

भारत का प्रधान कौंसुलावास
Consulate General of India
Birmingham, United Kingdom



IDY
2025

REGISTER NOW



भारत का प्रधान कौंसुलावास
Consulate General of India
Birmingham, United Kingdom



Discover the profound harmony of mind,
body, and spirit through the practice of yoga
on this special International Yoga Day.

International Day of Yoga

Saturday, 21st June 2025

VICTORIA SQUARE, BIRMINGHAM

REGISTER NOW

[Click to register](#)

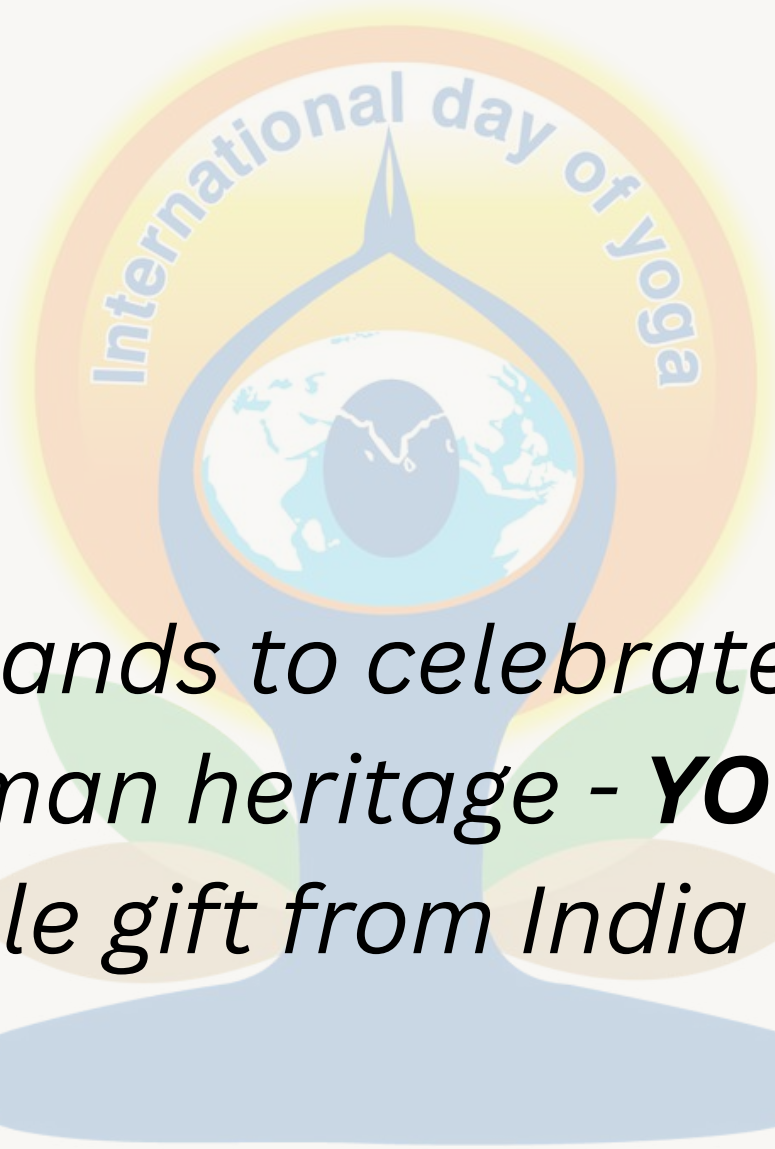


**International Year
of Cooperatives**

Cooperatives Build
a Better World



IDY 2025



*Let us join hands to celebrate the ancient
human heritage - **YOGA**,
a remarkable gift from India to the world*

Yoga for Harmony & Peace

at

Consulate General of India

Birmingham, United Kingdom

**YOGA FOR
ONE EARTH
HEALTH**

REGISTER NOW



भारत का प्रधान कौंसुलावास Consulate General of India

Birmingham, United Kingdom

Get ready for Curtain Raiser & fun-filled Lead-Up Events at the Consulate General of India.

Join us as we build the excitement for International Day of Yoga (IDY) 2025 with a curtain raiser celebration, followed by four unique events tailored for every age group, from kids to adults.

Something for everyone. Don't miss it!

