

WTC Jaipur Celebrates International Yoga Day with a Focus on Wellness and Global Unity

Highlighting substantial benefits for physical and psychological welfare, the World Trade Center Jaipur and CNC Infotech organized International Yoga Day in the pink city of Jaipur. This event celebrated and promoted the ancient Indian art that has been recognized globally by the UN for its wellness benefits.

Certified Iyengar Yoga Trainer, Mr. Rahul Sharma, conducted an hour-long yoga training session, explaining, "Iyengar Yoga, named after and developed by Mr. B. K. S. Iyengar, is defined in his bestselling 1966 book 'Light on Yoga' as a form of yoga that emphasizes detail, accuracy, and alignment in the performance of yoga postures (asanas). This style often utilizes props such as belts and blocks to assist in achieving proper alignment and reduce the risk of injury, making it accessible to beginners, the elderly, and those with physical limitations."

Mr. Manish Dhameja, Director of CNC Infotech, reminded participants, "It is noteworthy that in his UN speech in September 2014, Prime Minister Narendra Modi proposed an annual Day of Yoga on 21 June, the longest day of the year in the Northern Hemisphere. Following this proposal, the UN adopted a resolution in 2014 designating it as the 'International Day of Yoga'. Since then, countries worldwide have increasingly embraced yoga as part of a healthy lifestyle."

Mr. Navneet Agarwal, Assistant Director, World Trade Center Jaipur expressed gratitude to the trainer, participants, and training Partner CNC Infotech.

The event was held on June 21, 2024 in Jaipur, Rajasthan





Photos Caption:

Participants Practicing Yoga in a Session Organized by WTC Jaipur on International Yoga Day