

“Release of Yoga Book”



On the occasion of international yoga day 2023. Ayush Mantralaya and Delhi Development Authority has organized the yoga day with great pomp and show in Coronation Park Burari, Delhi. Many dignitaries were present. Sh. Alok Gupta (Ayush Mantralaya), Sh. Gulab Singh Rathore (Counsellor Mukandpur), Sh.Kamta Prasad Chauhan (Chairman knowledge kingdom academy) were one of the dignitaries. Student of different colleges, N.C.C students and students of Knowledge Kingdom Academy, teachers and parents took part. Ayush Mantralaya distributed T-shirts and Certificates to all the participants.



Sh. Gulab Singh Rathore (Counsellor Mukandpur) was the chief guest. Many yoga asans were presented by the students on the stage as well as on the grassy ground with yoga mat. In the end of occasion a book was released "BE HAPPY WITH

YOGA" (written by Sh. Satya Prakash Bhardwaj chairman Shraddha Seva Sanstha Regd. NGO) by Sh. Gulab Singh Rathore. The book is very useful for general public and students. In the thanks given speech Sh. Satya Prakash Bhardwaj shows gratitude towards Sh. Gulab Singh Rathore. He said I hope that this book will not only increase the understanding of readers but will also play an important role in helping to know one self and progress on the inner spiritual path.

Besides the asans this book is a great history of yoga starting from the beginning of yoga in the indus valley civilization till today.



With this, Sh. Satya Prakash Bhardwaj end his speech.

"Jai Hind Jai Bharat"