27 MAY

TUE

5:30 p.m

CURTAIN RAISER

*By Consulate General of India
and Dr. Ashok's Ayurveda*

4 JUNE

WED

5:30 p.m

Tuning Your Body With Ancient Wisdom

By Ms. Anupama Monga and Ms. Ketki Gokhale

11 JUNE

WED

5:30 p.m

Sacred Harmony: A Mindful Yoga Journey of Inner Awakening

By Dr. Monaa Khurana and Mr. Amit Khanna

13 JUNE

FRI

5:30 p.m

Fun Yoga for Kids (Picnic Yoga)

By Dr. Madhu Gowda

17 JUNE

TUE

5:30 p.m

Mental Well-being Session

By Brahma Kumaris, Heartfulness and Art of Living

LDY
2025

Grand Finale
at
Victoria Square, Birmingham
Saturday, 21st June 2025

10:15 a.m.	Registration and Seating
11:00 a.m.	Opening Remarks by Consul General Dr. Venkatachalam Murugan
11:15 a.m.	Yoga Sessions
12:15 p.m.	Press Briefing & Interactions
12:30 p.m.	Photo Opportunity
12:45 p.m.	Refreshments & Closing

Organized by

Consulate General of India
Birmingham, United Kingdom

- *Open to all ages and skill levels*
- *Please bring your own yoga mats*



भारत का प्रधान कौंसुलावास Consulate General of India

Birmingham, United Kingdom

We appreciate the support of our
PARTNERS



BRAHMA KUMARIS
WORLD SPIRITUAL UNIVERSITY (UK)



heartfulness
advancing in love



SHIVODHAM
YOGA & WELLNESS



Patanjali Yog Peeth
(UK) Trust



Charity Registration Numbers England & Wales: 1115370 Scotland: SC041991



A Kannada NRI Hindu Organisation



LDY
2025



LEAD-UP EVENTS

at

Consulate General of India

Birmingham, United Kingdom

**YOGA FOR
ONE EARTH
HEALTH**

Disclaimer: The above events are independently organized and managed by the respective Partner Organizations. The Consulate General of India is a facilitating and supporting partner only, and is not responsible for the organization, execution, or outcomes of the events. All liabilities, responsibilities, and claims arising from participation or otherwise shall rest solely with the respective Partner Organizations.



भारत का प्रधान कौंसुलावास
Consulate General of India
Birmingham, United Kingdom

1

Curtain Raiser

27 May 2025, 5:30 P.M.

By Consulate General of India in association with
Dr. Ashok's Ayurveda



Venue : Consulate General of India, 2 Darnley Road, Birmingham B16 8TE

**Decode Your Constitution: Discover the Healing
Magic of Vata, Pitta & Kapha**

FREE ENTRY (Registration Required) Open to All

DISCOVER HOW TO:

Decode your dosha and
hidden imbalances

Create daily routines
tailored to your natural
type

Reconnect with inner
self to prevent disease
and restore well-being

CONTACT & REGISTRATION

Phone: 07903289709 | Email: info@drashokayurveda.co.uk | Website: www.drashokayurveda.co.uk



Join Us for a Journey of Awareness & Self-Healing!
"Ayurveda isn't just medicine –
it's a way of living in tune with your truth."





भारत का प्रधान कौंसुलावास
Consulate General of India
Birmingham, United Kingdom

2

Tune Your Body Through Ancient Wisdom

04 June 2025, 5:30 P.M.

By Ms. Anupama Monga (Anupama Wellness) and
Ms. Ketki Gokhale (Atman Yoga Consultancy)

Tuning Your Body With Ancient Wisdom



Wednesday, 4 June 2025



05:30 P.M.



Consulate General of India, 2 Darnley Road, B16 8TE

*Experience a beautiful fusion of Ayurveda, Yoga & Sound Healing to restore balance between Body, Mind & Soul. This special session organised by **Ms. Anupama Monga** and **Ms. Ketki Gokhale** will cover:*



Ayurvedic Dinacharya

Daily rhythms for natural wellbeing



Hatha Yoga

Breath-led asanas for strength and calm



Sound Healing

Vibrational therapy for deep rest and renewal



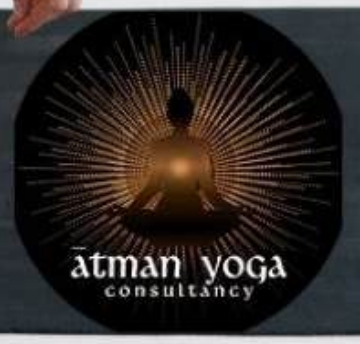
Joint Mobilisation Yoga

Gentle movements to unlock energy



Chair Yoga

Accessible practice for all bodies and ages





भारत का प्रधान कौंसुलावास
Consulate General of India
Birmingham, United Kingdom

3

Sacred Harmony: A Mindful Yoga Journey of Inner Awakening **11 June 2025, 5:30 P.M.**

By Dr. Monaa Khurana (Purple Mind Community Services)
and Mr. Amit Khanna (Sutton Yoga Association)

International Day of Yoga 2025

We are proud and honoured to collaborate with the Consulate General of India to bring you an evening of uplifting wellness that nurtures your mind, body, and soul.

