



INTERNATIONAL DAY OF YOGA ULAANBAATAR, MONGOLIA, JUNE 2023



The International Day of Yoga (IDY) was celebrated in Mongolia for the 9th time. Nowadays yoga is gaining popularity all over the world. Yoga doesn't only help people to maintain their physical health, but it also creates a peaceful state of mind. It also helps to cope with everyday problems and challenges.

The Indian Embassy in Mongolia and the Mongolian Yoga Federation organized a big event, which was celebrated on the 18th of June, 2023. The Brahma Kumaris Raja Yoga Center in Mongolia has been an active participant and assistant in organizing, promoting and holding events dedicated to the International Day of Yoga since 2015.



On the 18th of June the Yoga Festival was celebrated on the main square of Ulaanbaatar, in front of the state building of the Khural (Government). The Ambassador of India to Mongolia, His Excellency Mr. MP Singh, the Buddhist Guru His Holiness the 7th, Naro Banchen Rinpoche, Ms. Saranchimeg from the Government of Mongolia delivered a welcoming speech to the participants of the event. Guru Swami from India performed the main asanas according to the generally accepted Protocol to all the participants.



BK Inna Kim explained to the participants the meaning of the word 'Dhyana' which means attention to the self, one's true nature (in the context of Raja Yoga Brahma Kumaris). She shared that all BKs practice conscious attention while studying and performing various activities. The BKs from the Raja Yoga Center together with the 'Light' team of the Healthy Fit Club presented the active fitness composition with yoga poses. All participants of the event actively moved to cheerful music, froze in asanas and tried to practice attention on themselves (on a soul). After active movements, a collective meditation for everyone was held from the stage. There was a deep silence on the main square of the capital. An image of the Supreme as the Point of Light on the screen projected sparkled rays of peace and love while giving His golden light to all participants. At the end of the meditation, everyone was asked to look at each other as brothers. All shared the light of goodness, peace and harmony. The atmosphere on the square was transformed, everyone experienced sweet feelings of brotherhood, belonging to one global family, gratitude to the Creator. After that everyone began to hug each other and shake hands.



BK students handed out invitations for a 3-days meditation course, explained pictures of knowledge, played interactive game 'Virtuescope' and gave blessing cards. A wonderful festival brought together more than 400 participants on Sukhbaatar Square. There were songs, dances, mantras and national music.

The wonderful atmosphere of the IDY celebration allowed all the participants to feel the closeness and the flavor of enchanting India.

