

## Aao Yog Apnaye Desh Ko Swasth Banaye-

### Namo Gange Trust Celebrated International Day of Yoga-2019

International Day of Yoga is celebrated annually on June 21 to raise awareness about the benefits of practicing Yoga. Yoga is a physical, mental and spiritual practice which evolved before thousands of years. It aims to transform the human body and mind. Recognizing its universal appeal, on 11 December 2014, the United Nations proclaimed 21 June as the International Day of Yoga. The declaration came after the call for the adoption of Yoga Day by Prime Minister of India, Narendra Modi, during his address to UN General Assembly on September 27, 2014. Following that, Yoga Day was first observed in 2015. Theme of this year as per UN is "Yoga for Climate Action" and as per AYUSH is "Yoga for Heart". This year UN has decided to raise awareness on "Climate Action" through practicing yoga which can provide a solution to climate change, as it creates a harmony between ourselves and nature. Trust has organised various yoga camps at different places of Delhi, NCR.

#### Yoga Camp Organised at Central Industrial Security Force

On the occasion of the 5th International Day of Yoga, Namogange Trust organised a very special yoga camp along with health consultation in collaboration with CISF (Central Industrial Security Force) at Indirapuram while considering both the themes of this year. Chief Officer of CISF, I.G., NCR Sector Mr. Sudhir Kumar ji, National President of Namogange Trust Acharya Mukesh ji and Commandant Mr. Dayashankar launched the Yoga Camp by lighting the lamp. On this event, soldiers of the CISF along with their families also participated in this camp.



I feel proud and blissful to say that year 2015 has been very significant for our country as well as for Namogange Trust. On March, 2015 Namogange Trust was formed with a mission to propagate Yoga & Ayurveda among society. In the same year, day 21st June, declared as "International Day of Yoga". The idea of International Day of Yoga was first proposed by our current Prime Minister of India and was recognized as a universal appeal on 11 December 2014.



#### Chairman Message



Sh. Vijay Sharma  
Namogange Trust

It's either a coincidence or any connection due to some cosmos force as during the same period, with the blessing of almighty, the idea to establish Namogange Trust was taking place. On the occasion of first International Day of Yoga, trust organised Yoga Day Camp with the slogan "Aao Yog Apnaye Desh Ko Swasth Banaye". Since then, we have initiated several activities programs & events to promote Yoga & Ayurveda.

International Day of Yoga aims to bring different communities around the globe together through the practice of yoga, it works on the level of one's body, mind, emotion, energy & helps in self-development. Let's discover a sense of wholeness in our life by adopting Yoga in daily life. It teaches us to cure what need not be endured and endure what cannot be cured. I request and plea to all to make "Yoga" an Integral Part of Daily Life. After all, through YOGA

"We cannot always control what goes on outside,  
But we can always control what goes on inside".  
Stay Healthy & Happy.



International Yog Guru Acharya Mukesh ji addressed the participants and explained that Namoganga believe in the concept of “वसुधैव कुटुम्बकम्” means to build a society where every person lives with respect, love, peace and harmony. Namoganga Trust is a non-profit organization devoted merely to civil society like public service, public welfare, public health, public peace. It has been putting its best effort to improve the lifestyle of people and to make people aware about the environment, drug-free treatment, social co-ordination, harmony and peace. Today, trust is working on promoting the development of the ancient Indian medical system and creating awareness about good health among people and bringing natural and drug-related therapies to the masses. Today, yoga is being considered as the best and the easiest way to remove anxiety, stress and psychological problems along with physical health. Due to the various benefits of yoga, the entire world is now looking for future connotations of health in yoga. Hundreds of soldiers, women employees and children have shown the enthusiasm in this event and followed the Common Yoga Protocol organised by trust. Indeed, 21st June is an opportunity to make 21st century as the “Century of Health & Wellness” as Acharya Mukesh ji said on the International Day of Yoga. On this occasion, IG, C.I.F., Mr. Sudhir Kumar, thanked all the participants. National President of trust Acharya Mukesh ji along with CISF, Commandant Mr. Dayashankar, Dr. Piyush Juneja, Mr. Rajiv Chakraborty, Yogi Himanshu Kumar, Yogi Jatin Kumar, Ms. Shipra Biswas and Rohit Bisht were also present at this event. We felt proud and honored to celebrate International Day of Yoga with these reputed organizations and our country soldiers.