“Sacred Harmony: A Mindful Yoga Journey Of Inner Awakening”

✨ **Join us for a spiritually enriching experience featuring:**

🌿 **Fun Yoga**

😄 **Laughter Therapy**

🌈 **Chakra Balancing & Healing**

🧘 **Mindful Breathing with Positive Affirmations**

 **Date: 11th June 2025**

 **Time: Wednesday, 5:30 PM onwards**

Venue: 2 Darnley Road, Birmingham B16 8TE



Dr Monaa Khurana
Purple Mind Community Service



Mr Amit Khanna
WWW.Manavata.org



भारत का प्रधान कौंसुलावास
Consulate General of India
Birmingham, United Kingdom

4

Fun Yoga for Kids
13 June 2025, 5:30 P.M.

By Dr. Madhu Gowda

JUST KIDDING YOGA

LEARN YOGA, HAVE FUN, AND PROMOTE WELLBEING

By Dr. Madhu Gowda



June 13th 2025

consulate General of India

Friday at 5:30 PM

2 Darnley Road ,Birmingham B16 8TE

SHIVODHAM
YOGA & WELLNESS

ONE EARTH, ONE YOGA FOR KIDS

Join us for wellness through yoga





भारत का प्रधान कौंसुलावास
Consulate General of India
Birmingham, United Kingdom

5

Mental Well-being Session **17 June 2025, 5:30 P.M.**

By Brahma Kumaris, Heartfulness and The Art of Living

Mental Well-Being Session

Join us as we align our thoughts and actions
to create a healthy, harmonious
and happy atmosphere within ourselves

*A unique class with Brahma Kumaris,
Heartfulness and Art of Living*

Tuesday 17th June 2025

Starts: 5.30pm

Includes:

Guided Meditations

Music - Om Shanti Chanting

Venue:

Consulate General of India

2 Darnley Road

Birmingham B16 8TE



 **BRAHMA KUMARIS**
WORLD SPIRITUAL UNIVERSITY (UK)



heartfulness
advancing in love

IDY 2025



We welcome you to join our
PARTNER's EVENTS

Yoga for Harmony & Peace

YOGA FOR
ONE EARTH
HEALTH

Disclaimer: The above events are independently organized and managed by the respective Partner Organizations. The Consulate General of India is a supporting partner only and is not responsible for the organization, execution, or outcomes of the events. All liabilities, responsibilities, and claims arising from participation or otherwise shall rest solely with the respective Partner Organizations.



भारत का प्रधान कौंसुलावास

Consulate General of India

Birmingham, United Kingdom

Partner Events

Date	Organizer	Location	Time
14 June	Purple Mind	Smethwick Library, B66 1AA	10:30 a.m. - 12:00 p.m.
15 June	BOPA	Peace Garden, CV1 4LY	10:30 a.m.
16 June	Sister Jayanti (Brahma Kumaris)	The Foyle Studio, Midlands Arts Centre B12 9QH	06:30 p.m. - 08:00 p.m.
19 June	Purple Mind	Guru Ravidaas Bhawan, B21 9EN	10:00 a.m. - 11:30 a.m.
20 June	Purple Mind	Harborne Academy School, B15 3JL	06:30 p.m. - 08:00 p.m.
21 June	The Art of Living	Online	08:00 a.m. - 09:00 a.m.
22 June	Brahma Kumaris	Harmony House, LE4 5HH	06:00 p.m. - 07:30 p.m.
28 June	Sutton Parivaar	Plantsbrook School, B72 1RB	10:30 a.m. - 12:30 p.m.
29 June	Shree Krishna Resource Centre	Royal Pumproom Gardens, CV32 3AN	11:00 a.m. - 12:30 p.m.

Disclaimer: The above events are independently organized and managed by the respective Partner Organizations. The Consulate General of India is a supporting partner only and is not responsible for the organization, execution, or outcomes of the events. All liabilities, responsibilities, and claims arising from participation or otherwise shall rest solely with the respective Partner Organizations.



