

Ministry of Tourism



# Indiatourism Delhi Celebrates 11th International Day of Yoga at Iconic Qutub Minar Complex

Mass Yoga Session Draws Enthusiastic Participation under the Theme “Yoga for One Earth, One Health”

Posted On: 21 JUN 2025 11:57AM by PIB Delhi



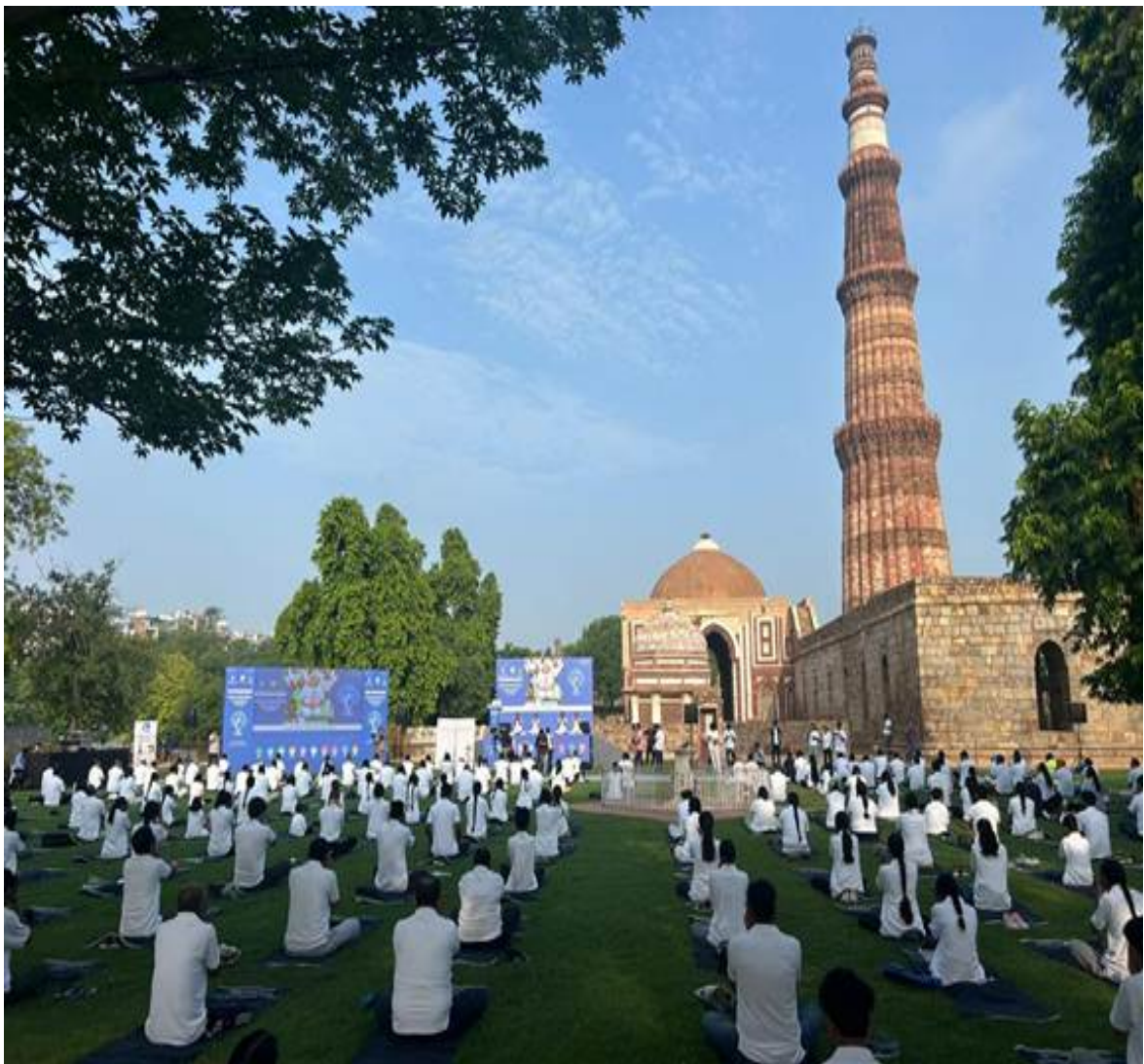
In a vibrant celebration of India's ancient wellness traditions, Indiatourism Delhi, under the aegis of the Ministry of Tourism, Government of India, organized a grand Mass Yoga Session on the occasion of the 11th International Day of Yoga at the Sun Dial Lawns of the Qutub Minar Complex, a UNESCO World Heritage Site.

The event aligned with this year's global theme:

“Yoga for One Earth, One Health / एक पृथ्वी, एक स्वास्थ्य के लिए योग”, emphasizing the intrinsic link between human health and planetary well-being.

Distinguished Guests in Attendance:

- Shri Gajendra Singh Yadav, Member of Legislative Assembly (MLA)
- Shri Lakshay Singhal, IAS, District Magistrate, South Delhi
- Ms. Priyanga Wickramasinghe, Deputy High Commissioner, Embassy of Sri Lanka
- Ms. Wathsala Amarasinghe, Minister Counsellor, Embassy of Sri Lanka
- Senior officials from the Ministry of Tourism



### Programme Highlights:

Renowned Yoga expert Shri Gopal Rishi from Sukrit Wellness and his team led the participants through a harmonious series of Yogic Asanas and Pranayama techniques. Shri Rishi also addressed the gathering, highlighting

yoga's profound impact on mental clarity, physical vitality, and spiritual balance.

Over 400 participants took part in the session, including:

- Members of industry bodies such as IATO, ADTOI, and TAAI
- Regional Level Tourist Guides and Yuva Tourism Club students
- Officials from the Archaeological Survey of India
- Faculty and students from Institute of Hotel Management, Pusa (IHM)
- Local residents and Ministry of Tourism officials



The programme began with a welcome address by the Regional Director (North), followed by remarks from Shri Gajendra Singh Yadav, MLA. A special moment of unity was felt as attendees watched the live broadcast of the Hon'ble Prime Minister's address, inspiring collective reflection on yoga's relevance in daily life.

#### Commemorative Gesture:

As a token of participation, T-shirts, caps, and yoga mats were distributed to all attendees. Students from IHM Pusa also played a pivotal role by introducing the programme and sharing insights on how yoga bridges culture, wellness, and tourism.

The event concluded with a Vote of Thanks delivered by the Principal of IHM, acknowledging the contribution of all dignitaries, participants, volunteers, and supporting organizations.

The celebration created an atmosphere of peace, wellness, and cultural pride, reaffirming India's leadership in promoting yoga as a universal path to health and harmony.

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