### Yoga Camp Organised at Central GST Commissionerate

In the same connection, the second program was also organized by Namoganga at GST Commissionerate office Ghaziabad, where Additional Commissioner Sh. Roshan Lal, Joint Commissioner Dr. Shefali Singh started the yoga camp where about 50 employees of the commissioner took the pledge to adapt the Yoga and Ayurveda in their life. All the participants appreciated the event.

### Special Yoga Sessions at “The Yogshala” Centres on IDY

We also organised special Yoga Sessions at our all The Yogshala Centres. A large number of people participated and appreciated the session. Yoga is physical, mental & spiritual practice which were highlighted during the session. All the participants got benefits from these special sessions and they also reflected about their successful journey with yoga and they narrated their experiences about the benefits of learning & practicing yoga in their life.





## Yoga Mahotsav organised in the month of June, 2019

Morarji Desai National Institute of Yoga (MDNIY) organised the Yoga Mahotsav-2019, a Curtain Raiser ceremony for International Day of Yoga (IDY)-2019 to sensitize the masses for celebration of IDY at Indira Gandhi Indoor Stadium, New Delhi from 1-2 June, 2019. Shri Rajeev Kumar, Vice-Chairman, NITI AAYOG, Govt. of India inaugurated the Yoga Mahotsav-2019 on 1st June, 2019. Shri Shripad Naik, Hon'ble Minister of State (Independent Charge), Ministry of AYUSH, Govt. of India presided the inaugural session.

The inaugural function is also graced by Smt. Meenakshi Lekhi, Hon'ble member of Parliament; Vaidya Rajesh Kotecha, Secretary, Ministry of AYUSH; Dr. H. R. Nagendra, Chancellor, SVYASA University, Bengaluru; Hansa Jayadeva, Director, The Yoga Institute, Mumbai; P.K. Bhardwaj, Spl commissioner, Delhi Police; Sh. PK Pathak, Additional Secretary, AYUSH, Sh. PN Ranjit Kumar, Joint Secretary AYUSH, Dr. I. V. Basavaraddi, Director, MDNIY including Senior officials from various ministries. The programme was also attended by eminent Yoga Experts and yoga Sadhaks of leading yoga institutions. A very special session on "Know about Yoga" was also organised to encourage all for significance of Yoga in daily life.



## Global Celebration of International Day of Yoga- 2019

This year's theme for International Day of Yoga 2019 as per AYUSH, is "Yoga for Heart" for that the central & state governments aim is to reach Yoga in every state and home. On the Occasion of International Yoga Day the Secretary, Ministry of AYUSH "Vaidya Rajesh Kotecha" announced two mobile application for Yoga Day that is "Yoga Locator" and "Bhuvan App". These two apps are related to International Yoga Day 2019. Here is Glimpses of this Significant Day:



### Message of Prime Minister of India on International Day of Yoga-2019

PM Modi said that yoga is an integral part of our culture. Modi also said the government has been working to make Yoga a pillar of preventive healthcare. He also appealed to the people to take yoga to all sections of society. "We should make efforts to take yoga from cities to villages, tribal areas. Yoga is above region, above faith, above everything," He also stressed that for yoga to become popular, infrastructure for it must be strengthened and said the government was working towards it. Urging people to make yoga a part of daily life, Modi said, "Peace and harmony are related to Yoga. People across the world must practice it."

This year "The Prime Minister Yoga Awards-2019" recipients are

1. National (Individual) : Swami Rajashri Muni, Gujarat 2. International (Individual) : Mrs. Antaniatta Rozzy, Italy 3. National (Organisation) : Bihar School of Yoga, Munger 4. International (Organisation) : Japan Yoga Niketan, Japan.



