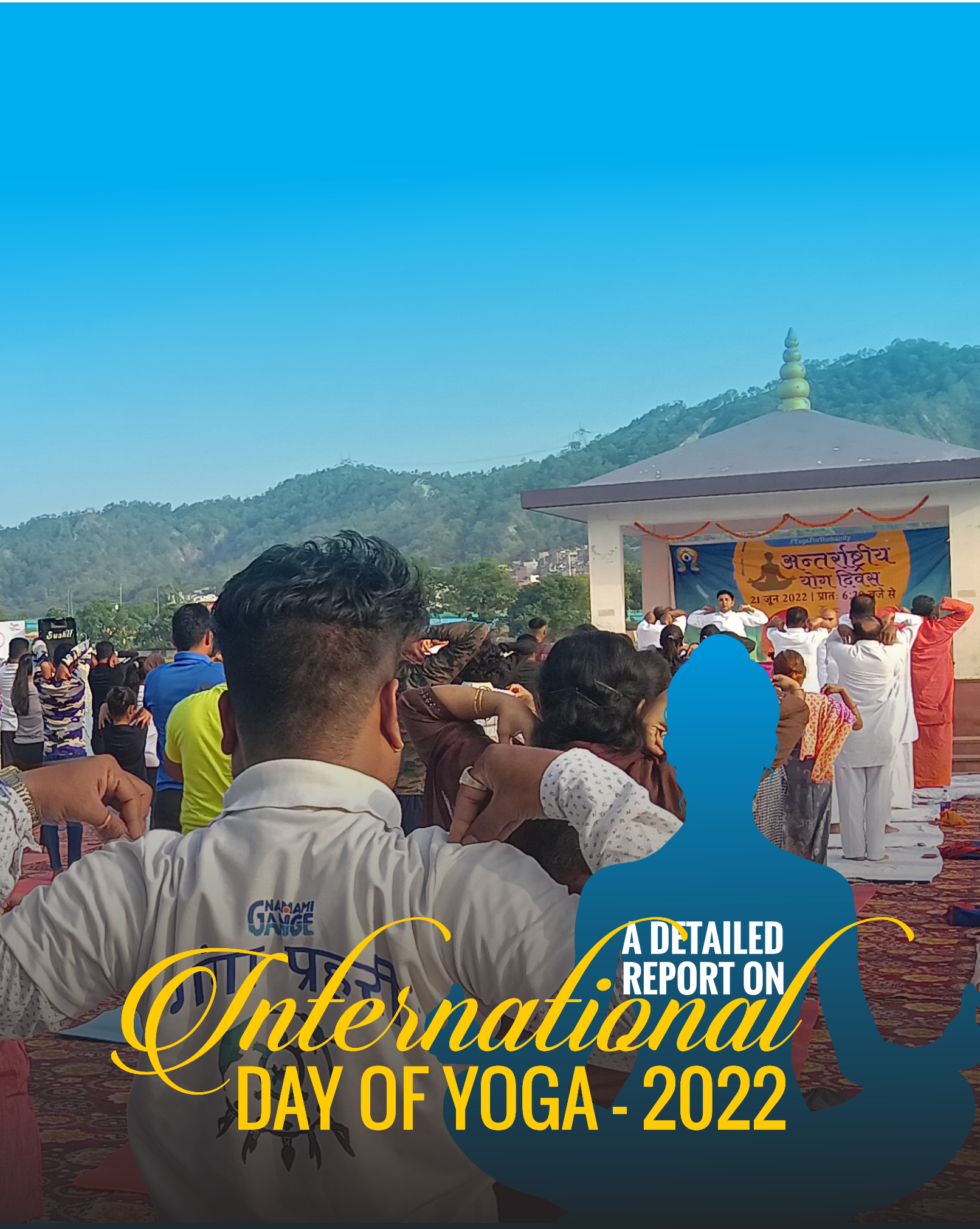




A DETAILED
REPORT ON

International DAY OF YOGA - 2022



