



सांस्कृतिक स्रोत एवं प्रशिक्षण केन्द्र
Centre for Cultural Resources and Training
(Under the aegis of Ministry of Culture, Govt. of India)

Press Release

On the occasion of the International Day of Yoga (IDY) and International Day of Music (IDM), Centre for Cultural Resources and Training (CCRT) is organizing variety of creative events on 21st June, 2022 under the umbrella of “Azadi Ka Amrit Mahotsav”, Ministry of Culture, Govt. of India.

Azadi Ka Amrit Mahotsav is an initiative of the Government of India to celebrate and commemorate 75 years of independence and the glorious history of it's people, culture and achievements.

This Mahotsav is dedicated to the people of India who have not only been instrumental in bringing India thus far in its evolutionary journey but also hold within them the power and potential to enable Prime Minister Narendra Modi's vision of activating India 2.0, fuelled by the spirit of *Aatmanirbhar Bharat*. The *Azadi Ka Amrit Mahotsav* initiative is celebrated and aligned to 05 pillars of Freedom Struggle@75 – this theme helps in bringing alive the stories of unsung heroes towards freedom struggle, Ideas@75 – this theme focuses on programmes and events inspired by ideas have shaped us and will guide us as we navigate through this period of Amrit Kaal, Resolve@75 – this theme focuses on our collective resolve and determination to shape the destiny of our motherland, Action@75 – this theme focuses on all the efforts that are being undertaken to help India take its rightful position in the world and Achievements@75 – this theme focuses on marking the passage of time and all our milestone along the way.

CCRT is organizing an Online/Offline (Hybrid Mode) live Yoga session on the theme of “Yoga for Humanity” by Dr. Sanjiv Pathak, well known Yoga Guru for the Officers and Staff of CCRT's Headquarter at Delhi, in collaboration with Routes 2 Roots, CCRT's associate partner. The event will witness both *Bhavyata* and *Jan Bhagidari* as the Yoga Session will be joined by about 40,000 students of 400 schools from all over India and 10 CCRT Interpretation Centres, Varanasi through virtual/online mode along with the staffs of CCRT, Regional Centre from Hyderabad, Udaipur, Guwahati & Damoh respectively from 9:30 AM to 10:30 AM.

Further, on the occasion of the International Day of Music (IDM), CCRT is organizing a lecture demonstration titled: “*Spandan*” – *Integrating Yoga, Music & Dance* by Capt. Sumisha Shankar, Fellow CCRT, Ministry of Culture. *Spandan* is an amalgamation of Yoga & Music through rhythmic movements for spreading holistic wellness. A rich tapestry of Indian classical wisdom integrating Yoga, Music & Dance principles for enrichment and education of mainstream audience.

In addition to the above events, CCRT is also organizing an International Webinar on the theme of “*Yoga, Rajbhasha and Sanskriti*” on the occasion of International Day of Yoga, under the umbrella of “*Azadi Ka Amrit Mahotsav*”, Ministry of Culture, Govt. of India, in collaboration with *Bhartiya Sanskriti Sevarth Nyas*, Haridwar, Uttarakhand. In this International Webinar, eminent scholars/panelists from 07 (seven) different countries namely United States of America (USA), Fizi, Singapore, Canada, Trinidad and Tobago, Sri Lanka and India will be participating. Shri Virendra Lal, Hon'ble Member of Parliament, Govt. of Fizi and His Excellency Arun Kumar Sahu, High Commissioner of India, Trinidad and Tobago will be the Special Guest and Guest of Honour for the Webinar respectively.

All the above programmes, will be attended by about 100 students of Maharaja Surajmal Institute of Guru Gobind Singh Indraprastha University along with 10 Faculty Members in physical mode at Delhi.

For any other details and relevant photographs of the event Dr. Rahul Kumar, Dy. Director, CCRT & Incharge of AKAM, CCRT may be contacted on his mobile no. 9711749343.

(Rishi Vashist)
Director, CCRT

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इस कार्यालय में हर दिन भारतीय राष्ट्रीय भाषाओं का दिन है।