



भारत का दूतावास, टोक्यो
विवेकानंद सांस्कृतिक केंद्र
Vivekananda Cultural Centre
Embassy of India, Tokyo



VCC OUTREACH YOGA EVENTS (JUNE 2022 – DECEMBER 2025)

Vivekananda Cultural Centre, Embassy of India Tokyo

インド大使館ヴィヴェーカーナンダ文化センター

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Website: www.indembassy-tokyo.gov.in/india_culture_centre.html

Facebook: <https://www.facebook.com/IndiaInJapan/>

受付時間 Office Hours: 09:00 - 17:30 (月～金・インドの祝日除く/Mon.-Fri. except gazetted holidays)



ICCR In Japan

ICCR_Japan

ICCR IN JAPAN

PREFACE

I am pleased to present this book “VCC Outreach Yoga Events June, 2022- December, 2025” for outreach Yoga events organized by Vivekananda Cultural Centre, Embassy of India, Tokyo.

Yoga has the ability to shape our perspectives towards fulfilled life. More keenness for life, genuine and natural sense of feel good, renewed sense of health and well-being are the precious benefits of yoga. Yoga is the key to a balanced mind, healthy body, noble thoughts and connects us to our inner self.

I am thankful to Indian Council for Cultural Relations for providing me the opportunity to propagate Indian Culture and Yoga in all the corners of Japan. I am highly grateful to HE Mr. Sibi George, former Ambassador of India to Japan for his great motivation and support. I am grateful to HE Ms. Nagma Mohamed Mallick, Ambassador of India to Japan for her great assistance.

I am also grateful to Ms. Kanika Agrawal, former Director, VCC, Tokyo for her tireless effort and assistance for organising yoga events in all parts of Japan. I present my gratitude to present Director of VCC, Mr. Aman Akash for his great initiatives and cooperation.

I am thankful to Mr. Parag Kumar for his great effort to compile and organise the matter of this book. I am grateful to my seniors, colleagues and students of VCC for their remarkable contribution in outreach events.

By the grace of God we would be successful in this great mission!



(Dr. Sanjay Kumar)

*Teacher of Indian Culture & Yoga
Vivekananda Cultural Centre
Embassy of India, Tokyo*

FROM DIRECTOR'S DESK

I am pleased to note the release of a compilation titled “VCC Outreach Yoga Events: June 2022 – December 2025,” which documents the outreach yoga programmes organised by the Vivekananda Cultural Centre, Embassy of India, Tokyo.

Over the past three and a half years, the VCC has endeavoured to take the timeless message of yoga beyond the walls of the Cultural Centre and into schools, universities, community spaces, public parks, beaches and partner institutions across Japan. These outreach initiatives have reflected our commitment to making yoga accessible to diverse audiences and to promoting holistic well-being through India’s ancient wellness tradition.

This volume captures the collective efforts of our yoga teacher, Embassy colleagues, partner organisations, volunteers and the enthusiastic participants who joined us in these programmes. Their dedication and cooperation have been central to the success of every outreach event recorded in this book.

I hope this publication serves not only as a record of our activities, but also as a source of inspiration for future initiatives that continue to strengthen the people-to-people bonds between India and Japan through yoga.



Aman Akash

*Director
Vivekananda Cultural Centre
Embassy of India, Tokyo*

OUTREACH YOGA EVENTS, VIVEKANANDA CULTURAL CENTER, EMBASSY OF INDIA, TOKYO (JUNE, 2022 - DECEMBER, 2025)

SR. NO.	DATE	EVENT	VENUE	PARTICIPANTS (APPROX)
1.	21/6/2022	INTERNATIONAL DAY OF YOGA (IDY)	SANKEIN GARDEN, TOKYO	300
2.	21/6/2022	INTERNATIONAL DAY OF YOGA	SKY TREE, TOKYO	70
3.	10/8/2022	CHAIR YOGA	UCHISAIWAICHO HALL, TOKYO	200
4.	13/9/2022	YOGA SESSION	SOPHIA UNIVERSITY, TOKYO	100
5.	6/10/2022	YOGA SESSION	TAIMEI ELEMENTARY SCHOOL, TOKYO	50
6.	22/10/2022	YOGA EVENT	BIOTOPIA ME-BYO VALLEY, TOKYO	100
7.	12/12/22	YOGA WORKSHOP: YOGA FOR HUMAN EXCELLENCE	VCC, EMBASSY OF INDIA, TOKYO	30
8.	20/01/2023	YOGA SESSION FOR INDIAN & JAPANESE AIR FORCE OFFICERS	HYAKURI AIRBASE, IBARAKI, TOKYO	90
9.	30/1/23	WORKSHOP: YOGIC MANAGEMENT FOR BACK PAIN	VCC, EMBASSY OF INDIA, TOKYO	30
10.	27/2/23	WORKSHOP: YOGIC MANAGEMENT FOR DIABETES	VCC, EMBASSY OF INDIA, TOKYO	35
11.	1/3/2023	YOGA SESSION FOR INDIAN & JAPANESE ARMY OFFICERS	ARMY BASE, KYOTO	80
12.	10/3/2023	YOGA DEMONSTRATION BY VCC STUDENTS ON INAUGURATION OF AYUSH INFORMATION CELL	VCC AUDITORIUM	120
13.	21/3/2023	YOGA EVENT	BIOTOPIA ME-BYO VALLEY	100
14.	3/4/23	WORKSHOP: YOGIC MANAGEMENT FOR OBESITY	VCC, EMBASSY OF INDIA, TOKYO	35
15.	8/4/2023	YOGA SESSION	MIBUDERA TEMPLE, KYOTO	50
16.	24/4/23	WORKSHOP: STRESS & YOGIC MANAGEMENT	VCC, EMBASSY OF INDIA, TOKYO	40
17.	26/4/2023	CURTAIN RAISER EVENT OF IDY	EMBASSY OF INDIA, TOKYO	150
18.	22/5/2023	TWO YOGA SESSIONS IN INDIA FAIR	CHIYODA CITY HALL	80
19.	13/6/2023	YOGA SESSION	RESTEC SPACE CENTRE, TOKYO	50
20.	10/6/2023	YOGA SESSION	KOTO CULTURAL CENTER, TOKYO	60
21.	14/6/2023	YOGA SESSION	NATIONAL DIET (THE HOUSE OF REPRESENTATIVES), TOKYO	60
22.	16/6/2023	TWO YOGA WORKSHOPS	HITOTSUBASHI UNIVERSITY, TOKYO	140
23.	21/6/2023	INTERNATIONAL DAY OF YOGA	TSUKIJI HONGANWANJI, TOKYO	800
24.	5/7/23	YOGA WORKSHOP	TUFS UNIVERSITY, TOKYO	100
25.	8/7/2023	CONCLUSION CEREMONY	VCC AUDITORIUM	110
26.	3/8/23	YOGA SESSION	NHK CULTURAL CENTER, TOKYO	50
27.	22/8/23	YOGA SESSION	NISHOGAKUSHA JUNIOR HIGH SCHOOL, CHIBA	100