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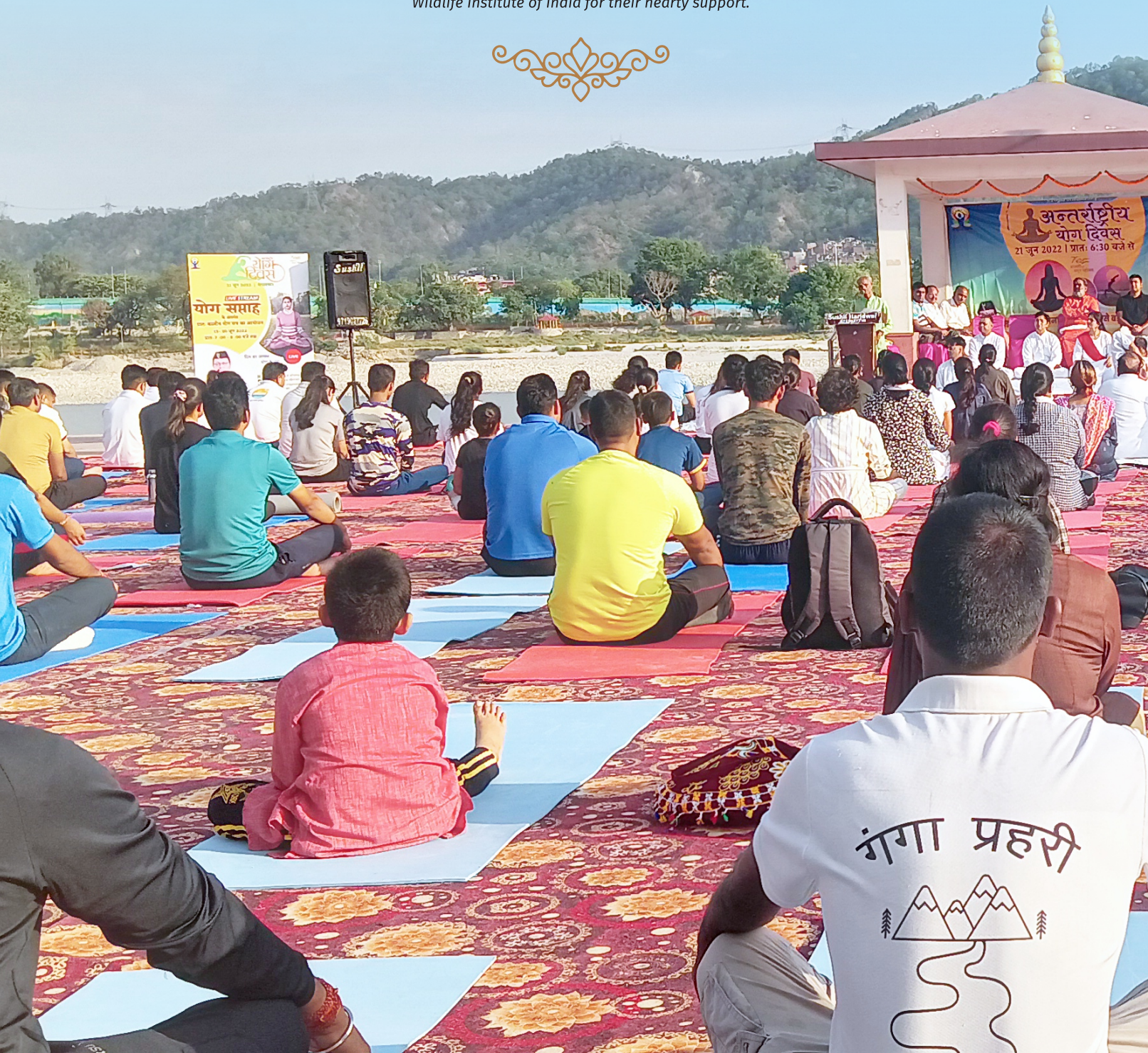
International **DAY OF YOGA - 2022**