### Yoga At Lok Sabha

Morarji Desai National Institute of Yoga (MDNIY) actively participated in the 5th IDY at Lok Sabha. Shri Om Birla, Hon'ble Speaker of Lok Sabha led the Yoga Day celebrations at Parliament premises. The Common Yoga Protocol session was also graced by Shri Prahlad Joshi, Hon'ble Parliamentary Affairs Minister; Shri, Locket Chatterjee, Hon'ble MP; Shri Suresh Prabhhu, former Aviation Minister along with other dignitaries and senior officers and staff. More than 400 people participated in the event. Total five Yoga experts and instructors were involved in the program.

### Yoga At Rajpath

The MDNIY played a pivotal role in the grand celebration of 5th International Day of Yoga at Rajpath by deputing about 2000 Yoga Sadhakas at the grand event. A team of MDNIY led by senior officers of the institute under the supervision of Director MDNIY facilitated all the technical support in celebration of the Rajpath event to make it a grand success. The students and teachers of the institute performed live Yoga demo, commentary and Prayer on the stage. The event witnessed the auspicious presence of Shri Rajnath Singh, Hon'ble Defence Minister; Shri Prakash Javadekar, Hon'ble Minister of Environment, Forest and Climate Change; Dr. Pramod Sawant, Hon'ble Chief Minister of Goa; Shri Prem Singh Tamang, Hon'ble Chief Minister of Sikkim; Sh Prahlad Singh Patel, Hon'ble Minister of State for Tourism (Independent Charge); Shri Anil Baijal, Lieutenant Governor of Delhi; Smt Meenakshi Lekhi, Hon'ble Member of Parliament from New Delhi including many dignitaries and senior official of Govt. of India. About 20,000 people participated in the event.



## IDY Common Yoga Protocol at Tihar Jail

Delhi prisons are correctional institutions with an aim to reform and rehabilitate inmates into productive members of society. Prison Headquarters, Central Jail, Tihar, New Delhi in association with Morarji Desai National Institute of Yoga (MDNIY), Ministry of AYUSH, Govt. of India conducted IDY Common Yoga Protocol at Tihar Jail for the celebration of International Day of Yoga, 2019 where more than 16,000 Jail inmates were participated.

Dr. I.V. Basavaraddi, Director, Morarji Desai National Institute of Yoga was the Chief Guest of the event. The programme was also graced by Shri S.S. Parihar, Deputy Inspector General (Prison) Tihar Jail including with other senior officials.



## At Haridwar & Rishikesh

More than one lakh people joined Swami Ramdev and Shri Devendra Fadnavis, Chief Minister of Maharashtra at a mega Yoga session organized at Nanded, Maharashtra on the occasion of the 5th International Day of Yoga. Organized by Patanjali Yogpeeth, Haridwar the event now finds a place in the Golden Book of World Records.



## At Marine Drive, Mumbai

Special yoga session was organized at marine drive. A huge number of people participated and enjoyed the session at this beautiful place.



## At Jamia and AMU

On the occasion of International Yoga Day, Jamia Millia Islamia (JMI) and Aligarh Muslim University (AMU). AMU marked seven days of celebrations of mass yoga exercise session.



## WHO Celebrated IDY

In an endorsement that is likely to inspire many, the World Health Organization (WHO) observed IDY at their HQ in Geneva on 21st June. School children from Geneva Schools were invited to participate in the event & were felicitated for their regular practice of yoga. More than 200 WHO staff participated in the event through different sessions, spread over two hours.



## Global Celebration on World Environment Day

Various organizations spread the awareness to protect nature & environment by organizing events, programs & activities worldwide. Theme of this year is "Beat Air Pollution: A Call to Action". From air pollution approximately 7 million people in the world die due to air pollution and out of 7 million, 4 million occur in Asia-Pacific. By 2030, ground-level ozone pollution is expected to reduce the staple crop yields by 26 percent. World Environment Day is celebrated since 1974, it is widely celebrated in over 100 countries. It is the "People's day" to do something to take care of earth and the environment. World Environment Day is promoted by the United Nation and for 2019 China being the host country. World Environment Day is also known as the Environment Day, Eco Day. This day is celebrated to spread awareness about the Environment and its effects on the daily life of the people



## Release of Book on Yoga for Non-Communicable Diseases by INO

On 12 June, Released the protocol book on "Yoga for Non-Communicable Diseases" prepared by INO for their Yoga Teachers of Yoga Day 2019. Under the dynamic leadership of Shri. Jaiprakash ji, INO is doing excellent work for the propagation & Promotion activities of yoga and Naturopathy.