SR. NO.	DATE	EVENT	VENUE	PARTICIPANTS (APPROX)
28.	3/10/23	YOGA SESSION FOR THE STUDENTS OF KYOSAI ELEMENTARY SCHOOL (FAMILIARIZATION VISIT)	VCC AUDITORIUM	150
29.	5/10/23	YOGA SESSION	KYOSAI ELEMENTARY SCHOOL, TOKYO	200
30.	26/10/23	YOGA SESSION	ASUKA HIGH SCHOOL, TOKYO	150
31.	29/10/23	YOGA EVENT	BIOTOPIA ME-MYO VALLEY, KANAGAWA	100
32.	30/10/23	YOGA SESSION	HIGASHI HIGH SCHOOL, TOKYO	200
33.	6/11/23	WORKSHOP: YOGA FOR CERVICAL SPONDYLOSIS & FROZEN SHOULDER	VCC	35
34.	15/11/23	CHAIR YOGA FOR IKEBANA INTERNATIONAL SOCIETY	VCC	100
35.	16/11/23	YOGA SESSION	SHIMOMEGURO ELEMENTARY SCHOOL, TOKYO	100
36.	20/11/23	WORKSHOP: YOGIC MANAGEMENT FOR DIGESTIVE DISORDERS	VCC	40
37.	24/11/23	YOGA SESSION	OJIMA JUNIOUR HIGH SCHOOL, KOTO-KU, TOKYO	250
38.	29/11/23	YOGA SESSION	SHINDEN JUNIOR HIGH SCHOOL, SAITAMA, TOKYO	200
39.	MORNING, 4/12/23	YOGA EVENT	COMBINED YOGA SESSION FOR NAVY PERSONNELS OF INS KADAMATT & JS OHNAMI, YOKOSUKA	80
40.	4/12/23	YOGA EVENT	YOKOHAMA REHABILITATION TRAINING SCHOOL	50
41.	4/12/23	WORKSHOP: YOGIC MANAGEMENT FOR DEPRESSION	VCC	40
42.	8/12/23	GROUP YOGA DEMONSTRATION ON CONCLUSION CEREMONY	VCC	100
43.	18/12/23	WORKSHOP: YOGA FOR HIGH WORK EFFICIENCY	VCC	38
44.	19/12/23	YOGA EVENT	HIROO GAKUEN HIGH SCHOOL, MINATO CITY, TOKYO	300
45.	27/1/24	YOGA EVENT	UCHISAIWAICHO INDIA FESTIVAL, UCHISAIWAICHO HALL, CHIYODA CITY, TOKYO	150
46.	6/2/24	YOGA EVENT	SHINTONE JUNIOR HIGH SCHOOL, INASHIKI-SHI, IBARAKI	200
47.	15/2/24	YOGA EVENT	JINDAI JUNIOR HIGH SCHOOL, CHOUFU-SHI, TOKYO	250
48.	15/3/24	YOGA EVENT	OKI TOWN LIBRARY AND INFORMATION CENTER, FUKUOKA,	50
49.	25/3/24	YOGA EVENT	CURTAIN RAISER EVENT OF IDY AT EMBASSY OF INDIA, TOKYO	150
50.	16/4/24	YOGA SESSION	IWATE PREFECTURE LIBRARY, IWATE	50
51.	22/4/ 24	YOGA EVENT	WORLD BANK, TOKYO	40

SR. NO.	DATE	EVENT	VENUE	PARTICIPANTS (APPROX)
52.	23/4/24	YOGA EVENT	TOYO UNIVERSITY	120
53.	25/4/24	YOGA EVENT	SOJITZ RESEARCH INSTITUTE	60
54.	2/5/24	CHAIR YOGA SESSION FOR THE STUDENTS OF MINATO SHOGO HIGH SCHOOL, YOKOHAMA (FAMILIARIZATION VISIT)	VCC AUDITORIUM	100
55.	31/5/24	YOGA EVENT	SHIMANE UNIVERSITY YOGA EVENT	60
56.	9/5/24	YOGA EVENT	SAITAMA UNIVERSITY	80
57.	14/5/24	YOGA EVENT (TWO SESSIONS)	KATSUTA HIGH SCHOOL, IBARAKI SCHOOL	700
58.	19/5/24	YOGA EVENT	YAMANAKAKO, YAMANASHI PREFECTURE, MOUNT FUJI	120
59.	20/5/24	YOGA EVENT FOR THE MEMBERS OF ALFS	VCC	40
60.	25/5/24	YOGA EVENT (TWO YOGA SESSIONS: BEGINNERS & ADVANCE)	CHIYODA CITY,	80
61.	26/5/24	YOGA EVENT	SEKIYAHAMA BEACH, 1-93, CHUO WARD, NIGATA CITY	300
62.	31/5/24	YOGA EVENT	SHIMANE UNIVERSITY	150
63.	8 /6/24	YOGA MAHOTSAV	TOCHIGI PREFECTURE, SANO CITY	350
64.	13/6/24	YOGA EVENT	YOGA FOR CREW OF INDIAN NAVY AND JMSDF, INDIAN NAVAL SHIP, SHIVALIK, YOKOSUKA	100
65	11/6/2024	PARLIAMENTARY LEAGUE FOR THE PROMOTION OF YOGA	DIET, TOKYO	80
66.	16/6/24	YOGA EVENT	YOGA FESTIVAL, MIDORIGAOKA PARK, OBIHIRO, TOKACHI, HOKKAIDO	250
67.	21/6/24	INTERNATIONAL DAY OF YOGA	TSUKIJI HONGANGI TEMPLE, TOKYO	1700
68.	21/6/24	INTERNATIONAL DAY OF YOGA	SKYTREE, TOKYO	60
69.	22/6/24	YOGA EVENT	YOGA DAY, LITATE VILLAGE, FUKUSHIMA	50
70.	26/7/24	CHAIR YOGA FOR HIGH SCHOOL STUDENTS OF SAITAMA PREFECTURE	AUDITORIUM, EMBASSY OF INDIA, TOKYO	120
71.	9/7/24	YOGA SESSION	KAMISHAKUJI ELEMENTARY SCHOOL, NERIMA	300
72.	11/7/24	YOGA SESSION	SAKAMOTO ELEMENTARY SCHOOL, CHUO CITY, TOKYO	150
74.	23/7/24	YOGA SESSION FOR THE STUDENTS OF OGAWA HIGH SCHOOL, WAKO INTERNATIONAL HIGH SCHOOL, KOKUSAI HIGH SCHOOL, KUMAGAYA HIGH SCHOOL	VCC AUDITORIUM	160
75.	27/8/24	YOGA SESSION FOR NISHOGAKUSHA JUNIOR HIGH SCHOOL	VCC, EMBASSY OF INDIA, TOKYO	80
76.	9/9/24	YOGA SESSION	TENJIN ELEMENTARY SCHOOL, SHINJUKU, TOKYO	250
77.	28/9/25	NAMASTE INDIA EVENT: YOGA SESSION & GROUP YOGA DEMONSTRATION	YOYOGI PARK, TOKYO	1000

