly. Now I have a regular routine. In Yoga, I find peace through meditation and chanting Om. I truly believe in the benefits of Yoga, especially for women's health, and it has transformed my life, bringing me peace."



Manwar Singh Rawat,
Rtd. Govt. Employee &
Certified Yoga Trainer

"During morning walks I used to watch others practicing Yoga, this increased my interest in Yoga. I've been practicing Yoga for 20-25 years now. Yoga energises me, ensures restful sleep and builds my stamina, keeps my body flexible and internally cleansed. Ultimately, I believe Yoga brings physical, mental, and emotional balance."



Anant Gunjan,
S.H.O.,
Dept. of Police, Delhi

"My Yoga journey started from 2019 during COVID-19, since then I've been regularly practicing Yoga. It has benefited me greatly. I also lost 18 kgs of weight, and since then, my energy levels have significantly improved. Yoga has become an essential part of my daily routine, keeping me fit, healthy and happy."



Aishwarya Chaudhary,
Student

"I started Yoga practice 4 years ago when my school introduced Yoga as a part of physical activity. At first, I was doing it casually, later I realized it helps me stay calm during exams and improves my concentration. Now it's part of my daily routine."



If you would like to share your success/ideas or how you preparing for IDY 2025, please submit an article of around 150 words ASAP, so we can publish it in our next issue. Please include photos or feedback and send to: sharestoriesidy25@gmail.com

You've been instrumental in organizing IDY events. What unique elements do you incorporate to make these events inclusive and impactful for diverse audiences?

We emphasise the spiritual aspect of Yoga, especially meditation. The posture of the mind is more important than physical postures – what is the quality of my attitudes, beliefs, and behaviour? This has a major impact on my life: whether I am peaceful and happy, or not. If the mind is not in our control, and there are frequent mental upheavals, our breathing cannot be normal. So, we guide people's attention to the spirit, the soul, which is the master of the body. When the soul is empowered, overall well-being follows.



Looking back on your journey, what is one piece of wisdom you wish you had known when you started, and how do you share that with others today?

To navigate life effectively, there are three essential questions that every individual should contemplate:

1. Who am I? I am a peaceful soul, a sentient being inhabiting a physical body. The phrase "Om Shanti" encapsulates this identity; it means "I am a peaceful soul."
2. Who is the Creator? The Almighty God is a super-energy, dwelling in the Soul World.
3. What is our relationship with Him? God is our Supreme Father, Supreme Teacher, and Supreme Guru, guiding us through life's challenges.

By attaining a stable mind and acquiring the highest wisdom, we can be happy even in turbulent times.

CYP Decoded



Ms. Neetu Sharma
Senior Yoga Consultant,
MDNIY

The strength of stillness: Neetu Sharma on the power of standing Asanas

A significant part of her life has been devoted to simplifying and promoting Yoga for everyone, which has been more of a passion than work. Neetu Sharma has extensive knowledge and experience and played an important role in developing CYP.

Ms. Sharma believes that true strength in Yoga begins with standing asanas, which are linked to loosening practices that prepare the body for stability and strength. Initially, CYP was a 35-minute routine for the first International Day of Yoga in 2015 but expanded to 45 minutes for better balance between physical and mental elements.

"Standing asanas are not just postures; they teach us balance, focus, and inner strength," she states. "Even mastering a few of these asanas is a powerful first step toward a deeper connection with yourself and the true spirit of Yoga."

Standing poses are important for flexibility, stability, and good posture. Tadasana (Palm Tree Pose) engages the whole body, improving alignment, breath control, and muscle strength. In today's world, where long sitting leads to back and neck pain, standing asanas help correct posture and release tension. Vrikshasana (Tree Pose) enhances balance, coordination, leg strength, and focus, as Neetu explains how eye movements can impact balance. Pregnant women can also benefit from standing asanas for better circulation and bonding, but expert guidance is essential. Ms. Sharma emphasizes that yoga strengthens both body and mind. "Standing asanas help us stay strong, physically and mentally."



