



Ref. : SA/ QD/ 128/ 2015

Date: 23rd June 2015

INTERNATIONAL YOGA DAY, Qingdao, China.

Minutes of the event:

The First International Day of Yoga, which was celebrated across the globe with the theme “Yoga for Harmony and Peace”, was organized in a solemn yet colorful manner here in Qingdao a beautiful coastal city of the Northeast China on Sunday.

Only 2015 when our honorable Prime Minister Mr. Narendra Modi visited China. He shared his dream of spreading the knowledge of Yoga to various people at different location. Mr. Jeet Kasar, director NAMO YOGA - China based NGO and Mr.Nitin wankhede, director India based NGO took this opportunity in hand to organize an event with his team, which includes Nishant Varma , Kalpesh Bramhanakar, Jecci Liu and Margerita Yan.

Event started with ‘Deep Prajwalan’ - lamp lightening by chief guest, Mrs. Vanaja K. Thekkat (Head of Chancery – China), Embassy of India, Beijing followed by yoga posture practice by Indian yoga expert Shubha, Amol, Sonam, and Vaishnavi working in China. We have also invited Dr. Parag Thuse from India specially for the event, who is Ayurvedacharya and Yogacharya to talk on the advantage of yoga and Ayurveda in our daily life. At the last a dance on Indian songs performed by Mrs. Pradnaya and her team and finally event concluded with Mrs. Vanaja K. Thekkat’s speech.

Chinese people came to know about the real benefits of yoga and combination of yoga and Ayurveda to keep them healthy and stay away from different type of illness. **We observe that most of the Chinese people are interested in traditional Ayurveda therapy and learning original Yoga. Local Chinese participants have expressed views to attend similar event in future and visit India to know and learn Yoga and Ayurveda.**

This event was very well appreciated by Chinese media as well as Indian media.

Kalpesh Brahmankar
Program Officer

Ms. Yan Bing (Margarita)
Program Officer

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Qingdao city **E-mail:** jeetkasar@foxmail.com



DATE: 21 June 2015

VENUE: Women & Children Activity Center

ORGANISER / HOST:
NAMO YOGA, SANSKRUTI ABHIM

Supporting organization:
Embassy of India
QingDao Foreign Affairs Office , Women and Children Activity center

PARTICIPANTS: Approx.350

ORGANISING TEAM:

Ms. Pradyna, Margarita Ian, Kalpesh Bramhankar, Nishant Verma, Jecci Liu

GUEST FROM INDIA:
Jeetendra Kasar, Director Sanskruti Abhiman
Nitin Wankhede, Gen. Secratory, BJP Nashik
Dr. Parag Thuse
Subhasis Mukhopadhyay, Yoga Guru
Amol, Yoga Guru
Sonam, Yoga Guru
Kishan Datwani, Entrepreneur

Participating Yoga Clubs from Qingdao:

Qingdao Wellness Yoga Club
Qingdao Sunshine Yoga Club
Qingdao Sure Yoga Club
Qingdao Tinghai Yoga Club

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IIM SHILLONG, India

Volunteers:

Qingdao University
Ocean University of China
ShanDong University of Science & Technology
Qingdao Technological University
China University of Petroleum

Program outline are as follows

| Time | TASK |
|---------------------|--|
| 7:00am to 7:30am | Welcome to Indian guests, Inauguration by lamp offering to sun. |
| 7:30am to 8:00am | Subtle Breathing Exercise , Subtle Asana Exercise, Subtle Body Movement Exercise |
| 8:00am to 9:00am | Asana, Power Yoga Asana Flow, Surya Sadhana Namaskar, Sun Salutation (Traditional) , Surya Namaskar (Power), Pranayam (Breathing Exercises) , Meditation (Dhyana) , Chanting (Energy Vibration), Ayurveda Introduction |
| 09:00am to 09:30 am | Group Indian Dance, Vote of thanks for guest, Introduction of International Yoga Day, short informative speech on Yoga, Conclude program. |
| 12:00 to 14:00 pm | Gala lunch with Chief guest, Guests from India, team mates and volunteers |

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