SR. NO.	DATE	EVENT	VENUE	PARTICIPANTS (APPROX)
78.	21/10/24	CHAIR YOGA FOR THE STUDENTS OF TAIMEI ELEMENTARY SCHOOL	AUDITORIUM, EMBASSY OF INDIA, TOKYO	80
79.	21/10/25	YOGA WORKSHOP: YOGA FOR HEALTHY LIVING	GLOBAL OFFICE OF ACCENTURE, TOKYO	90
80.	11/12/24	PRESENTATION AND CHAIR YOGA SESSION FOR THE STUDENTS (OLD AGED) OF SILVER COLLEGE	VCC AUDITORIUM	120
81.	6/12/25	YOGA DEMONSTRATION BY VCC STUDENTS ON CONCLUSION CEREMONY	VCC	100
82.	26/10/2024	YOGA SESSION AT FUKUI PREFECTURE LIBRARY	FUKUI PREFECTURE LIBRARY	50
83.	5/12/2024	INTERNATIONAL GITA MAHOTSAV	MULTI-FUNCTION ROOM, VCC	20
84.	13/12/24	YOGA SESSION	ADACHI SENJYU SAKURADUTSUMI JUNIOR HIGH SCHOOL, SUMIDA CITY, TOKYO	150
85.	16/12/24	WORKSHOP: JAL NETI KRIYA	VCC	50
86.				
87.	6/1/25	YOGA SESSION	UENO HIGH SCHOOL, TOKYO	150
88.	20/1/25	YOGA SESSION	SAGINOMORI ELEMENTARY SCHOOL, NAKANO-KU, TOKYO	200
89.	31/01/25	YOGA WORKSHOP ON TRATAK KRIYA	VCC	60
90.	4/2/25	CHAIR YOGA SESSION (TAKEN BY MY STUDENT, MS. HETAL JHAVERI) FOR THE STUDENTS OF HIGASHI HAGIYAMA ELEMENTARY SCHOOL	AUDITORIUM, VCC	120
91.	4/2/25	YOGA SESSION	SHIZUOKA PREFECTURE CENTRAL LIBRARY, SHIZUOKA	80
92.	11/2/25	YOGA SESSION	ISHIKAWA PREFECTURE LIBRARY, KANAZAWA CITY	70
93.	28/2/25	YOGA WORKSHOP ON YOGA NIDRA	VCC	65
94.	10/3/25	YOGA WORKSHOP ON WORLD WOMEN'S DAY	VCC	60
95.	20/3/25	YOGA EVENT IN INDIA MELA	NAGASAKI NATIONAL PEACE MEMORIAL HALL	60
96.	17/3/25	YOGA EVENT	MINAMI-DAIRA HIGH SCHOOL, HINO CITY, TOKYO	350
97.	18/3/25	CHAIR YOGA	NARASHINO CITY HALL, CHIBA	200
98.	24/3/25	PRESENTATION ON BHAGAVAD GITA (PART-1)	VCC	55
99.	28/3/25	CURTAIN RAISER EVENT OF 11TH IDY	EMBASSY OF INDIA, TOKYO	150
100.	5TH APRIL, 2025	INDIA BOOTH	TSUKIJI HONGANJI TEMPLE	
101.	6TH APRIL, 2025	75TH DAYS TO IDY	YOYOGI PARK	60
102.	15-16 APRIL, 2025	VISIT OF INDIA PAVILION, OSAKA REGARDING YOGA SESSIONS	INDIA PAVILION, OSAKA	
103.	16TH APRIL,	CHAIR YOGA FOR MEMBERS OF SANSUIKAI (FAMILIARIZATION VISIT)	AUDITORIUM, VCC	80