Partner Events

14 June

SAT

10:30 a.m.

International Day of Yoga 2025

Yoga for One Earth One Health

Yoga journey brings Peace, Joy & Enlightenment

**Join us & experience Physical Yoga
& Mindful Meditation**



Smethwick Library

B66 1AA

14th June

10.30 am till 12 pm



Dr Monaa Khurana
Purple Mind Community Service



Contact: 07854808165
Email: info@thepurplemind.co.uk

Disclaimer: The above events are independently organized and managed by the respective Partner Organizations. The Consulate General of India is a supporting partner only and is not responsible for the organization, execution, or outcomes of the events. All liabilities, responsibilities, and claims arising from participation or otherwise shall rest solely with the respective Partner Organizations.



Partner Events

15 June
SUN
10:30 a.m



International YOGA Day at Canal Basin

Supported by **BOPA**, Consul General of India, **NHS**, **Rotary Club Rugby Dunsmore**

Venue: Peace garden, Coventry Canal Basin, St Nicholas Street, Coventry, CV1 4LY

Date: Sunday 15th June, 2025 Time: 10.30 for 11 am start

Please bring your own YOGA MAT

YOGA FOR HEALTH AND HAPPINESS FREE EVENT

Join us for a day of yoga, fun, food and more



Event will be led by Yoga instructor Nutan Desai

Please note that free refreshments will be served, kindly sponsored by Dr Rakesh Sachdev, President



RSVP: Mr Davinder Prasad JP MJF, BOPA [07891058712](tel:07891058712)

