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MGMNT organized International Day of Yoga in Dallas

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Mahatma Gandhi Memorial of North Texas (MGMNT) in association with Art of Living (AOL) organized the first “International Day of Yoga” at Mahatma Gandhi Memorial, Thomas Jefferson Park, in Irving City.

The 90 degrees temperature did not stop more than 500 Dallas residents and Yoga enthusiasts to attend the event. Mrs Shabnam Modgil Board of Director MGMNT introduced Mr. Rao Kalvala, Secretary, MGMNT in his welcome address stated that celebrating the event at Mahatma Gandhi Memorial has great significance as Mahatma Gandhi practiced Yoga & Meditation for inner strength and became World iconic figure for peace and harmony. Mr. Kalvala mentioned that Yoga is gaining popularity rapidly, today 350 Million people actively practice Yoga world-wide and 35 Million in US.

Mr. Kalvala appreciated the leadership and contributions of Dr. Prasad Thotakura, the Initiator & Chairman of

Mahatma Gandhi Memorial of North Texas. Now, this Gandhi Memorial Plaza become the largest Gandhi Memorial in the USA and a central point of attraction to all local Indian American related activities.

Mr. TaiyabKundawala, *the Board of Director of MGMNT* introduced Mr. R.D. Joshi, Consul representing Dr.Anupam Ray, Consul General of India, Houston, Texas. Mr. Joshi addressed the gathering and mentioned that the draft resolution establishing the International Day of Yoga was proposed by India and endorsed by a record 175 member countries. Recognizing its universal appeal, on 11 December 2014, the United Nations (UN) proclaimed 21 June as International Day of Yoga.

Mrs. Shabnam Modgil, *the Board of Director of MGMNT*, introduced the Art of Living Team including Mr. Shreedar Thuljaram, Dr. Nick Shroff, Mr. Sapanand other volunteers. Mrs. Modgil mentioned the importance of Yoga in a daily life.

Art of Living team explained the different formats of yoga and gave lecture demonstration that was followed by all attendees for more than an hour followed by Pranayama, Yogasanas and Meditation..

MGMNT Board of member recognized community volunteer Mr. NageshDindikurthi for his dedication and support for over 200 events, also the board talked about MGMNT supported student scholarships at University of Texas at Dallas.

Mrs. InduMandadi, *Co-Chair of MGMNT* in his closing remarks thanked the City of Irving, the electronic media, print media, Suraj Arts, Dallas Residents, ISHA, the Art of Living for their Unconditional support. Mrs. Mandadi requested all to support and participate at the upcoming Gandhi Peace-Walk on October 2nd.



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