SR. NO.	DATE	EVENT	VENUE	PARTICIPANTS (APPROX)
104.	18 TH APRIL, 2025	YOGA WORKSHOP	GLOBAL OFFICE OF ACCENTURE	50
105.	25 TH APRIL, 2025	CHAIR YOGA ON HOKKAIDO DAY EVENT	AUDITORIUM, VCC	100
106.	2 ND MAY, 2025 (2:00-3:00 PM)	YOGA SESSION FOR VISITORS	INDIA PAVILION, OSAKA	30
107.	2 ND MAY, 2025 (5:00-5:15 PM)	CHAIR YOGA SESSION FOR DIPLOMATS	INDIA PAVILION, OSAKA	40
108.	2 ND MAY, 2025 (6:00-7:00 PM)	YOGA SESSION FOR VISITORS	INDIA PAVILION, OSAKA	35
109.	8 TH MAY, 2025	YOGA SESSION (1:00- 2:00 PM)	SAITAMA UNIVERSITY, SAITAMA PREFECTURE	70
110.	20 TH MAY, 2025	CONFLUENCE OF THE TWO SEAS- CHAIR YOGA SESSION FOR MADAM AKIE ABE AND DIGNITARIES	AUDITORIUM, VCC	150
111.	24 TH MAY, 2025	YOGA EVENT	SHIZUOKA	450
112.	2 ND JUNE, 2025	CHAIR YOGA FOR VIPS (HE YOSHIMASA HAYASHI AND MEMBERS OF PARLIAMENT OF MONSHINKAI OF TSUKIJI HONGWANJI TEMPLE & EMBASSY OFFICERS	FOYER, EMBASSY OF INDIA, TOKYO	25
113.	5 TH JUNE, 2025	CHAIR YOGA ON KOCHI PREFECTURE DAY EVENT	AUDITORIUM	120
114.	14 TH & 15 TH JUNE, 2025	IDY YOGA EVENTS	HOKKAIDO	250
115.	9 TH JUNE, 2025	CONCLUSION CEREMONY	VCC, AUDITORIUM	120
116.	21 ST JUNE, 2025	INTERNATIONAL DAY OF YOGA	TSUKIJI HONGANJI TEMPLE	2500
117.	21 ST JUNE, 2025 (EVENING)	IDY EVENT	SKYTREE	50
118.	25 TH JUNE, 2025	THANK YOU JAPAN- CELEBRATING IDY 2025 FOLLOWED BY CHAIR YOGA SESSION	VCC AUDITORIUM	100
119.	30 TH AUGUST, 2025 (7:30-8:30 AM)	YOGA SESSION IN HONOUR OF RESPECTED PM MODIJI	SKYTREE, TOKYO	60
120.	7 TH SEPTEMBER, 2025	YOGA SESSION AT CHIYODA INTERNATIONAL FAIR	CHIYODA WARD OFFICE	50
121.	9 TH SEPTEMBER, 2025	CHAIR YOGA AT TOTTORI DAY EVENT	AUDITORIUM, EMBASSY OF INDIA	100
122.	14 TH SEPTEMBER, 2025	YOGA SESSION AT INDIA HAMAMATSU FESTIVAL	HAMAMATSU, SHIZUOKA	60
123.	23 RD SEPTEMBER, 2025	CHAIR YOGA ON AYURVEDA DAY	VCC AUDITORIUM	100

SR. NO.	DATE	EVENT	VENUE	PARTICIPANTS (APPROX)
124	27 TH SEPTEMBER, 2025	NAMASTE INDIA	YOYOGI PARK	300
125	29 TH SEPTEMBER, 2025	CHAIR YOGA, VIKSIT BHARAT EVENT	VCC AUDITORIUM	150
126	24 TH OCTOBER , 2025	YOGA SESSION FOR INDIAN AND JAPANESE NAVY OFFICERS	YOKOSUKA	100
127	10 TH NOVEMBER, 2025	PRESENTATION ON BHAGAVAD GITA (PART-2)	VCC AUDITORIUM	70
128	16 TH NOVEMBER, 2025	YOGA RETREAT	KASAI RINKAI PARK	68
129	27 TH NOVEMBER, 2025	YOGA SESSION, INDIA DAY	FUDOOKA HIGH SCHOOL, SAITAMA	60
130.	12 TH DECEMBER, 2025	CONCLUSION CEREMONY	VCC, AUDITORIUM	120
131	15 TH DECEMBER, 2025	PRESENTATION ON BHAGAVAD GITA (PART-3)	VCC AUDITORIUM	80
132	21 ST DECEMBER, 2025	FAREWELL OF DR. SANJAY KUMAR BY VCC STUDENTS	VCC, EMBASSY OF INDIA, TOKYO	70



VCC OUTREACH YOGA EVENTS(JUNE 2022 – DECEMBER 2025)

- 1. INTERNATIONAL DAY OF YOGA**
- 2. YOGA UNDER CHERRY BLOSSOM AND CURTAIN RAISER EVENTS OF IDY**
- 3. YOGA FESTIVALS IN JAPAN**
- 4. YOGA IN JAPANESE ORGANISATIONS**
- 5. YOGA IN JAPANESE SCHOOLS AND UNIVERSITIES**
- 6. YOGA FOR ARMED FORCES**
- 7. YOGA IN JAPAN PREFECTURE LIBRARIES**
- 8. YOGA WORKSHOPS**
- 9. YOGA DEMONSTRATIONS BY VCC STUDENTS**
- 10. OTHER YOGA OUTREACH EVENTS**





INTERNATIONAL DAY OF YOGA

PARTICIPANTS:

300 in 2022

800 in 2023

1700 in 2024

2500+ in 2025



INTERNATIONAL DAY OF YOGA 2022 - SANKEIEN GARDEN, YOKOHAMA, JAPAN





INTERNATIONAL DAY OF YOGA 2023 - TSUKIJI HONGANJI TEMPLE







INTERNATIONAL DAY OF YOGA 2024 - TSUKIJI HONGANJI TEMPLE







INTERNATIONAL DAY OF YOGA 2025 - TSUKIJI HONGANJI TEMPLE











YOGA UNDER CHERRY BLOSSOM AND CURTAIN RAISER EVENTS OF IDY

2023-04-26- IDY CURTAIN RAISER (CHERRYBLOSSOM YOGA)

2024-03-25- CURTAIN RAISER OF IDY, 2024

2025-03-28- CURTAIN RAISER EVENT OF IDY

2025-04-06- 75 DAYS TO IDY, YOYOGI PARK



IDY CURTAIN RAISER - CHERRY BLOSSOM YOGA (26-APRIL-2023)



IDY CURTAIN RAISER - CHERRY BLOSSOM YOGA (25-MARCH-2024)



IDY CURTAIN RAISER - CHERRY BLOSSOM YOGA (25-MARCH-2024)



IDY CURTAIN RAISER - CHERRY BLOSSOM YOGA (28-MARCH-2025)



IDY CURTAIN RAISER - CHERRY BLOSSOM YOGA (28-MARCH-2025)



IDY CURTAIN RAISER - CHERRY BLOSSOM YOGA (28-MARCH-2025)



75 DAYS TO IDY - YOYOGI PARK (06-APRIL-2025)





YOGA FESTIVALS IN JAPAN

2024-05-18- YOGA EVENT AT MT FUJI (YAMANASHI PREF)

2024-06-08- YOGA MAHOTSAV AT SANO CITY

2025-05-24- SHIZUOKA YOGA FESTIVAL

2025-08-30- SKY TREE YOGA EVENT IN HONOUR OF RESPECTED PM MODIJI

2023-06-14- YOGA MAHOTSAV IN COLLABORATION WITH INTAG AND IWIT JAPAN

2023-10-29- YOGA EVENT AT BIOTOPIA VALLEY

2024-01-27-UCHISAIWAICHO INDIA FESTIVAL

2024-05-26- YOGA BY BEACH, SEKIYAHAMA BEACH, CHUO WARD, NIGATA CITY

2025-03-18- INDIA DAY AT NARASHINO CITY

2025-03-20- INDIA MELA AT NAGASAKI

2025-05-02- YOGA SESSIONS AT INDIA PAVILION, OSAKA

2025-06-15- HOKKAIDO IDY EVENT

2025-09-07- CHIYODA CITY WARD YOGA EVENT

2025-09-14 YOGA SESSION AT INDIA HAMAMATSU FESTIVAL

2025-09-27 YOGA DEMONSTRATION - NAMASTE INDIA EVENT, YOYOGI PARK, TOKYO



YOGA EVENT AT MT FUJI (YAMANASHI PREF) (18-MAY-2024)