ACKNOWLEDGEMENTS



We would like to express our gratitude to National Mission for Clean Ganga, Ministry of Jal Shakti for giving us this opportunity to be a part of the nationwide celebration of International Day of Yoga. We are grateful to State administration of Jharkhand, District administration of Sahibganj district, Jharkhand, Block administration of Sujabad block, Varanasi district, Uttar Pradesh, Jharkhand Forest Department and Uttar Pradesh Forest Department for their support to WII-NMCG team and Ganga Praharis in organizing the celebrations. We would like to applaud the efforts of Ganga Praharis and local communities who not just supported us in organizing these celebrations and proactively led them wherever possible, but actively participated as well. Lastly, we would like to extend our gratitude to Director, Dean and staff of Wildlife Institute of India for their hearty support.



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INTRODUCTION

Every year, 21st June is celebrated as International Day of Yoga (IDY) across the globe. Designated in 2015 by the United Nations General Assembly on the behest of Hon'ble PM Shri Narendra Modi, the aim of the day is to spread awareness of the benefits of practising Yoga and its importance as a holistic approach to health and well-being. This year's theme was "Yoga for humanity".

Wildlife Institute of India (WII) celebrated IDY'22 at more than 75 different sites as part of the Azadi Ka Amrit Mahotsav, an initiative to commemorate 75 years of India's independence. Participation of 3300 people was registered at 80 sites (Table 1).



The WII-NMCG team and Ganga Praharis organised yoga sessions at various sites along seven rivers, namely Ganga, Gandak, Ghaghra, Gomti, Kosi, Choti Ganga and Falgu (Table 2), covering twenty-three districts in four Ganga river

Figure 1 District-wise representation of the International Day of Yoga celebration

basin states (Fig 1). The celebration saw the engagement of a multitude of stakeholder groups, including the National Mission of Clean Ganga (NMCG), local people, Ganga Praharis, state forest departments, block, district and state administration, village panchayats, students, teachers, and line agencies like Nehru Yuva Kendra Sangathan (NYKS), Ganga Doot and others (Fig 2). In total, 17 stakeholder groups took part in the celebrations. Both men and women equally participated (Fig 3).

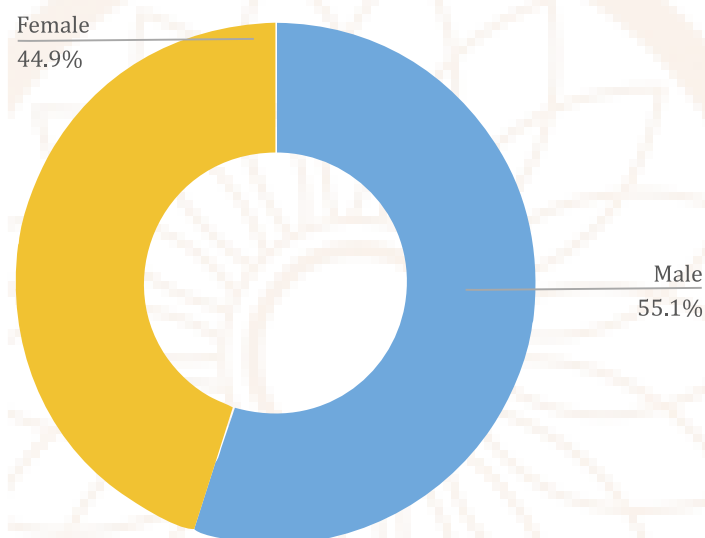
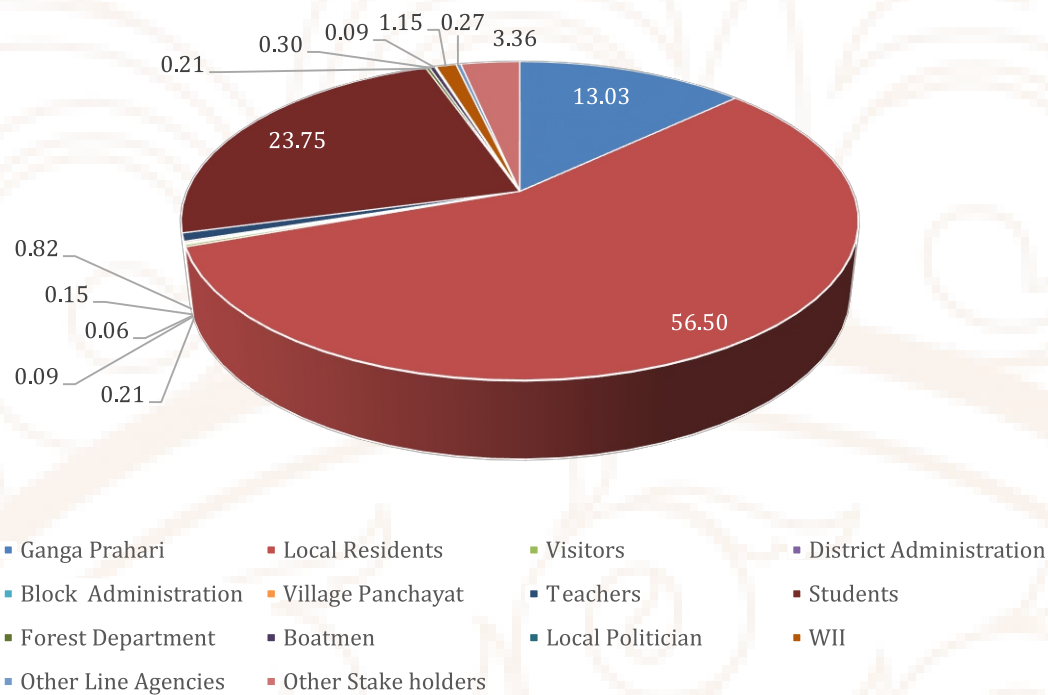


