



Celebration of International Yoga Day -2023 at Odisha State Centre, NIC, Bhubaneswar

The 9th International Day of Yoga was celebrated on 21st June, 2023 in the lap of nature (open garden) with great eagerness and enthusiasm at NIC, Odisha State Centre, Bhubaneswar.



At the outset, Shri Suresh Kumar Mohapatra , President of **Bharatiya Yoga Sansthan** , Odisha and Yoga Guru Mrs. Manaswini Das were welcomed with shawl and flower bouquets to the function as trainer





Programme started with lighting of the lamp in a spiritual vibrations with blowing of conch and chanting of universal prayers.

Addressing on the occasion, Dr. A. K. Hota, DDG & SIO elaborated the theme for this International Yoga Day 2023 : **'Yoga for Vasudhaiva Kutumbakam,'** effectively encapsulating our collective aspiration for 'One Earth, One Family, and One Future.





Demonstrating various Asanas, Gurus stressed on regular yoga practice which will lead to better mental, physical & intellectual health.





PITCH DECK



Different Pranayama techniques were demonstrated along with explanation of its importance & benefits.



On this occasion, few Jala Seva Volunteers were felicitated who were instrumental in arranging Jala Seva counter (curd water distribution) in front of NIC, for last 2 months during the heat wave condition, organised by NEARS, NIC, Odisha.



Session was concluded by Dr. Pabitranda Pattnaik, ASIO, by delivering Vote of thanks and offering token of Gratitude to guests , followed by Shanti Patha .