YOGA EVENT AT MT FUJI (YAMANASHI PREFECTURE) (18-MAY-2024)



YOGA MAHOTSAV AT SANO CITY (08-JUNE-2024)



YOGA MAHOTSAV AT SANO CITY (08-JUNE-2024)



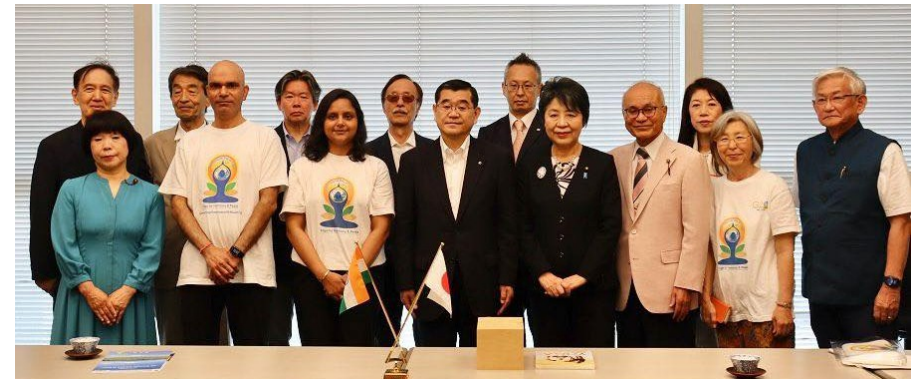
SHIZUOKA YOGA FESTIVAL (24-MAY-2025)



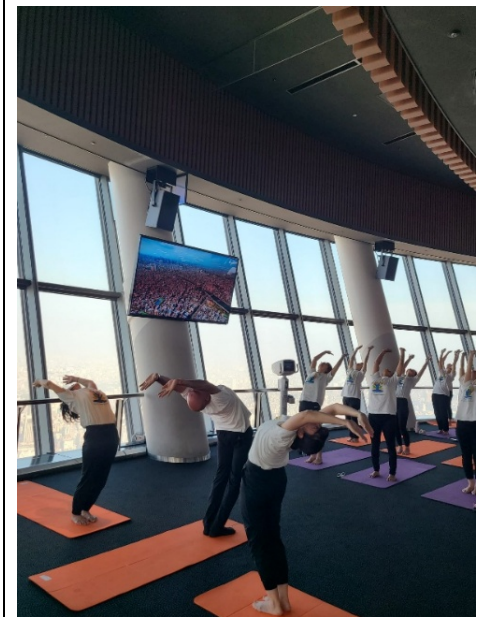
SHIZUOKA YOGA FESTIVAL (24-MAY-2025)



SHIZUOKA YOGA FESTIVAL (24-MAY-2025)



SKY TREE YOGA EVENT IN HONOUR OF RESPECTED PM MODIJI (30-AUGUST-2025)



SKY TREE YOGA EVENT IN HONOUR OF RESPECTED PM MODIJI (30-AUGUST-2025)



YOGA MAHOTSAV IN COLLABORATION WITH INTAG & IWIT JAPAN (14-JUNE-2023)



YOGA EVENT AT BIOTOPIA VALLEY (29-OCTOBER-2023)



UCHISAIWAICHO INDIA FESTIVAL (27-JANUARY-2024)



YOGA BY BEACH, SEKIYAHAMA BEACH, CHUO WARD, NIGATA CITY (26-MAY-2024)



INDIA DAY AT NARASHINO CITY (18-MARCH-2025)





INDIA MELA AT NAGASAKI (20-MARCH-2025)



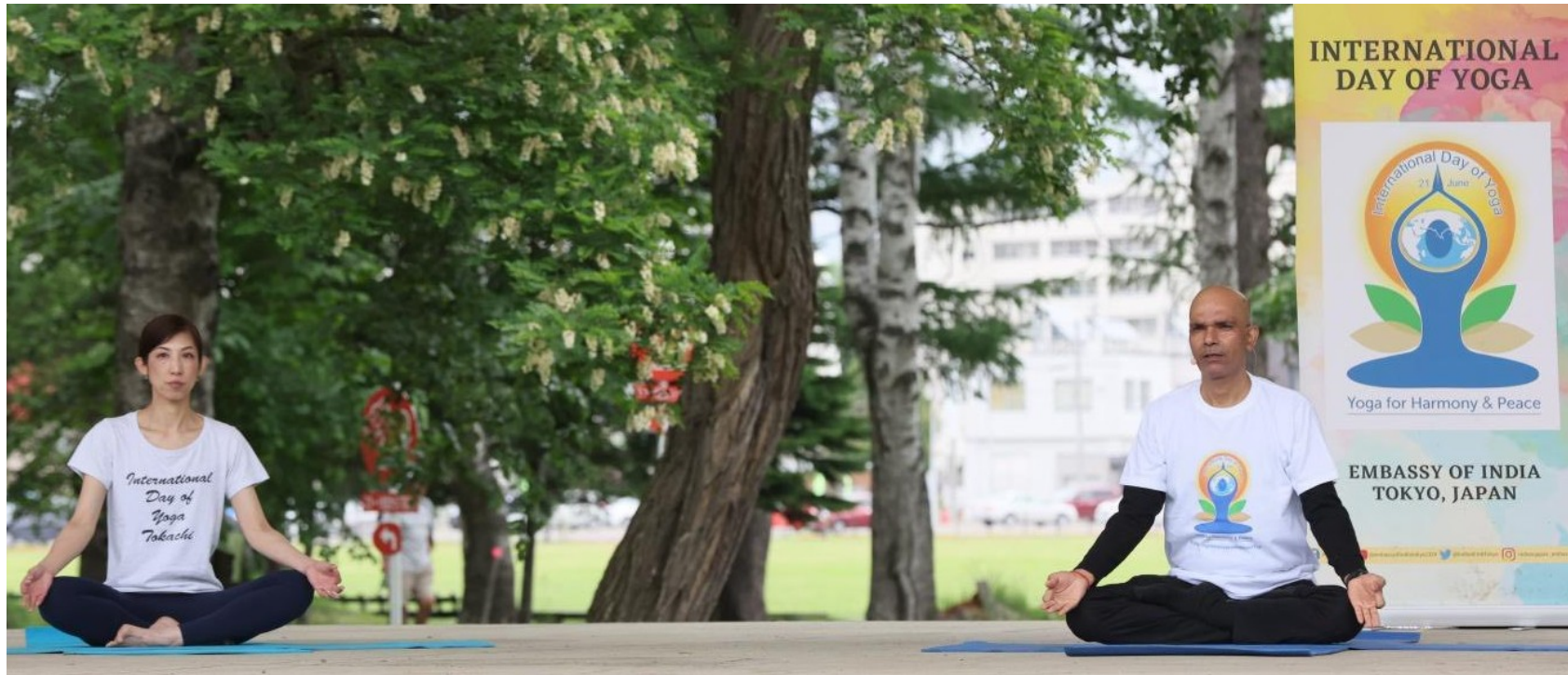
YOGA SESSIONS AT INDIA PAVILION, OSAKA (02-MAY-2025)