Table 1: State-wise details of no. of sites

State	Total no. of sites	Rivers covered (n)	No. of districts covered	No. of events led by WII-NMCG team	No. of events led by Ganga Praharis	No. of events organised by other stakeholders	Stakeholder involved
Uttarakhand	9	Ganga (1)	5	2	7	-	Local people, students, WII officials and staffs, Ganga Prahari
Uttar Pradesh	46	Ganga, Gomti, Ghaghra (3)	12	37	7	2	Local people, visitors, students, Village, Panchayat, District Administration, teachers, State Forest Department, Boating community, other line agencies and Ganga Prahari
Bihar	19	Ganga, Gandak, Kosi, Choti Ganga, Falgu (5)	5	6	13	-	Local people, students, teachers, Village, Panchayat other line agencies and Ganga Prahari
Jharkhand	6	Ganga (1)	1	4	1	1	Local people, students, district administration, teachers, Village, Panchayat, State Forest Department, other line agencies and Ganga Prahari
Total	80	7	23	49	28	3	-

Table 2: River-wise number of sites and participants

	Ganga	Ghaghra	Gandak	Choti Ganga	Kosi	Falgu	Gomti
No. of sites	58	8	9	2	1	1	1



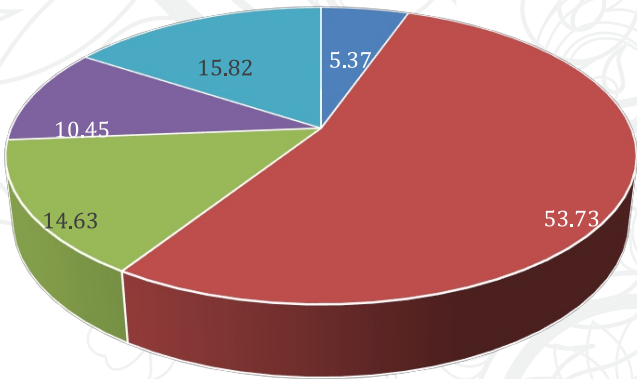
The state-wise details of the celebrations are given below:

UTTARAKHAND

In total, 335 participants were engaged at nine sites along the Ganga river, covering five districts. Ganga Prahari, local residents including women and children, state administration, teachers, college students, and NGOs like Art of Living and Bharat Swabhiman Trust were the major stakeholders who engaged in the yoga sessions organized to mark the day. Yoga sessions were conducted at various locations like ashrams, ghats and public schools. Participants not only performed various asans, but were also made aware of the benefits of yoga.

