

21st June

International Day of Yoga

Supported by **NDMC**



Video

YOGA – A Blissful Way of Living

Derived from the Sanskrit word yuj, Yoga means union of the individual consciousness or soul with the Universal Consciousness or Spirit. Yoga is a 5000 year old Indian body of knowledge. Though many think of yoga only as a physical exercise where people twist, turn, stretch, and breathe in the most complex ways, these are actually only the most superficial aspect of this profound science of unfolding the infinite potentials of the human mind and soul.



NDMC is ALL SET TO MARK SECOND INTERNATIONAL day of yoga



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International Yoga Day was celebrated at 7 different locations in the national capital, including Connaught Place, which hosted the largest gathering of approximately 10,000 people.

NDMC was in-charge of preparations at four venues, which included Connaught Place, Lodhi Garden, Nehru Park and Talkatora Stadium.





Video



Video



Video



Video

PRINT Media COVERAGE



Delhi goes full stretch to make Yoga Day a successful exercise

From Rajiv Chowk To Lodhi Gardens, Events Draw A Lot Of Enthusiasm



A wide-angle photograph showing a massive group of people, mostly women, performing yoga in a large, open park area. They are arranged in many rows, creating a colorful mosaic of red, white, and green clothing. In the background, a city skyline with various buildings is visible under a clear sky. The text "YOGA CIRCLE" is overlaid in the bottom left corner of the image.

DELHI'ITES TURN OUT FOR YOGA DAY, DIPLOMATS JOIN IN

THOUSANDS CONVERGE AT CONNAUGHT PLACE FOR THE INTERNATIONAL EVENT



विदेशियों पर चढ़ा योग का खुमार

नेहरू पार्क में 40 से अधिक राजनयिक अपने परिवार संग योग करने पहुंचे



लेखक का नाम और पता : लेखक का नाम और पता : लेखक का नाम और पता :

[illegible]

योग की सेशनी फैला रहे दृष्टिबाधित छात्र



अंतराष्ट्रीय योग दिवस के मौके पर कर्नाट प्रदेश में आयोजित कार्यक्रम में योग करते उपस्थित लोग (ज.सं.)

PRINT Media COVERAGE



कनॉट प्लेस पर योग करने वाले प्रतिभागियों में बड़ी संख्या में युवा थे।

राजधानी में 700 स्थानों पर हुआ योगाभ्यास
नेता, अफसर और आम जन जुटे एक साथ

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एड एंडे रास्ता या बंद तैनीं निगरीं के अवतजन में वै 9 लख छात्र



ational Yoga Day: Visually-impaired children put icing on cake

ice of yoga in life, an expert says
osis makes one mentally strong

2008年12月
第14卷第12期

[illegible]

The women respondents who are largely unrepresented showed how drugs like a dagger to their pride, honor and self-respect, and that they are not only a woman's enemy but also a man's. The respondents stressed the importance of having it as a healthy for a continuous manner.

The elite team of 128 women respondents displayed Fikri Tissa Kati, a martial

originally from *Thalassiporus*. These endoparasitic wasps are common around hosts trapped in the century old, native on-site traps. The wasps are a quarter century old, and their skill sets take on multiple aspects of an old time fly fishing and fly fishing fly fishing.

[illegible]

14 Governor Nueces Jang participates in a yoga yoga session at Carrington Place

UNIVERSITIES JOIN IN PRACTICING YOGA POSTURES
The International Yoga Day was celebrated at all the educational institutes of the Indian Capital, including All India Medical University, Delhi University and Jai Hind Institute, Yoga Universities like Sri Arunachal University, Delhi and Sri Yogi Bhaagya Prasad University also held programmes to celebrate the Day on Tuesday. More than 700 members performed yoga with the T-shirt supported with the International Yoga Day and Jawahar Nariya University logo in a flag saluted at the unity on Tuesday. The university continued the event over the weekend (13th June 17).

MIJIMA LANDS INTERNATIONAL AIRPORT CELEBRATES YOGA DAY WITH FLIERS
The Tokyo Narita International (NRT) Airport celebrated International Day of Yoga on Tuesday with the fleet and airport community and friends and supporters. The Tokyo International Airport (TIA) Center, a IATA first innovation, in association with Tokyo Yogiennale Yoga Association (Yogiennale University) organized this unique event. Starting at 5 am the celebration included various yoga sessions along with yoga research, demonstration and lecture consultation for yoga therapists. Prof. Masaru Kim, CEO TIA, encouraged the flight crew to join the popular "Sunrise Meditation" session at the Terminal 2 Domestic Departure area.

