

Why Do I Love India

International Day of Yoga
Youth Day
Yoga Morning

Vladivostok, Russia, June 2022



Early summer usually brings a new wave of energy and inspiration. This month, those who are optimistic about the future, give their time to self-development and selfless service to society. With zeal and enthusiasm they celebrated the International Day of Yoga, the Youth Day (IDY), carried out special events and charity projects.

International Day of Yoga (IDY)

This year the IDY was held for the 8th time in Vladivostok on June 21st. People from different countries could watch the live transmission from the Tsesarevich Embankment with the Golden Bridge as a background, the famous landmark of Vladivostok. This is one of the popular places in the city where its history started in the 19th century. Words of greetings were said by Consul General of India Mr. Sai Murali and the representatives of the City Administration. They highly appreciated the contribution of yoga for improving people's lives in all aspects. After that the stage was offered to professional trainers of various yoga schools. They demonstrated their skills and inspired the participants to try different types of yoga. People of different ages, among whom there were many Indian students, settled down on the colored mats, wearing the t-shirts with the symbol of the festival – a stylized lotus flower and the words ‘Yoga Will Save the World’, created by Mr. Sai Murali himself, who has been interested in Art, Music, and Yoga since his childhood. He sincerely supports all yoga schools and studios in the city and the region. The festival ended with an announcement of the unique Brahma Kumaris video project ‘Why Do I Love India’



Far Eastern Federal University (FEFU)

On June 22th, the Far Eastern Federal University hosted another special event dedicated to the 75th anniversary of India's independence in the presence of the Consul General of India and other distinguished guests. It was organized by the Indian students studying at FEFU at

the Faculty of Medicine. The stage of the Blue Hall turned into a podium for a while. Together with their friends from Russia and other countries, students states of India, performed songs and dances. After the program, Russian-speaking friends of India expressed their feelings for the country. The video interviews are available on Telegram channel ‘Why Do I Love India’. All the participants received the Virtuescope cards and immediately used an auto-translation. In a second they got the English versions, started looking into each other's gadgets, and curiously discussing the virtues they got.



Youth Resource Center (YRC)

On June 24th, the Vladivostok Youth Resource Center hosted an event against bad habits. It was dedicated to the International Day against Drug Addiction and Illicit Drug Trafficking celebrated on June, 26th. The YRC team chooses a healthy lifestyle and inspires the citizens to do the same. The residents of the city and professionals from Primorye's Regional Narcological Dispensary met together in one of the most picturesque places of Vladivostok – Cape Tobizina on the Russian Island. The participants received the cards “I Choose Benevolence” and an inspiration to always maintain a healthy lifestyle and never fall under the influence of bad habits.



On June 25th, there was a meeting with the group leading by Alexander Markitanov, psychologist, coach and author of 8 books. All of them are very special people, radiant personalities, vegetarians, striving for self-improvement. They love India and have been there more than once. We easily found common grounds, shared our spiritual experiences and meditated together. The interviews are available on Telegram channel ‘Why Do I Love India’.

'YogaMorning' Charity Project

Morning on June 26th started with a charity project YogaMorning, which suggests free outdoor morning yoga classes for everyone. The project coordinators inspire people of all ages to practice yoga and make their bodies healthier and their minds more peaceful and controllable. This time YogaMorning classes were accompanied by live music, performed by the music group 'Mystic Vibes' that created a peaceful atmosphere. We met the organizers and musicians, invited them to Raja Yoga courses, and interviewed them about India.



Youth Day

On June 26th, Vladivostok celebrated the Youth Day for the first time at the Federal level. It was a very crowded event with a large number of different venues, where young people could go on the quests or try their skills in different professions. Concerts and fireworks added festivity to the event. Young participants were really curious to find out what personal traits could help them to attain success in life, reach their goals, and fulfill their dreams. As always, the Virtuscope, a universal intellectual game discovering new qualities in a person, was very helpful. We again met some Indians who habitually settled down on the lawn. Ramesh, the head of the family, has been living in Russia for many years and in Vladivostok for three years. It turned out that he was a sponsor of T-shirts with logos for IDY.



That is why we love India, a country of smiles, sunlight, sincere warmth, friendly people, charity and the most ancient wisdom, as noted by many of those who gave interviews. Subscribe to Telegram channel https://t.me/india_vld , like posts, share them with your friends, and send us your experiences, photos, poems to vladivostok@ru.brahmakumaris.org They will definitely be posted. In the subject of the letter please write 'Why Do I Love India'.