YOGA SESSIONS AT INDIA PAVILION, OSAKA (02-MAY-2025)



HOKKAIDO IDY EVENT (15-JUNE-2025)





CHIYODA CITY WARD YOGA EVENT (07-SEPTEMBER-2025)







YOGA SESSION AT INDIA HAMAMATSU FESTIVAL (14-SEPTEMBER-2025)



YOGA DEMONSTRATION AT NAMASTE INDIA EVENT, YOYOGI PARK, TOKYO (27-SEP-2025)







YOGA IN JAPANESE ORGANISATIONS

2023-06-13-YOGA SESSION AT RESTEC JAPAN

2023-06-14-YOGA AT THE NATIONAL DIET

2023-11-15- CHAIR YOGA FOR IKEBANA INTERNATIONAL SOCIETY

2024-04-22-YOGA EVENT AT WORLD BANK, TOKYO

2024-04-25-YOGA EVENT AT HEADQUARTER OF SOJITZ CORPORATION, JAPAN

2024-05-20-YOGA FOR THE MEMBERS OF ASIA PACIFIC LADIES FRIENDSHIP SOCIETY (ALFS)

2024-06-11- PARLIAMENTARY LEAGUE FOR THE PROMOTION OF YOGA

2024-10-21- YOGA WORKSHOP AT ACCENTURE

2025-04-16-CHAIR YOGA, INDIA FAMILIARIZATION VISIT (MEMBERS OF SENSUIKAI)

2025-04-18- ACCENTURE YOGA EVENT

2025-09-09 CHAIR YOGA ON TOTTORI DAYAT VCC AUDITORIUM



YOGA SESSION AT RESTEC JAPAN (13-JUNE-2023)



YOGA AT THE NATIONAL DIET (14-JUNE-2023)



CHAIR YOGA FOR IKEBANA INTERNATIONAL SOCIETY (15-NOV-2023)



YOGA EVENT AT WORLD BANK, TOKYO (22-APRIL-2024)



YOGA EVENT AT HEADQUARTER OF SOJITZ CORPORATION, JAPAN (25-APRIL-2024)



YOGA FOR THE MEMBERS OF ASIA PACIFIC LADIES FRIENDSHIP SOCIETY (ALFS) (20-MAY-2024)





PARLIAMENTARY LEAGUE FOR THE PROMOTION OF YOGA (11-JUNE-2024)



YOGA WORKSHOP AT ACCENTURE (21-OCTOBER-2024)





CHAIR YOGA, INDIA FAMILIARIZATION VISIT (MEMBERS OF SENSUIKAI) (16-APRIL-2025)





ACCENTURE YOGA EVENT (18-APRIL-2025)





CHAIR YOGA ON TOTTORI DAY AT VCC AUDITORIUM(09-SEPTEMBER-2025)







YOGA IN JAPANESE SCHOOLS AND UNIVERSITIES

2022-09-13- FAMILIARISATION VISIT OF STUDENTS OF SOPHIA UNIVERSITY

2022-10-06-FAMILIARISATION VISIT OF TAIMEI ELEMENTARY SCHOOL

2023-06-16-YOGA DAY AT HITOTSUBASHI UNIVERSITY

2023-07-05-INDIA DAY, TOKYO UNIVERSITY OF FOREIGN STUDIES(TUFS)

2023-08-22-FAMILIARISATION VISIT, NISHOGAKUSHA JUNIOR HIGH SCHOOL, CHIBA

2023-10-03- INDIA DAY AT KOYAMA ELEMENTARY SCHOOL

2023-10-05- FAMILIARISATION VISIT OF KYOSAI ELEMENTARY SCHOOL

2023-10-26-BHARATIYAM PROGRAM AT ASUKA SR HIGH SCHOOL

2023-10-30- INDIA DAY AT HIGASHI HIGH SCHOOL, TOKYO

2023-11-16-INDIA DAY AT SHIMOMEGURO ELEMENTARY SCHOOL

2023-11-24- INDIA DAY AT OJIMA JUNIOR HIGH SCHOOL

2023-11-29-INDIA DAY AT SHINDEN JUNIOR HIGH SCHOOL, SAITAMA





YOGA IN JAPANESE SCHOOLS AND UNIVERSITIES

2023-12-19-INDIA DAY AT HIROO GAKUEN HIGH SCHOOL, MINATO CITY

2024-02-06-INDIA DAY AT SHINTONE JR HIGH SCHOOL, IBARAKI

2024-02-15- INDIA DAY AT JINDAI JR HIGH SCHOOL, CHOFU CITY

2024-04-23- YOGA SESSION AT TOYO UNIVERSITY

2024-05-02- CHAIR YOGA FOR THE STUDENTS OF MINATO SHOGO HIGH SCHOOL, YOKOHAMA AT VCC

2024-05-14- INDIA DAY AT KATSUTA HIGH SCHOOL, IBARAKI

2024-07-09- INDIA DAY AT KAMISHAKUJI ELEMENTARY SCHOOL, NERIMA

2024-07-23- YOGA SESSION FOR THE STUDENTS OF OGAWA HIGH SCHOOL, WAKO INTERNATIONAL HIGH SCHOOL AND KUMAGAYA GIRLS HIGH SCHOOL

