



SAI SOCIAL RESPONSIBILITY RESEARCH CENTRE

International Yoga Day Celebration

Date: June 21, 2026

Venue: Shiv Shakti Mandir, Safdarjung

Organized by: Sai Social Responsibility Research Centre

Free Yoga Workshop Organized in Slum Area by Sai Social Responsibility Research Centre on the Occasion of International Yoga Day



Every year on June 21, International Yoga Day is celebrated across the country with great dedication and respect. On this occasion, various organizations and institutions conduct several programs for public welfare. Continuing this tradition, the Sai Social Responsibility Research Centre took a unique initiative this year by organizing a free yoga workshop in the slum area. The objective of this initiative was to promote physical and mental well-being, connect community members with digital and holistic health practices, and highlight the rich legacy of yoga rooted in ancient India.

The event commenced with an inspiring message from Dr. Sushi Singh, Director of the Sai Social Responsibility Research Centre. Following this, mentors educated participants about the historical significance and cultural legacy of yoga, emphasizing that ancient India introduced yoga to foster harmony, physical strength, and mental clarity. In today's fast-paced world, practicing yoga is one of the most vital tools for maintaining a healthy and stress-free life. Connecting underserved communities with these practices helps accelerate social wellness and collective growth.

The training sessions were conducted by Dr. Sushu Singh & dedicated volunteers. Young students performed various traditional asanas alongside their mentors, learning techniques such as *Tadasana* (Mountain Pose) for posture and balance, *Marjaryasana-Bitilasana* (Cat-Cow Pose) for spinal flexibility, *Dhanurasana* (Bow Pose) for core strength, and *Chakrasana* (Wheel Pose) for overall flexibility and vitality. Additionally, participants were guided through fundamental *Pranayama* (breathwork) exercises to promote mental calm and enhance respiratory health.

Older adults and senior citizens actively participated in the sessions. A special *Haasya Yoga* (Laughter Yoga) session was organized for them, spreading joy, reducing stress, and bringing infectious laughter to everyone present.

The most emotional and inspiring moment of the event was witnessed when many children and residents from the nearby slum area participated in formal yoga training for the very first time. Their faces beamed with enthusiasm and curiosity. Many children shared that they had always wanted to learn structured yoga and asanas. This initiative provided them with a meaningful platform to fulfill their desire for health and self-care.

Several children, youth, and older adults from the slum community participated in the program. Participants praised the initiative of the Sai Social Responsibility Research Centre, calling it extremely useful and inspiring. Refreshments were distributed to all participants during the event to boost their morale and energy.

The International Yoga Day celebration hosted by the Sai Social Responsibility Research Centre was a resounding success. By blending awareness of ancient Indian wisdom with accessible, practical yoga sessions, the event brought dynamic health benefits and shared joy to all sections of the community.