TINIAN, VIETNAM JAILS INMATES GATHER IN RECORD NUMBER FOR ITS
A record gathering of over 11,000 prisoners and staff of Thai prison complex and inmates staged an on-
Tuesday performed various scenes in the occasion of International Inmate Day. "The Central jail and several
prisoners joined the celebration for the 2nd International Inmate Day with a record participation of over 11,000
inmates and staff," a senior Thai official said.



कनॉट प्लेस में शहरी विकास मंत्री वैकेया नायडू, एलजी नजीब अंग व सांसद मीनाक्षी लेखी योग करते हुए।



कनॉट प्लेस में योग दिवस पर बड़ी संख्या में भाग लेते लोग।



नेहरू पार्क में विदेशी महिला ने भी किया योग।

Print Media Coverage

Disability no bar for Yoga enthusiasts

ANUR AGGARWAL
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Thousands of yoga enthusiasts thronged Connaught Place, in the heart of the Capital to celebrate International Yoga Day on Sunday. The day was a series of yoga sessions, with the most popular being the one for people with disabilities. The day was a series of yoga sessions, with the most popular being the one for people with disabilities. The day was a series of yoga sessions, with the most popular being the one for people with disabilities.

n thousands struck a healthy pose across the Capital

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Yoga is a science that aims at harmonious development of the body, mind & soul: Naidu

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'Divisive nature negates yoga'

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एनडीएमसी उद्यानों में योग कक्षाएं रोज लगेगी

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राजधानी हर तरफ योगमय दिखी

12 हजार से ज्यादा लोग मंगलवार की सुबह योग करने के लिए कर्नोट प्लेस में पहुंचे

40 से ज्यादा देशों के राजनयिकों ने एनडीएमसी के उद्यानों में अभ्यास किया

100 आरडब्ल्यू ने भी की शिरकत की, सीआईएसएफ के 250 जवान भी हुए शामिल



कर्नोट प्लेस में दूसरे अंतरराष्ट्रीय योग दिवस पर मंगलवार की सुबह योग करने के लिए लोगों की भारी भीड़ उमड़ी। सेंट्रल पार्क के साथ-साथ इनर और आउटर सर्किल समेत सभी लिंक मार्ग पर लोगों ने योग किया। • राज के राज

A STEP TOWARDS HEALTHY LIVING : CONNAUGHT PLACE



A STEP TOWARDS HEALTHY LIVING : CONNAUGHT PLACE



A STEP TOWARDS HEALTHY LIVING : NEHRU PARK



A STEP TOWARDS HEALTHY LIVING : NEHRU PARK

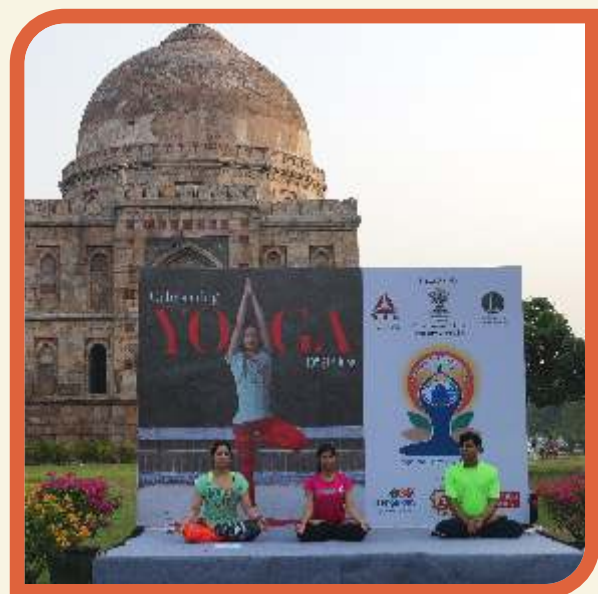


PRACTICE SESSION

A STEP TOWARDS HEALTHY LIVING : LODHI GARDEN



A STEP TOWARDS HEALTHY LIVING : LODHI GARDEN



PRACTICE SESSION

A STEP TOWARDS HEALTHY LIVING : TALKATORA STADIUM



A STEP TOWARDS HEALTHY LIVING : TALKATORA STADIUM



PRACTICE SESSION

Video

A tradition that takes us beyond cultures and diversities

As said, Yoga means combination. Yoga takes all the culture and diversities into one platform and addresses them at the same time. Yoga is for all and every one can follow it, as it is not a religion, it s a science, a way of living rather healthy living.

BRANDING in NDMC AREA



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