India and Georgia unite through Harit Yoga for a greener, healthier world

Great news from Tbilisi, Georgia! On April 6, 2025 people from India and Georgia gathered for a special event called the 'Yoga for LiFE' Conference.

The event was organised by the Swasti Yoga Center to show how Yoga can help us live healthier lives and take better care of our planet. This connects to India's big idea called 'Lifestyle for Environment' (LiFE) and 'Harit Yoga', one of the signature events for the IDY 2025.

The conference attracted a distinguished gathering, including wellness experts, officials from the Indian Embassy, and prominent Georgian figures such as Tbilisi

Mayor Giorgi Tsiklauri and Dr. Levan Cholokashvili, Deputy Minister of Education, Science, Culture and Sport. Their addresses highlighted the integral roles of health, youth engagement, and robust cultural exchange fostering and strengthening bilateral ties.

A dedicated panel discussion explored the intersection of 'Harit Yoga' and sustainable tourism, offering strategies for low-carbon living and ethical travel practices. The event also marked the launch of several significant publications, including The Green Yoga Instructor Program, a new edition of the Panchatantra, and a Georgian translation of Patanjali's Yoga Sutras.



Mr. Giorgi Tsiklauri, Mayor of Tetritskaro Municipality; Dr. Levan Cholokashvili, renowned oncologist from Chachava Clinic; Dr. Vikas Chothe, Founder of Swasti Yoga Center; along with officials from the Embassy of India in Georgia—Mr. H.S. Dutt, Mr. Sushil Malik, and Mr. Arun Khatri, attended the India-Georgia Conference on "Yoga for LiFE" held in Tbilisi.

Haryana govt. to employ 'Sahayaks' to teach school students Yoga

The Haryana state government has announced significant plans to promote Yoga education and practice statewide. This was formalised during a Haryana Yoga Aayog review meeting chaired by Ayush Additional Chief Secretary Sudhir Rajpal on April 17, 2025. A key initiative involves appointing 857 dedicated instructors, 'Yoga Sahayaks', initially for PM SHRI, Model Sanskriti, and cluster schools. This initiative aims to integrate Yoga into the academic curriculum and promote the overall well-being of students.

Ayush doctors will also receive specialised Yoga training to improve their professional capacity at institutions like Patanjali Yogpeeth. In addition to these long-term plans, IDY preparation camps are now being held in every district. Shri Nayab Singh Saini, Chief Minister of Haryana has approved these extensive proposals. The state also plans an International Meditation Centre, and Yoga gym renovations.



One World Trade Center, New York

India's spirit for IDY 2025 soared from the 102nd floor of One WTC (World Trade Center) on April 7, 2025. People embraced the global 75-day IDY countdown initiative, practicing Yoga together to celebrate peace and wellness.



Duqm, Oman

On April 10, 2025 a special Yoga session took place on the Indian Navy ship INS Trikand. The ship's crew and members of the Royal Navy of Oman practiced together in Duqm, promoting wellness and friendship.



Beau Vallon Beach, Mahe

In Seychelles, people gathered on Mahe Beach for Yoga on April 6, 2025 and supported the vision of 'One Earth, One Health' through mindful practice together.



YOGA CELEB



“ Ishvara Pranidhana – surrendering to a higher universal consciousness – reminds us we’re all part of a larger, interconnected whole. By recognising this higher universal force, we transcend individual differences and connect as one human family. Yoga is the way to understand this union. ”

Vidyut Jammwal

Indian Actor and Martial Artist





Russian State University for the Humanities, Moscow

Students and staff at a Russian university joined a Yoga master class led by Dr. Brijesh Gupta on April 15, 2025. This event showed Russia joining the global countdown to IDY 2025, promoting peace and harmony.



Campo Grande, Brazil

On April 11, 2025 a vibrant Common Yoga Protocol session was lit up at the popular park in Campo Grande, Brazil with participants from 18 cities flowing in harmony under the Brazilian sky. The session was led by TIC teacher Sh. Satyendra Kumar.