Table 3: No. of participants engaged along various rivers in Uttarakhand

River	No. of sites
Alaknanda	1
Bhagirathi	1
Ganga	7
Total	9



Stakeholder participation (%) in Yoga Day celebration in Uttarakhand

- Ganga Prahari
- Local Residents
- Students
- WII
- Other Stake holders





Yoga session at Chandi Ghat, Haridwar



Students practising yoga at various schools and colleges in Uttarakhand



Participants practising yoga as part of the International Day of Yoga celebrations at various sites in Uttarakhand

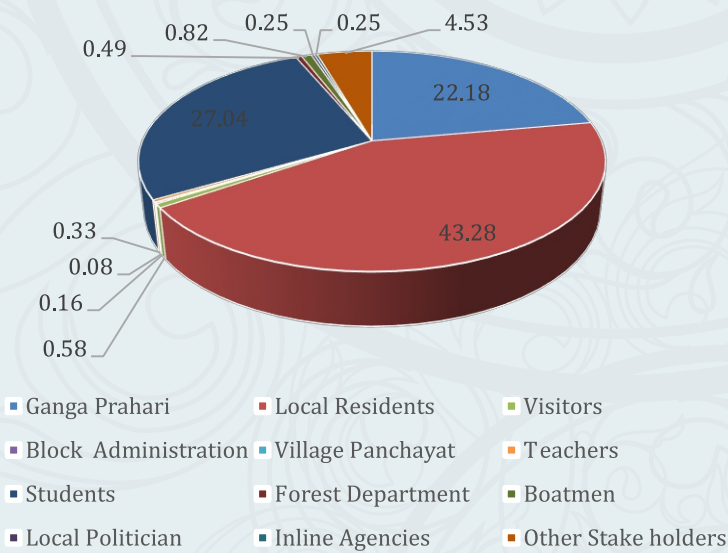


UTTAR PRADESH

The IDY'22 celebrations in the state registered the presence of 1213 participants at forty-six sites along the Ganga, Ghaghra and Gomti rivers, covering eleven districts in the state. Ganga Prahari, local residents including women and children, block administration, village panchayat, teachers, students, the state forest department, boatmen, local politicians, and inline agencies like Ganga Doot and NYKS were the major stakeholders who engaged in the yoga sessions organized to mark the day. Yoga sessions were conducted at various locations like villages, ghats and public schools. Participants were made aware of the benefits of yoga and its importance for a healthy lifestyle. They were also made aware of the importance of the Ganga river, its biodiversity and conservation by the Ganga Praharis.

Table 4: No. of participants engaged along various rivers in Uttar Pradesh

River	No. of sites
Ganga	37
Ghaghra	8
Gomti	1
Total	46



Stakeholder participation (%) in Yoga Day celebration in Uttar Pradesh



Local people and Ganga Praharis practising yoga at Gauri Shankar Mahadev ghat, Dhaka, Varanasi



Local people practising yoga as part of the International Day of Yoga celebrations at various sites in Uttar Pradesh

UTTAR PRADESH



School students practising yoga as part of the International Day of Yoga celebrations at ghats, schools and villages in Uttar Pradesh



Local people practising yoga as part of the International Day of Yoga celebrations at various sites in Uttar Pradesh