2024-08-27- YOGA SESSION FOR NISHOGAKUSHA JUNIOR HIGH SCHOOL

2024-10-21- CHAIR YOGA FOR THE STUDENTS OF TAIMEI ELEMENTARY SCHOOL





YOGA IN JAPANESE SCHOOLS AND UNIVERSITIES

**2024-12-13- INDIA DAY AT ADACHI SENJYU SAKURADUTSUMI JR HIGH SCHOOL,
SUMIDA CITY**

2025-01-06- YOGA SESSION FOR UENO HIGH SCHOOL STUDENTS

2025-01-20-INDIA DAY AT SAGINOMORI ELEMENTARY SCHOOL

2025-02-04- CHAIR YOGA SESSION FOR HIGASHI HAGIYAMA SCHOOL STUDENTS

2025-05-08-YOGA SESSION AT SAITAMA UNIVERSITY

2025-11-27 YOGA SESSION AT FUDOOKA HIGH SCHOOL, SAITAMA



2022-09-13- FAMILIARISATION VISIT OF STUDENTS OF SOPHIA UNIVERSITY



2022-10-06-FAMILIARISATION VISIT OF TAIMEI ELEMENTARY SCHOOL



2023-12-19-INDIA DAY AT HIROO GAKUEN HIGH SCHOOL, MINATO CITY





2023-06-16-YOGA DAY AT HITOTSUBASHI UNIVERSITY





2023-07-05-INDIA DAY, TOKYO UNIVERSITY OF FOREIGN STUDIES(TUFS)



2023-08-22-FAMILIARISATION VISIT, NISHOGAKUSHA JUNIOR HIGH SCHOOL , CHIBA





2023-10-03- INDIA DAY AT KOYAMA ELEMENTARY SCHOOL



2023-10-05- FAMILIARISATION VISIT OF KYOSAI ELEMENTARY SCHOOL





2023-10-26-BHARATIYAM PROGRAM AT ASUKA SR HIGH SCHOOL





2023-10-30- INDIA DAY AT HIGASHI HIGH SCHOOL, TOKYO



2023-11-16-INDIA DAY AT SHIMOMEGURO ELEMENTARY SCHOOL



2023-11-24- INDIA DAY AT OJIMA JUNIOR HIGH SCHOOL



2023-11-29-INDIA DAY AT SHINDEN JUNIOR HIGH SCHOOL, SAITAMA





2024-02-06-INDIA DAY AT SHINTONE JR HIGH SCHOOL, IBARAKI





2024-02-15- INDIA DAY AT JINDAI JR HIGH SCHOOL, CHOFU CITY





2024-04-23- YOGA SESSION AT TOYO UNIVERSITY





2024-05-02- CHAIR YOGA FOR THE STUDENTS OF MINATO SHOGO HIGH SCHOOL, YOKOHAMA AT VCC



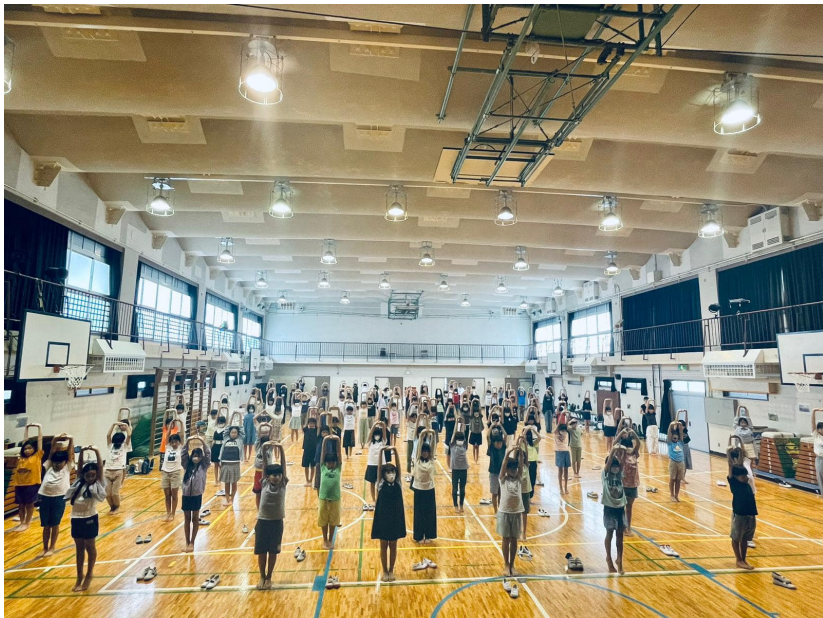
2024-05-14- INDIA DAY AT KATSUTA HIGH SCHOOL, IBARAKI







2024-07-09- INDIA DAY AT KAMISHAKUJI ELEMENTARY SCHOOL, NERIMA





**2024-07-23- YOGA SESSION FOR STUDENTS OF OGAWA HIGH SCHOOL, WAKO
INTERNATIONAL HIGH SCHOOL, KUMAGAYA GIRLS HIGH SCHOOL**



2024-08-27- YOGA SESSION FOR NISHOGAKUSHA JUNIOR HIGH SCHOOL



2024-10-21- CHAIR YOGA FOR THE STUDENTS OF TAIMEI ELEMENTARY SCHOOL



2024-12-13- INDIA DAY AT ADACHI SENJYU SAKURADUTSUMI JR HIGH SCHOOL, SUMIDA CITY





2025-01-06- YOGA SESSION FOR UENO HIGH SCHOOL STUDENTS



2025-01-20-INDIA DAY AT SAGINOMORI ELEMENTARY SCHOOL





2025-02-04- CHAIR YOGA SESSION FOR HIGASHI HAGIYAMA SCHOOL STUDENTS



2025-05-08-YOGA SESSION AT SAITAMA UNIVERSITY







2025-11-27 YOGA SESSION AT FUDOOKA HIGH SCHOOL, SAITAMA







YOGA FOR ARMED FORCES

2023-01-20-YOGA AT HYAKURI AIRBASE, IBARAKI

**2023-12-04-YOGA CAMP AT YOKOSUKA FOR NAVY PERSONNEL (PERSONNEL OF
INS KADAMATT AND JS OHNAMI AT THE JMSDF BASE AT YOKOSUKA, JAPAN)**