Tiergarten, Berlin, Germany

Amidst trees and tranquility, a Yoga session was conducted under the guidance of the Embassy of India, Berlin, and The Tagore Cultural Centre on April 6, 2025. People practiced yogic poses under the trees' shade, promoting global health, harmony, and peace.



YOGA RECAP



2023 - When Argentina embraced Yoga with passion & purpose!



Argentina has embraced Yoga with widespread enthusiasm, evident across all nine editions of the IDY. The celebrations saw large-scale participation in Buenos Aires and provinces alike, one of the most memorable being the 9th IDY event on June 20, 2023. This celebration transformed the Polideportivo of the iconic Argentine Football club, BOCA Juniors, into a massive Yoga venue.

The event was immensely successful, witnessing the passionate participation of over 10,000 Yoga enthusiasts throughout the day. This echoed the energy of previous significant events, like the 2018 'Yoga for Peace' gathering attended by PM Modi. Beyond celebrations, Argentina integrates Yoga into training for its Federal, Buenos Aires City, and Provincial Police academies.





Buxar blends Yoga, wellness, and green initiatives at Grand IDY countdown festival

Over 1,500 Yoga enthusiasts, including school children, gathered at the Foundation School Grounds in Buxar on April 14, 2025, to commemorate the 68-Day Countdown to IDY 2025. The event was filled with excitement.



In keeping with the Harit Yoga concept, which combines Yoga practice with environmental awareness, the event began with a tree planting drive. It was followed by painting and essay contests with Yoga themes. In order to promote discipline and unity among participants, the festival also included Yoga asana competitions along with the practice of the Common Yoga Protocol. The event was organised by the Aryavart Siddhant Sanrakshak Trust in Varanasi, in collaboration with MDNIY.

Leh's Buddha Park comes alive for IDY 2025 countdown

Nestled at an elevation of 3,500 metres (11,500 feet), the serene Buddha Park for World Peace in Leh came alive on April 06, 2025, as the Mahabodhi International Meditation Centre (MIMC) hosted a vibrant Yoga gathering. The park, home to a magnificent 14-metre-tall golden statue of Shakyamuni Buddha, provided a sacred backdrop for this occasion. This event marked the 76-day to IDY 2025, held in collaboration with MDNIY.

Mr Tashi Gyalson, CEC of LAHDC, Leh, graced the event as the Chief guest, he also emphasised Yoga's role in holistic health, global unity and peace. Ven. Bhikkhu Sanghsena, Founder-President of MIMC and recipient of the PM's Yoga Award 2021, highlighted the importance of Yoga, Meditation, and Spirituality in today's turbulent world.

The event witnessed participation from thousands, including dignitaries, practitioners, spiritual seekers, faculties & students from University of Ladakh and National

Institute of Sowa Rigpa; jawans from the ITBP; students from Kendriya Vidyalaya, Bhartiya Vidya Niketan, and Mahabodhi Residential School. The event culminated with a stirring performance by artist Mr Phuntsog Ladakhi, leaving the audience inspired and uplifted.

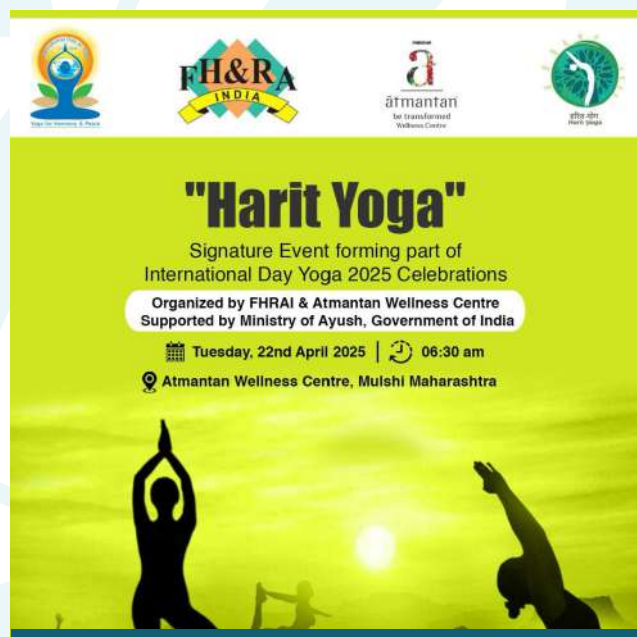


Hotel & Restaurant Federation gears up for country-wide IDY 2025 observation

The private sector taking leadership roles in public Yoga activities, in pursuit of PM Modi's call to take the rewards of Yoga to every corner of the country, is an unmissable trend in the countdown to the IDY this year.