# GLIMPSES OF NAMO GANGE ACTIVITIES

June, 2019

## Opening of ICA Art Gallery & Art Exhibition by Namogange Trust

Under the initiative of Indian Contemporary Art (ICA), on 8th June, 2019, Namogange Trust has opened Art Gallery at its head office 12/29, Site-II, Industrial Area, Mohan Nagar Ghaziabad. On this opening ceremony of ICA Art Gallery & All India Art Exhibition of Painting, Sculptures & Drawings, lamp lighting and its inauguration was done by Padma Shree Biman B. Das, Sh. Anil Sinha, Sh. Malay Majumdar, Sh. Harish Srisvastava, Sh. Vijay Sharma, Chairman, Acharya Mukesh Ji, National President, Sh. Rajiv Chakraborty, Sr. Art Director, Sh. Anshul Aggarwal, Director of Namogange Trust. India's most eminent & renowned Art Personalities marked their esteemed presence at the opening of this Art Gallery. Acharya Mukesh Ji, National President of trust thanks to the entire eminent guests for making this event successful. He also further extends his thanks to all who been associated with trust to make such events successful and meaningful for society. Significance of Art & Culture in our society was highlighted by all the guests and they addressed its role by illuminating its presence in each part of the country. Hitherto, there was no Art Gallery at Ghaziabad; this is one of the biggest Art Gallery at the district. This Art Gallery will encourage the young artists under the blessing of India's prominent senior artists to acknowledge their work, vision & further motivation. Top ten winners of the Live Painting Competition of 4th edition of The Yogshala also got the opportunity to interact with these senior artists at the opening of Art Gallery. This Art Exhibition displayed the paintings on the theme of 'Health, Wellness & Environment'. Namogange Trust also provides space to artists for exhibitions, painting competitions and other activities which promote Art & Culture.



## Namogange Initiated Project Clean & Green Hindon

On the occasion of 'World Environment Day 5th June, 2019, Namogange Trust under the initiatives of Aviral Ganga & Swachh Bharat Sankalp has initiated Tree Plantation Campaign under the theme **SAVE THE ENVIRONMENT**. We have taken the pledge for one Lakh plantation along with cleanliness resolution at Hindon River, Ghaziabad. Through our initiative we are supporting United Nation "Sustainable Development Goals". Our motive is to educate & aware the people for plantation and about the protection of the environment for sustaining ecological balance and to protect from pollution. Through various activities, ways and mediums we are planting trees, e.g. during any celebration such as birthday, anniversary, any other celebration at office or in a family. In addition, our any new member of Namogange Family, who is joining Namogange Membership, is also planting a tree in their areas.



Namogange Trust has also initiated a campaign for tree plantation in Ghaziabad district and Hindon River. This noble initiative will inculcate a sense of social responsibility towards nature and environment among the local residents and villagers who are residing by the bank of Hindon River. Namogange Trust is planning to expand its operations all across the Hindon River by planting 100'000 trees. As of now, more than thousands of trees have been planted, with an 85 percent survival rate. Routine visits are done to ensure that the trees are safe and healthy. Namogange team along with the volunteers in collaboration with local leadership, Municipal Corporation, clean up the



waste and given a green makeover to Hindon surrounding. Under the initiative of "Swachh Bharat Sankalp" Namogange team has also transformed a garbage land into a neat and clean place called 'Hindon Chatt Ghat' which was followed by Hindon Arti in the morning and evening.

