

# The confluence of immunity, humanity and community is Yoga

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**INTERNATIONAL YOGA DAY CELEBRATED AT PARMARTH NIKETAN ON GANGA BANKS IN RISHIKESH**

**YOGA-FY WITH PEACE A FLOWER BASED YOGA ALSO CELEBRATED IN DELHI**

## **INVC NEWS**

**Rishikesh/ New Delhi**

Special International Day of Yoga live Morning Session from the world famous Parmarth Niketan Ashram in Rishikesh, Uttarakhand, on the holy banks of Mother Ganga, in the lap of the Himalayas, with the divine presence, blessings and inspiration of HH Pujya Swami Chidanand Saraswatiji, inspiring message of Pujya Sadhvi Bhagawati Saraswatiji on the occasion, who is currently travelling abroad but joined the celebrations online. The Common Yoga Protocol session was conducted by Pujya Sadhvi Abha Saraswatiji, Yogacharya Dr Indu Sharmaji, Ganga Nandini, Parmarth Rishikumars and Family at the feet of the iconic Lord Shiva of Rishikesh.

**Pujya Swami Chidanand Saraswatiji shared in His inspiring statement,** "Yoga is not merely what we do but it is who we are. Yoga is a way of life. Yoga is for all. Today we are speaking so much about boosting our immunity, but in the process we must not forget our humanity and our community. The confluence of immunity, humanity and community is Yoga. So do Yoga, be Yoga, learn Yoga, live Yoga and



loveYogaandmakeeverydayaYogaDay!"Hismessagewasalsoairedin the official Government of India, Ministry of AYUSH live broadcast of Yoga Day along with eminent Yoga Masters.

**Pujya Sadhvi Bhagawatiji shared in her inspiring message,** "On this beautiful International Day of Yoga, let us celebrate - celebrate the practice of yoga, this art, this science of living. Let us celebrate the United Nations for having the beautiful clarity to adopt the motion brought by our Hon'ble PM Shri Narendra Modiji for International Yoga Day, and let us celebrate the rishis and the saints and the sages who brought us the practice of bringing the body, the mind and the heart into union so that we would live as awakened beings. And, let us celebrate the opportunity that we all have to actually live yoga and bring yoga into every moment of our lives."

In Delhi Yoa-fy with peace a unique flower themed Yoga was performed with JAsmine yog, Roase yog, sadabahaar yog lotus and marigold yog.

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