

## 5th International Yoga Day at Gandhi Memorial

OMON, 24 JUN 2019 ● AMERICA



Dallas, Texas: More than 300 NRI's participated at the "5th International Day of Yoga" hosted by Mahatma Gandhi Memorial of North Texas (MGMNT) in association with Consul General of India, Houston at Mahatma Gandhi Memorial on June 22nd. Irving City Mayor Rick Stopfer attended the event as Chief Guest of Honor and Consul Rakesh Banati from Consul General of India, Houston as a Special Guest.

MGMNT Secretary Rao Kalvala in his opening remarks welcomed the gathering and stated it is very apt to conduct yoga day at Gandhi Memorial as Gandhi himself was an ardent yoga practitioner. MGMNT Co-Chair B.N.Rao said it is heartening to see hundreds of NRI's in all age groups gathering at this Gandhi Memorial to learn and practice yoga with passion.

MGMNT Founder Chair Dr. Prasad Thotakura asserted that yoga is not spiritual but should be everyday ritual. Yoga keeps body fit and mind alert. Sound body and sound mind make a healthy society. There is no age restriction, racial discrimination, cultural or language barriers to practice yoga. The art of yoga is a great gift given by India to the world. It is very impressive to see millions of people in more than 170 countries celebrating June 21st as Yoga Day that was declared by UNO. Dr. Thotakura requested Mayor Stopfer to introduce Yoga as an extracurricular activity in all schools at all levels in the City of Irving to which Mayor responded positively.

Chief Guest Mayor Stopfer in his message articulated the enormous benefits of yoga, welcomed all participants to Yoga Day and thanked MGMNT Board for hosting such an important event. Consul Rakesh Banati reminded the gathering that Hon. Prime minister of India Shri. Narendra Modi initiated and introduced June 21 as International Day of Yoga 5 years ago which was unanimously resolved by UNO.

Dr. Prasad Thotakura introduced 92nd Scripps National Spelling Bee three champions who are from Dallas Fort Worth Metroplex. The winners Abhijay Kodali, Sohun Sukhatankar, Rohan Raja along with their parents were felicitated by MGMNT Board and the Guests. MGMNT presented \$2,000 annual scholarship to University of Texas at Dallas, Richardson to Monique Wedderburn, Director, Asia Center through Mayor Rick Stopfer.

Yoga instructors Vijay and Peggy demonstrated the techniques and intricacies of Yoga that was followed by hundreds

of NRI's who practiced for almost 2 hours with passion.

MGMNT Treasurer Abhijit Railkar in his closing remarks thanked all the volunteers, Kamal Kaushal, Dinesh Hooda, Sailsesh Shaha, attendees, guests, Media partners, Music Masti Magic for A/V, Bombay Studio for Photography, Sarigama restaurant for providing water bottles. MGMNT presented Participation Certificates and served Breakfast to all attendees.