## New Way to Celebrate the Birthday by Planting a Tree

At the last day of every month, Namogange Trust celebrates the "Birthday" of all employee altogether. On the occasion of World Environment Day, all the employees of trust have taken the pledge of planting trees on their or family members birthday celebrations. Henceforth, Namogange Trust initiated birth day celebration by planting trees under the initiative of "Swachh Bharat and Harit Bharat Sankalp". On this special occasion the entire team of Namogange Trust and Sunrise Industrial Association Ghaziabad joined together & planted several trees inside the industry campus. Come and Celebrate Your Birthday by Planting a Tree and Save Our Nature.



## Forthcoming Events

### 8th & 9th Edition of Arogya Sangoshthi

Arogya Sangoshthi is being organized to connect AYUSH professionals, health & wellness researchers & academicians, who seek objective and significant information on integrating the ancient system in modern perspective in order to expand their knowledge of these approaches. It is a platform for all AYUSH professionals, health seekers, students, scholars, health practitioners, professionals, scientists, researchers and health & wellness industries to update new information & ideas. It promotes Indian system of medicine in masses through sharing new thoughts, ideas, knowledge, practices and technologies.

Our aim is to make AYUSH system popular through organizing and conducting activities like seminars, conferences, health workshops, health exhibitions, health shows, health camps, health pavilion etc. to discuss and present view on emerging issues related to lifestyle disorder and role of Indian system of medicine to cure & prevent it. The objective of this seminar is to encourage the understanding of AYUSH as an integrated approach in supporting protection of health & wellness. It provides a platform of AYUSH related professionals to discuss and present their views on emerging issues related to lifestyle disorders. Theme of 8th edition is based on AgniKarma-Practice Based Evidence, which will be held on 6th July, 2019 and theme of 9th edition is Nadi Pariksha-Pulse Diagnosis, which will be held on 13th July at conference hall of Namu Gange Trust.

**arogyasangoshthi**

Workshop on  
**Nadi Pariksha**  
**Pulse Diagnosis**



**arogyasangoshthi**

Workshop on  
**AgniKarma**  
"Practice Based Evidence"



## India's First Contemporary Art Festival



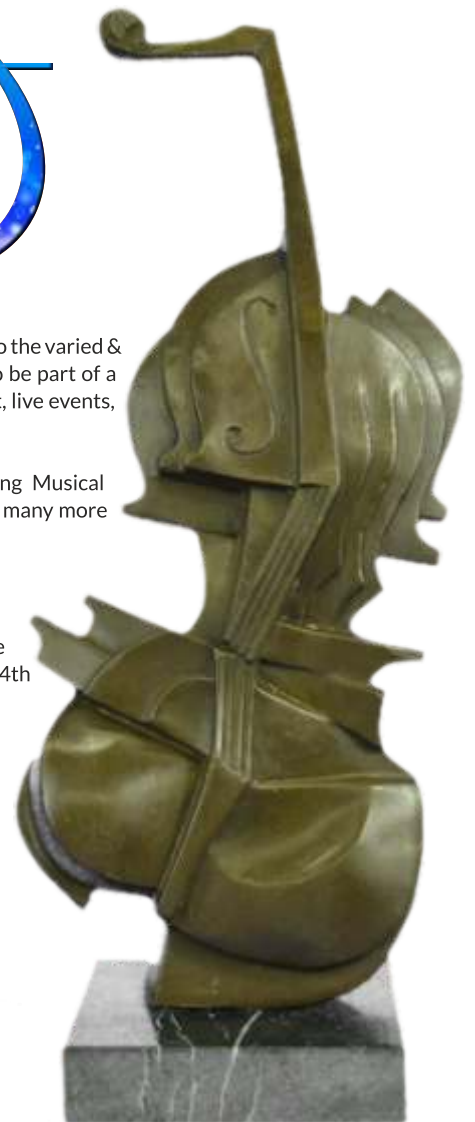
Indian Contemporary Art

कला  
महोत्सव

In a culturally diverse, technologically advanced & globally influenced world, contemporary art give voice to the varied & changing cultural identities, values & beliefs. Therefore, trust initiated Indian Contemporary Art (ICA) to be part of a cultural dialogue of modern society. Painting, Sculpture, Photography competitions, exhibitions, video art, live events, art workshops, musical & cultural performance are been organized under this initiative.