Aligning with this trend, the Federation of Hotel & Restaurant Association of India-FHRAI announced their early plans, with their members proudly taking up "Harit Yoga" activities.

These include an immersive Yoga retreat at Atmantan Wellness Centre in Mulshi in Maharashtra on April 22, 2025, and a vibrant campus event engaging future hospitality leaders at FHRAI-IHM in Greater Noida on April 29, 2025. Along with a flagship gathering celebrating urban wellness at the JW Marriott in Bengaluru on May 17, 2025. Harit Yoga



combines wellness and environmental awareness. FHRAI has made plans conducting Yoga events on a large scale in preparation for IDY-2025.

As informed by Ms. Payal Swami, Assistant Secretary General of the Federation, FHRAI is proud to stand with the Government in the Yoga movement and looks forward to making their IDY events inclusive, and impactful.

"This newsletter is a vital step towards ensuring timely and transparent updates for citizens and stakeholders alike. It reflects the spirit of IDY 2025 theme 'Yoga for One Earth, One Health', as envisioned by the Prime Minister in Mann Ki Baat. I commend MDNIY for its dedicated efforts in bringing this initiative to life."

Shri Prataprao Jadhav,
Union Minister of State (IC), Ministry of Ayush
and Minister of State, Ministry of Health and
Family Welfare



From disability to ability: A yogic transformation

In the realm of Yoga and social empowerment, Advocate Anita Gupta stands as a key figure representing resilience and transformation. As the president of Maa Shakti International Organization, she has played an instrumental role in advocating the well-being and development of disabled individuals, ensuring they find strength through Yoga.

For Ms. Gupta, Yoga is the medium that facilitated her journey from "Disability to Ability". Her life took a drastic turn when she encountered multiple accidents, turning her from a normal person to a disabled person.

During the time when she was struggling to come to terms with her new reality, she found hope and motivation in her advocate, Shri Rathe and then, with renewed determination, she established Maa Shakti International Organization in 2013 in Delhi. To overcome her trauma, she embraced Yoga, Naturopathy, and a disciplined muscle-building diet to rebuild her strength. Through resilience and unwavering dedication, she earned the title of National Paralympic medallist and distinguished para swimmer in 2017.

Since 2015, her organisation has been actively promoting Yoga among persons with disabilities and senior citizens through dedicated annual yogic events. For the past two years, she has spearheaded an initiative in partnership with the Ministry of Social Justice and Empowerment, facilitating the distribution of essential appliances to those in need.

As a cancer survivor, she has proven that daily Yoga practice can make the cancer journey smoother. Anita Gupta is unwavering in her trust in the power of her mission: to make Yoga accessible to all and to empower 'Divyaang Jan' to lead fulfilling lives.



Advocate Anita Gupta
Founder & President, MAA SHAKTI International Organization

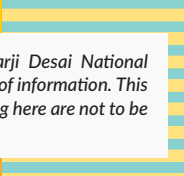
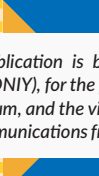
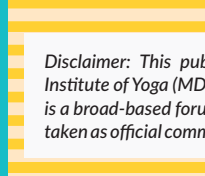
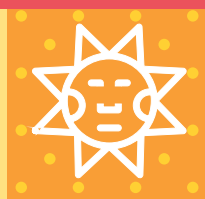
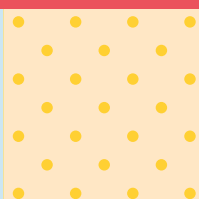


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