



मुंबई पोर्ट ट्रस्ट  
MUMBAI PORT TRUST



फोन/Phone : 91-22-6656 5656  
फॅक्स/Fax : 91-22-2269 6953  
ई-मेल : mbpt@vsnl.com

सामान्य प्रशासन विभाग  
पोर्ट भवन, दूसरा माला  
शूरजी वल्लभदास मार्ग, बॉलार्ड इस्टेट  
मुंबई - 400 001.

General Administration Department,  
Port House, 2<sup>nd</sup> floor,  
S.V. Marg, Ballard Estate,  
MUMBAI - 400 001.

**PUBLIC RELATIONS CELL**

**PRESS RELEASE**

**Celebrations of International Yoga Day, 2019  
at Mumbai Port Trust –  
“Get Awakened at Gateway of India”.**

-----

The 21<sup>st</sup> June has been declared as The International Yoga Day by the Hon'ble Prime Minister of India in the year 2015. Ever since, the entire world has joined hands in celebrating this day as “The International Yoga Day”. In keeping in tune, Mumbai Port Trust has arranged slew of programmes on 21<sup>st</sup> June 2019. The programmes will be arranged at various venues viz., Gateway of India, Conference Hall-Vijay Deep, PMTC Bhandar Bhavan and Officers Club-Mazgaon, Welfare Centre Nadkarni Park-Wadala.

Mumbai Port Trust has been conducting Yoga for the benefit of their employees and their family for more than two decades. Considering the rise in the cases of diabetes, hypertension, and similar health issues it is very pertinent to align the body, mind and soul “YOGASYA CHITTA VRITHI NIRODHAH” as propagated by Patanjali. With a view to spread more awareness amongst the citizens of Mumbai, the programme is organized for the Mumbaikars. Through these events Mumbai Port Trust is taking the Government of India's vision to build awareness of YOGA as a practice that brings about physical, mental and spiritual wellbeing. The programme will be held as per the protocol given by the Ministry of Ayush, Government of India.

Patanjali Yog Sutras compiled in about 2<sup>nd</sup> century AD describes Yoga as a cessation of the activities of the mind. The method to get out of the mind and also to reach the stage of Dharana, Dhyana and ultimately Samadhi through the practice of Ashtanga Yog will be demonstrated by “Patanjali Yog Samithi Mumbai” at the Gateway of India.

To attain Kaivalya (Salvation) which is the highest ideal of human endeavor, the methods will be systematically demonstrated by the gentle unfolding of the heart termed as “HEARTFULNESS” - the purest form of

meditation which can be practiced by a common man at any given time as it is programmed very simple. It connects the human being worldwide. This extraordinary meditation technique will be demonstrated by Shri Sanjay Bhatia, Chairman, Mumbai Port Trust, at the Gateway of India at 8.30 a.m. on 21<sup>st</sup> June 2019 at the same venue.

This endeavor of the Mumbai Port Trust will be supported by other yoga institutions viz., Heartfulness, Shri Ambika Yog Kutir, Mumbai. IndiaTourism, Mumbai, Ministry of Tourism, Govt. of India is also participating in this event.

The events on 21.6.2019 will commence from 6.30 a.m. at the Gateway of India and 10.30 am onwards at Vijay Deep, Ballard Estate, Mazgaon and Wadala.

The entire City of Mumbai and its suburbs are invited to participate in these unique events to learn the techniques of harnessing their energies and directing the same to achieve one's goal and lead a stress-free life and "Get Awakened at Gateway of India".

Shri Haribhau Bagade, Speaker of Maharashtra Legislative Assembly, DIG Mumbai Police, Mumbai Municipal Commissioner and Cine Star Smt. Shilpa Shetty Kundra are the dignitaries likely to attend the event at the Gateway of India.

Mumbai, dated 20<sup>th</sup> June 2019

Sd/-  
(V.R. Joglekar)  
CHIEF PRO