The first edition of Kala Mahotsav will include Sculpture Park, Video Lounge, Solo Projects, Evening Musical Performances, Panel Discussions, A day long performance art curation, school & children workshop and many more activities of art & culture.

Kala Mahotsav will get artist from all over India & aboard to exhibit under one roof. The artists also get to discuss their aspirations and inspirations and part of a larger community. Very renowned & reputed media will cover the highlights of this magnificent festival. Be a part of this festival! It will be organised with the collaboration of Ministry of Culture at NSD Ground, Bahawalpur House-1, Mandi House, New Delhi from 14th -17th November, 2019.





# Join Namogange Mission To Serve the Nation

Namogange Trust is a registered Non-Governmental Organisation (NGO) working together with partners & local Communities in India & Globally to improve Human Well-Being, Art, Culture, Environment & Women empowerment.

Namogange Trust initiated a unique and vital membership to achieve its mission by establishing Namogange Trust community worldwide. It provides a distinctive forum of membership for those who are willing to contribute by offering their time and initiative for human and social welfare. The membership of Namogange Trust encourages association, collaboration, and interaction among the people of diverse extensions. It also helps in networking and promoting professional and personal development of its registered members.

## Contribute to the strategic development of social welfare:

- Actively contributing to the development of policies and strategies
- Participating in the General Assembly;
- Being elected as a member of Namogange Trust
- Enlarge your personal and professional networks
- Promote your organisation's work to a global audience
- Use NGT banners and resources to conduct social welfare activities.

## Membership Privileges:

- Participate in joint activities, events and advocacy to leverage your work
- Receive direct support to influence UN Human Rights mechanisms
- Participate in joint activities, events and advocacy to leverage your work
- Participate in the network's thematic working groups or initiate a working group on your thematic priority
- Benefit from capacity building activities of the network, learn from others and share your expertise with others
- Network, share and exchange knowledge and experience within the network
- Opportunity to organize events jointly with mutual support.

## Membership Benefits:

- All four members can avail 20OPD in a year.
- 30% discount if members participate in any seminars.
- 25% discount on services & treatment at Health Centre.
- 10% discount on academic courses.
- 25 % discount in Expo for booking stall.

## Types of Membership:

Individual/Organizational/Institutional/Corporate Membership

Any Individual, Firm, Council/Institution, Society, Company, Corporate Organizations, Govt. and/or Semi/Quasi Govt. Corporations are welcome to become member of Namogange Trust. Being a member all Corporate/Institutional/ Organizational entity are entitled to all membership benefits and further privileges as member of trust.

- Maximum Four nominees can be named on behalf of such corporate/Institutional Member and only one amongst four nominees' member shall be entitled to use privileges & facilities of the trust.
- A Corporate/Institutional Member shall indicate name(s) of the nominee(s) at the time of applying for membership.
- The Corporate/Institutional Member shall have a right to change the nominee(s) from time to time, subject to 30 days written notice in advance and the approval of 'Core Governing Body'.



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# 10 Best Health Benefits of Ayurvedic Medicines

In Ayurveda, an individual is assessed holistically instead of body & mind, additionally; all five senses are also been undertaken to treat an individual. Ayurvedic doctors and practitioner understand a person's daily routines and habits as a part of the initial intake process to diagnose the underlying cause of health conditions. Afterwards, they recommend treatment and prescribe ayurvedic medicine based on their diagnosis. These medicines have no side effects as they are non-toxic in nature. Here are 10 best health benefits of Ayurveda Medicines:



