

4th International Yoga Day at Gandhi Memorial in Dallas

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Dallas, TX: Mahatma Gandhi Memorial of North Texas (MGMNT) in partnership with Consulate General of India, Houston organized Fourth International Day of Yoga on Sunday June 17, 2018 at Mahatma Gandhi Memorial Plaza in Irving, Texas.

Mr. Rao Kalvala, MGMNT secretary welcomed the gathering of about 350 enthusiastic Yoga participants. Mrs. Shabnam Modgil, MGMNT Board of Director, introduced the MGMNT Board onto the podium and welcomed Chief guests Hon. Irving City Mayor Pro Tem Allan E. Meagher, Consul Mr. Ashok Kumar and his team.

Dr. Prasad Thotakura, MGMNT Chairman in his statement mentioned that "UNO declared June 21st as International Yoga Day and more than 175 countries participate in Yoga Day Celebrations every year. June 21st is chosen as the Yoga Day Celebrations in UNO because it is considered as the longest day of the year. Rishikesh is the birth place of Yoga and Yoga was born 5000 years ago. It is very symbolic to celebrate the Fourth international Day of Yoga at Gandhi Memorial because Gandhiji used to practice meditation and yoga. Gandhiji firmly believed that daily practice of yoga and meditation can strengthen self-discipline, patience, courage and forgiveness".

Dr. Prasad Thotakura and fellow Board of Directors felicitated and awarded the Scripps 91st National Spelling Bee champion Mr. Karthik Nemmani, Runner-up Ms. Naysa Modi, and third place winner Mr. Abhijay Kodali. It is very heartening to see all the three winners are from DFW metroplex coached by local Geospell academy founded by Geetha and Vijay Reddy.

Hon. Irving City Mayor Pro Tem Allan Meagher appreciated MGMNT for creating Gandhi Memorial in the center of DFW Metroplex, organizing events like Yoga Day where community participates enthusiastically and expressed his delight to be part of Yoga Day Celebrations.

Consul Mr. Ashok Kumar appreciated MGMNT leadership for working with CGI-Houston in organizing annual International Yoga Day. Mr. Ashok Kumar also shared to the media that it is the goal of the Houston Consulate to expand the partnership to all the cities in Texas and encourage more people to participate in Yoga Day. He also explained the idea of IDY by India Prime Minister Mr. Modi and his proposal to United National General Assembly.

Mr. Kamal Kaushal, MGMNT Board of Director felicitated the guests, kick started the IDY celebrations and introduced Yoga instructors to the community.

Over 350 enthusiasts of all age groups followed instructor Vijay led Yoga, meditation, Pranayama for an hour. MGMNT awarded Certificate of Appreciation to all attendees and served the breakfast.

Mr. B.N Rao, MGMNT Board of Director in his closing remarks thanked the Chief Guests, the community, Haryana Association for enthusiastic volunteers, FunAsia, TV5, TV9, TVAsia, SaReGaMa restaurant, Bombay photography, DJ Manesh and all supporters in making this event successful.

MGMNT Board of Directors Kuntesh Chokshi, leaders from IANT and IAFC namely Shailesh Shah, Benazir Arfi, Rahul Chatterjee, Raja Bellani, Rajnish Mittal, Dr. Sant Virmani attended the event to pay rich tribute to Gandhiji along with several other community members.