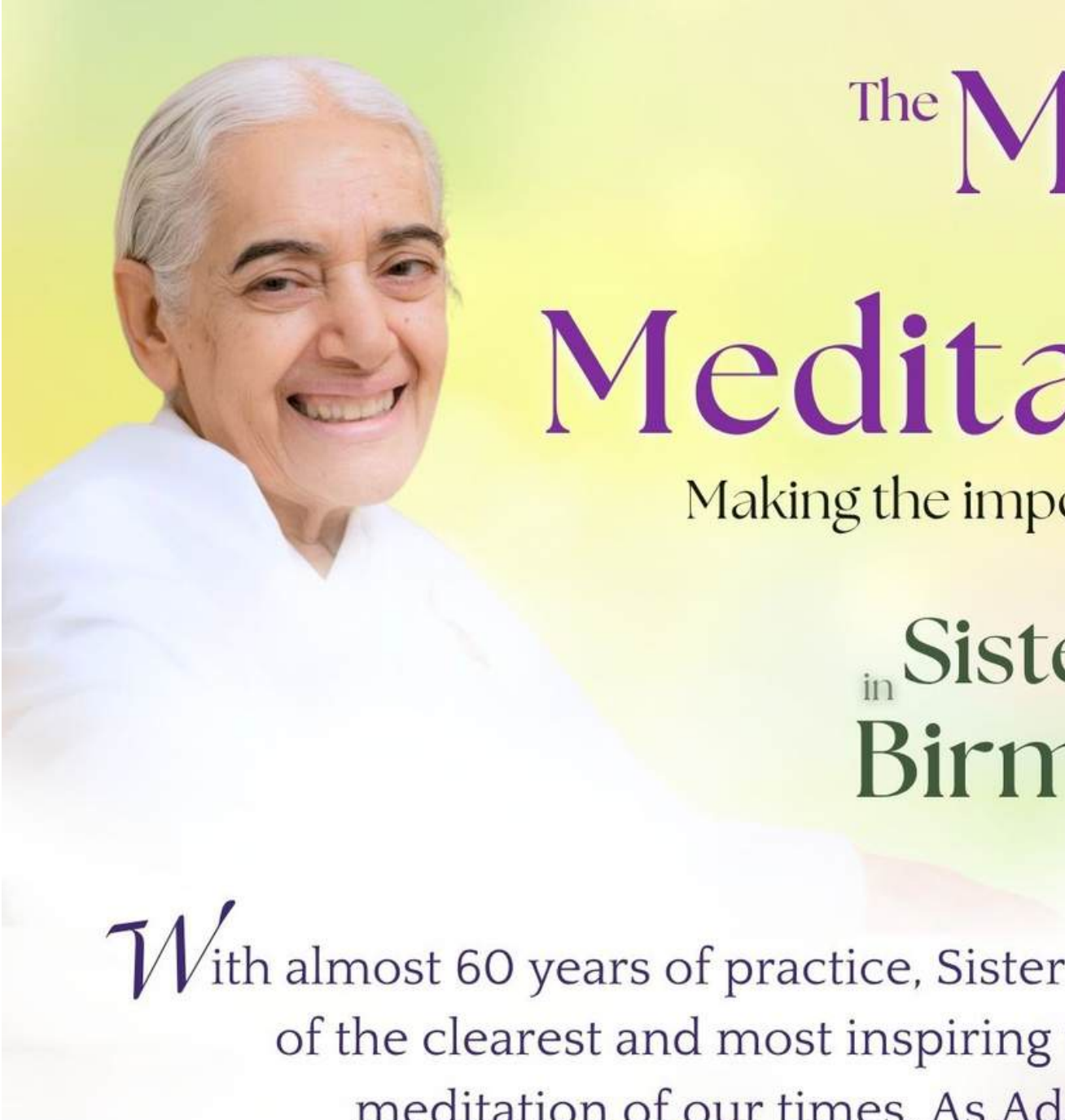
Mrs Nutan Desai yogawithnutan@gmail.com

Disclaimer: The above events are independently organized and managed by the respective Partner Organizations. The Consulate General of India is a supporting partner only and is not responsible for the organization, execution, or outcomes of the events. All liabilities, responsibilities, and claims arising from participation or otherwise shall rest solely with the respective Partner Organizations.



Partner Events

16 June
MON
6:30 p.m



The Magic of Meditation

Making the impossible possible

Meet
in **Sister Jayanti**
Birmingham

With almost 60 years of practice, Sister Jayanti is one of the clearest and most inspiring teachers of meditation of our times. As Additional Administrative Head of the Brahma Kumaris, she is living proof that through the magic of meditation anything is possible.

Free Entry - Book Now

Monday 16th June | 6:30pm - 8:00pm

The Foyle Studio, Midlands Arts Centre
Cannon Hill Park, Birmingham B12 9QH

✉ birmingham@innerspace.org
☎ **07518607193**



Scan to register

 **BRAHMA KUMARIS**
WORLD SPIRITUAL UNIVERSITY (UK) brahmakumaris.uk | sisterjayanti.org

Brahma Kumaris, UK is a registered Charity in England & Wales (269971) and Scotland (SC040512)

Disclaimer: The above events are independently organized and managed by the respective Partner Organizations. The Consulate General of India is a supporting partner only and is not responsible for the organization, execution, or outcomes of the events. All liabilities, responsibilities, and claims arising from participation or otherwise shall rest solely with the respective Partner Organizations.



Partner Events

19 June
THU
10:00 a.m

Yoga for One Earth One Health
Celebration of International Day of Yoga 2025



Discover Yourself

Yoga is the journey of the self, through the self, to the self

Join us & experience
Physical Yoga & Mindful Meditation

on Thursday 19th June at
10 am to 11.30 am
at Guru Ravidaas Bhawan
Handsworth B21 9EN



Dr Monaa Khurana
Purple Mind Community Service



Contact: 07854808165



Email: info@thepurplemind.co.uk

20 June
FRI
6:30 p.m

International Day of Yoga 2025

Yoga for One Earth One Health

Celebrate it with a heart full of gratitude and a mind open to the profound teachings of Yoga

"Breathe, Stretch  **Move & Unite"**

Join us & experience **Physical Yoga & Mindful Meditation**
on Friday, 20th June at 6.30pm till 8pm at Harborne Academy School, Harborne rd B153JL



Dr Monaa Khurana
Purple Mind Community Service



Contact: 07854808165
Email: info@thepurplemind.co.



Disclaimer: The above events are independently organized and managed by the respective Partner Organizations. The Consulate General of India is a supporting partner only and is not responsible for the organization, execution, or outcomes of the events. All liabilities, responsibilities, and claims arising from participation or otherwise shall rest solely with the respective Partner Organizations.



Partner Events

21 June
SAT
8:00 a.m



International day of yoga

The whole year we have yoga, and meditation
and workshops - online and in-person
National and International

Special online yoga and meditation class

08:00 am to 09:00 am on

Saturday 21st June 2025

Contact Raj Fulchand

Call or text message or email

07956 455 128

raj.fulchand@uk.artofliving.org

Please visit our website www.artofliving.org
for more information on many programs
and events

Disclaimer: The above events are independently organized and managed by the respective Partner Organizations. The Consulate General of India is a supporting partner only and is not responsible for the organization, execution, or outcomes of the events. All liabilities, responsibilities, and claims arising from participation or otherwise shall rest solely with the respective Partner Organizations.