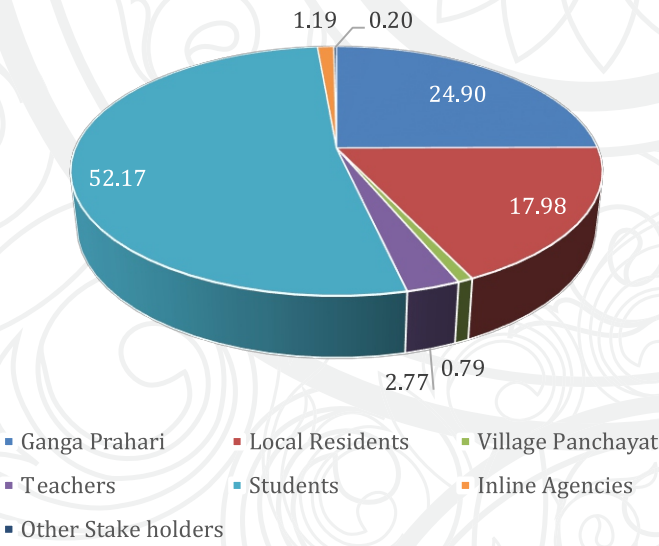
BIHAR

IDY'22 was celebrated at nineteen sites along five rivers, namely, Ganga, Choti Ganga, Gandak, Kosi and Falgu, covering five districts in the state. 506 people participated, of which 344 were male and 162 were female. Representatives from stakeholder groups like Ganga Prahari, local residents including women and children, village panchayat, teachers, students and NYKS engaged in the yoga sessions organized to mark the day. Yoga sessions were conducted at various locations like villages, ghats, public schools, research institutes, ashrams, and NGOs. Participants were made aware of the benefits of yoga and its importance for a healthy lifestyle.

Table 5: No. of participants engaged along various rivers in Bihar

River	No. of sites
Ganga	6
Gandak	9
Kosi	1
Falgu	1
Choti Ganga	2
Total	19

Stakeholder participation (%) in Yoga Day celebration in Bihar



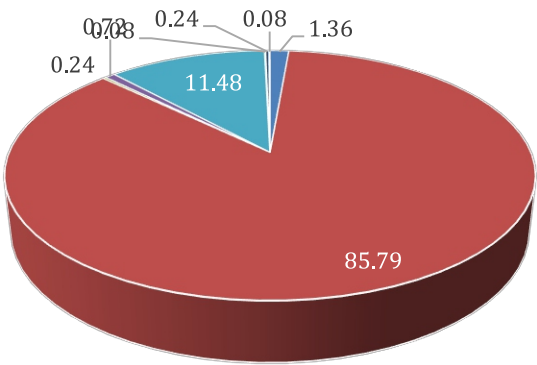
Participants including local people and Ganga Praharis practising yoga as part of the International Day of Yoga celebrations at ghats and near riverbanks in Bihar

JHARKHAND

In total, 1246 people participated in IDY'22 celebrations at six different sites along the Ganga river in the state, of which 606 were male and 640 were female. Ganga Prahari, local residents including women and children, state administration, district administration, teachers, students and the state forest department were the major stakeholder groups who engaged in the yoga sessions organized to mark the day. Yoga sessions were conducted at various locations like ghats, and public schools. Participants were made aware of the benefits of yoga and its importance for a healthy lifestyle.

Table 6: No. of participants engaged along various rivers in Jharkhand

River	No. of sites
Ganga	6



- Stakeholder participation (%) in Yoga Day celebration in Jharkhand
- Ganga Prahari
 - Local Residents
 - District Administration
 - Teachers
 - Students
 - Forest Department
 - WII
 - Other Stake holders

School students and local people practising yoga as part of the International Day of Yoga celebrations at various sites in Jharkhand



Yoga session with local communities on Namami Gange Ghat, Sarkanda, Sahibganj



Local people practising yoga as part of the International Day of Yoga celebrations at various sites in Jharkhand

NMCG

National Mission for Clean Ganga,
Ministry of Jal Shakti,
Government of India

GACMC

Ganga Aqualife Conservation
Monitoring Centre,
Wildlife Institute of India,
nmcg@wii.gov.in

Wildlife Institute of India

P.O. Box # 18, Chandrabani
Dehradun - 248001
Uttarakhand
Tel.: 0135 - 2640114-115
Fax: 0135 - 2640117
Website: www.wii.gov.in
wii@wii.gov.in

