

Yoga Day celebrated at Gandhi Memorial in Dallas

India Post News Service

DALLAS, TX: Mahatma Gandhi Memorial of North Texas (MGMNT) in partnership with Consulate General of India, Houston, organized Fourth International Day of Yoga on Sunday June 17 at Mahatma Gandhi Memorial Plaza in Irving, Texas.

MGMNT secretary Rao Kalvala welcomed the gathering of about 350 enthusiastic Yoga participants. Mrs. Shabnam Modgil, MGMNT Board of Director, introduced the MGMNT Board onto the podium and welcomed Chief Guests Irving City Mayor ProTem Allan E. Meagher, Consul Ashok Kumar and his team.

MGMNT Chairman Dr. Prasad Thotakura mentioned that "UNO declared June 21st as International Yoga Day and more than 175 countries participate in Yoga Day Celebrations every year. Rishikesh is the birth place of Yoga and Yoga was born 5000 years ago. It is very symbolic to celebrate the Fourth International Day of Yoga at Gandhi Memorial because Gandhiji used to practice meditation and Yoga. Gandhiji firmly believed that daily practice of yoga and meditation can strengthen self-discipline, patience, courage and forgiveness".

MGMNT Board of Directors felicitated and awarded the Scripps 91st National Spelling Bee champion Karthik Nemmani, Runner-up Ms. Naysa Modi, and third place winner Abhijay Kodali. It is very heartening to see all the three winners are from DFW metroplex coached by local Geospell academy founded by



Irving Mayor addressing the meet at Yoga event in Dallas

Geetha and Vijay Reddy.

Irving City Mayor Pro Tem Allan Meagher appreciated

MGMNT for creating Gandhi Memorial in the center of DFW Metroplex, organizing events

like Yoga Day where community participate enthusiastically and expressed his de-



Dallas MGMNT Team

light to be part of Yoga Day Celebrations.

Consul Ashok Kumar appreciated MGMNT leadership for working with CGI-Houston in organizing annual International Yoga Day. Ashok Kumar also said that it is the goal of the Houston Consulate to expand the partnership to all the cities in Texas and encourage more people to participate in Yoga Day. The idea of IDY by Indian Prime Minister Modi and his proposal to United National General Assembly was detailed too.

Kamal Kaushal, MGMNT Board of Director, felicitated the guests, kick started the IDY celebrations and introduced Yoga instructors to the community.

Over 350 enthusiasts of all age groups followed instructor Vijay led Yoga, meditation, Pranayama for an hour. MGMNT awarded Certificate of Appreciation to all attendees and served them breakfast.

MGMNT Board of Director B.N Rao thanked the Chief Guests, the community, Haryana Association for enthusiastic volunteers, FunAsia, TV5, TV9, TVAsia, SaReGaMa restaurant, Bombay photography, DJ Manesh and all supporters in making this event successful.

MGMNT Board of Directors Kuntesh Chokshi, leaders from IANT and IAFC namely Shailesh Shah, Benazir Arfi, Rahul Chatterjee, Raja Bellani, Rajnish Mittal, Dr. Sant Virmani attended the event to pay rich tributes to Gandhiji along with several other community members.



Participants in Yoga session