Partner Events

22 June

SUN

6:00 p.m

In-House | Online



BRAHMA KUMARIS
WORLD SPIRITUAL UNIVERSITY (UK)



HARMONY
HOUSE

United Nations International Day of Yoga

Health, Harmony & Happiness

Join us as we align our thoughts and actions to create a healthy, harmonious and happy atmosphere within ourselves

Includes

Physical Yoga | Guided Meditation
Music | Om Shanti Chanting

Sunday 22nd June
6pm to 7.30pm

Harmony House

122 Ross Walk Leicester LE4 5HH
(for Sat Nav LE4 5HA)

OR Watch Live on

brahmakumaris.uk/leicesterlive



BRAHMA KUMARIS LEICESTER



Tel: 0116 216 8430

Email: leicester@uk.brahmakumaris.org

Registered charity in England & Wales (269971) and Scotland (SC040512)

Disclaimer: The above events are independently organized and managed by the respective Partner Organizations. The Consulate General of India is a supporting partner only and is not responsible for the organization, execution, or outcomes of the events. All liabilities, responsibilities, and claims arising from participation or otherwise shall rest solely with the respective Partner Organizations.



Partner Events

28 June

SAT

10:30 a.m

आयुष्य मंत्रालय
MINISTRY OF AYUSH
Government of India

भारत का प्रधान कौंसुलावास
Consulate General of India
Birmingham, United Kingdom

Sutton Parivaar invites you join the celebration
INTERNATIONAL YOGA DAY

SATURDAY 28TH JUNE 2025
10:30 TO 12:30

VENUE:
PLANTSBROOK SCHOOL UPPER HOLLAND ROAD, SUTTON COLDFIELD B72 1RB

> OPEN TO ALL

> WEAR LOOSE CLOTHING

> BRING A YOGA MAT & WATER BOTTLE

BENEFITS OF YOGA

> IMPROVE FLEXIABILITY

> STRENGTH

> BALANCE & COORDINATION

> REDUCE ANXIETY AND DEPRESSION

EVENT CONTACT : AMIT KHANNA 07817697643

Disclaimer: The above events are independently organized and managed by the respective Partner Organizations. The Consulate General of India is a supporting partner only and is not responsible for the organization, execution, or outcomes of the events. All liabilities, responsibilities, and claims arising from participation or otherwise shall rest solely with the respective Partner Organizations.



Partner Events

29 June
SUN
11:00 a.m

INTERNATIONAL YOGA DAY

FREE TASTER EVENT
SUNDAY 29TH JUNE 2025
11 AM TO 12:30 PM

ORGANISED BY
SHRI KRISHNA RESOURCE CENTRE
(A REGISTERED CHARITY)
10B HIGH ST, LEAMINGTON SPA, CV32 3AN, UK

VENUE:
ROYAL PUMPROOM GARDENS, LEAMINGTON SPA

IS IT FOR ME?

- > OPEN TO ALL
- > HAVE A LIGHT BREAKFAST ON THE DAY
- > WEAR LOOSE CLOTHING
- > BRING A YOGA MAT OR BLANKET

BENEFITS OF YOGA

- > TRAIN YOUR MIND, BODY AND SOUL
- > RELIEVE STRESS, ACHES AND PAIN
- > PATH TO ACHIEVE GREATER HEALTH
- > ANCIENT METHOD FOR HAPPY LIFE

EVENT CONTACTS:

MR DHARAM VEER AWESTHI (✉DVA18@HOTMAIL.CO.UK), MR GURU POLASA (@touchguru)



Disclaimer: The above events are independently organized and managed by the respective Partner Organizations. The Consulate General of India is a supporting partner only and is not responsible for the organization, execution, or outcomes of the events. All liabilities, responsibilities, and claims arising from participation or otherwise shall rest solely with the respective Partner Organizations.



भारत का प्रधान कौंसुलावास
Consulate General of India
Birmingham, United Kingdom

INTERNATIONAL DAY OF YOGA

Yoga for One Earth, One Health

f @CGIBirmingham

X @CGI_Bghm

▶ @IndiainUK

📷 @CGIBirmingham

Register Now

आयुष मंत्रालय
MINISTRY OF AYUSH