1. Cure any disease as a whole: One of the key benefits of Ayurveda Medicine is that it cures the entire body, internally and externally.
2. Makes overall balance: It treats individual by making a balance at a physical, emotional, mental and spiritual level.
3. Reduce inflammation: Ayurvedic medicine diminish inflammation by regulating the heart system and digestive tract by eliminating waste. Moreover, their anti-oxidant property also helps in lower inflammation.
4. Cleanses body: They cleanse the entire body by getting rid of toxins through the method of enemas, and other panchkarma therapies. These therapies remove contaminant or any infections from the tissue.
5. Builds immunity: Ayurvedic medicine act as an immunity-booster as they consist of essential vitamins, proteins, minerals, and herb.
6. Reduces stress: The rejuvenating treatments build a connection of mind & body by balancing them, which helps in reducing stress.
7. Detoxifies body: As Ayurvedic medicine cleanses the body and remove toxins through natural process resulting in detoxifies the entire body.
8. Weight maintenance: Ayurvedic medicine helps in shedding excess weight as they are followed up with a healthy diet and yoga.
9. Cure any chronic disease: They cure any chronic disease as they focus on disease prevention as well. It also focuses on the individual needs prevention verses treating symptoms.
10. Balance three doshas: Imbalance of three doshas Vata, Pitta, and Kapha is the main reason for suffering. Ayurvedic medicine work effectively to balance three doshas

## Beat the Heat! with Ayurveda

Every season is beautiful, if you know how to enjoy it and maintain your health during that time. The summer season might be a difficult time for many of us due to the heat and humidity but, this season can also be made enjoyable by taking care of some small things so that you can benefit from the care and precautions taken and make the most of your summer. With sizzling temperatures, beat the summer heat and stay cool. Here are Ayurvedic Tips To Keep Cool in Summer and Stay Healthy:

- "Summer is hot, bright and sharp, the season of pitta. Thus, it is recommended to keep cool and not allow pitta dosha to become aggravated!"
- "It is important to consume more alkaline foods in order to fight the heat in the body. Eat water-rich foods that will not only re-hydrate your body but also have antioxidants that keep you healthy. Consume onions, green vegetables and drink lots of water. Basically, you should ensure that there is no dryness that instills as it may heat up the body causing various health problems.

- Eat Pitta Pacifying Foods, one must ensure eating foods that cool your body and give you relief from excessive heat. Load up on water-rich fruits like watermelon, pears, apples, plums, berries and prunes. Pick vegetables like asparagus, broccoli, Brussels sprouts and cucumber.
- Avoid foods that heat you up, avoid foods that will produce heat in your body and become hazardous. Avoid sour fruits, citrus fruits, beetroots and carrots that tend to heat up your body. Limit the intake of garlic, chili, tomato, sour cream and salted cheese to avoid hampering your system. Eat more salads, as they are cooling, especially when eaten for lunch.
- Eat at the right time, Always eat when your digestive fire is at its strongest, which is during lunch (mid-day). Missing your lunch during summers is equal to upsetting your pitta dosha that further makes you feel irritated and cranky.
- Drinking hot beverages will upset pitta dosha. This is why one must always choose to drink beverages at room temperature in order to balance it.
- Bring coconut oil to your Rescue, in the morning, as a part of your daily routine; rub 5-6 ounces of coconut oil on your body before taking a bath. It gives a calming, cooling and soothing effect to the skin. You can use sunflower oil alternatively.



**Acharya Mukesh Ji**  
National President,  
Namogange Trust

### President Message

On behalf of Namogange family, I congratulate and wish you all beautiful moments and global celebration of 5th International Yoga Day 2019. Now a days, yoga is being acknowledged as brand ambassador of India on global podium and assisting people for making lives and living better. The ancient science of Indian origin Yoga is being globalized and transporting health in body, peace in mind & harmony in society. People must consider their health on priority in urban environments and try to get associated with activities like yoga which provide them with plenty of physical, mental and lifestyle activities. Yoga is beneficial for all people of all ages and even with people diseases who are not able to do rigorous exercises. There are many things we do each day in order to live our life in a healthy manner and also imbibing yoga in our lifestyle would bring the necessary harmony and balance that we usually lose due to hectic lifestyles.

I must thank to each of you for supporting us to build more milestones and making Namogange Trust "a mission of social empowerment". We are promoting and expanding Yoga thorough all possible medium to make it more available, affordable, and accessible in our society.