

# International Yoga Day Celebrated at Sant Nirankari Mission – New York

With the divine blessings of *Satguru Mata Sudiksha Ji Maharaj*, the **New York Oneness Center** joyfully hosted **International Yoga Day** on Sunday, June 29th, from 9:30 to 10:30 AM. The event celebrated unity, inner peace, and holistic well-being—echoing the Mission's core message of nurturing both body and soul.

The session was led by **Rev. Bhupinder Kumar Ji**, a certified yoga instructor, and welcomed enthusiastic participation from members of the Mission as well as friends from the wider community. Dedicated volunteers played an instrumental role in organizing the event, creating a warm, inviting, and spiritually uplifting atmosphere.



This year's celebration also marked the **first anniversary of the International Yoga Day initiative at the Oneness Center**. The inaugural event—held in 2023—was led by **Dr. Sheelu Keswani Ji**, also a certified yoga instructor, and was graced by esteemed representatives from the **United Nations and the Consulate General of New York**. That foundational gathering set the tone for the tradition, with participants sharing deeply personal reflections on how yoga had supported their healing journeys and overall personal growth.

As a gesture of gratitude, **Rev. Paul Ji** honored Rev. Bhupinder Ji with a shawl and a token of appreciation for his continued service. A collective yoga session followed, fostering unity and calm among all attendees. The celebration concluded with a joyful **cake-cutting ceremony**, symbolizing one year of commitment to wellness through yoga.

Guided by the divine vision of Satguru, the event beautifully merged physical practice with spiritual purpose. May we continue to walk this path of balance, healing, and harmony—nurtured always by Satguru's eternal grace.