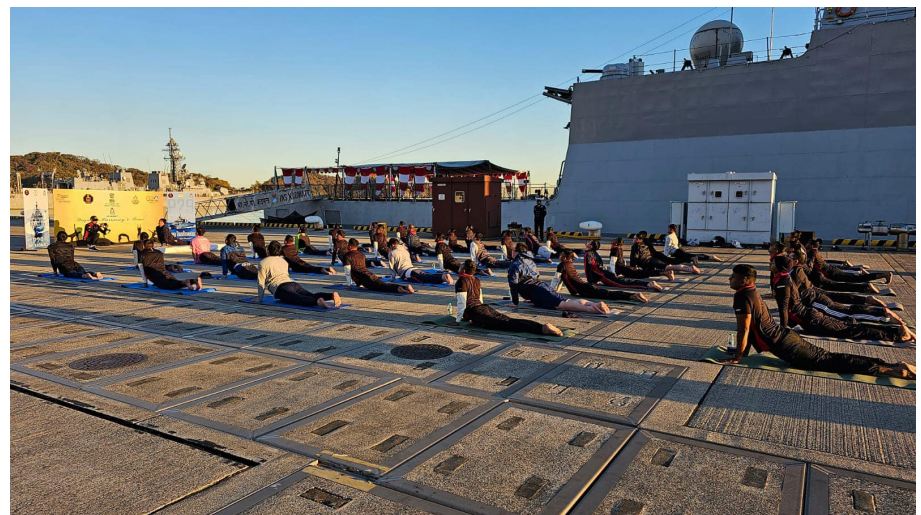
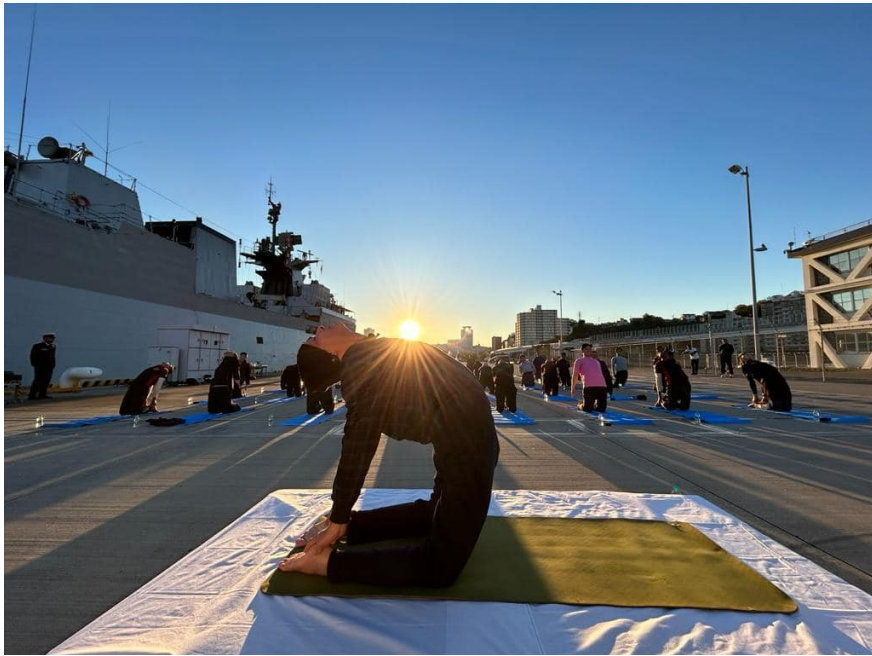
2025-10-24 YOGA CAMP FOR JAPANESE & INDIAN NAVY OFFICERS AT YOKOSUKA

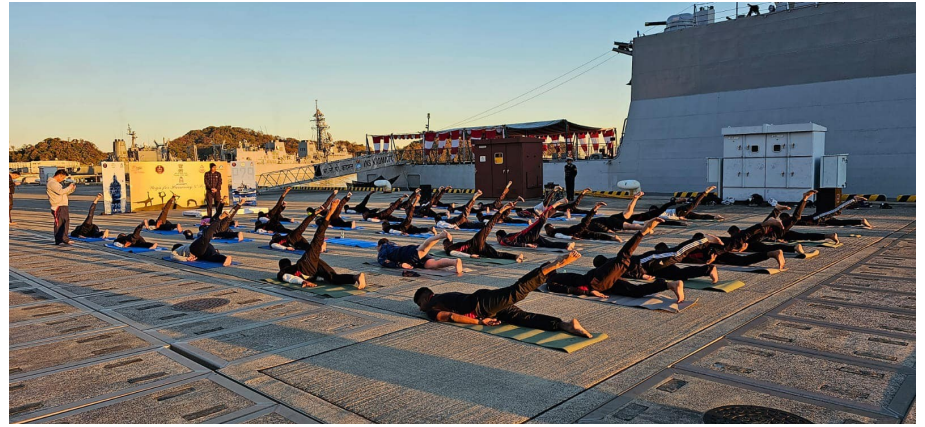
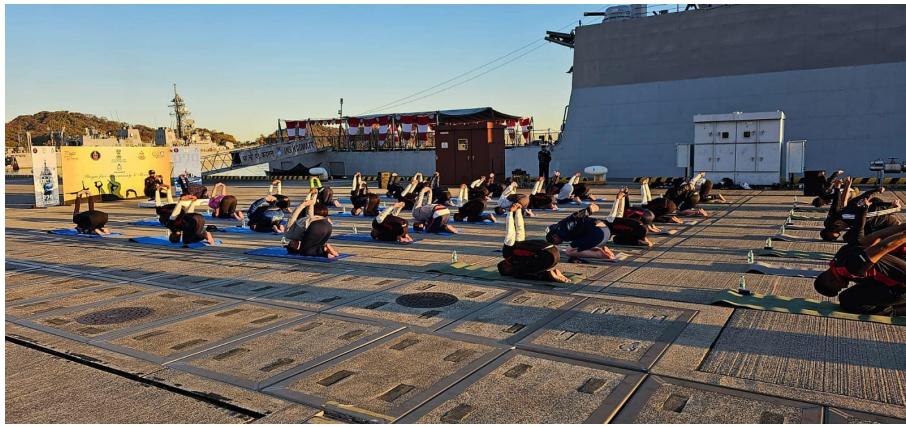


YOGA AT HYAKURI AIRBASE, IBARAKI (20-JANUARY-2023)



YOGA CAMP AT YOKOSUKA FOR NAVY PERSONNEL (PERSONNEL OF INS KADAMATT AND JS OHNAMI AT THE JMSDF BASE AT YOKOSUKA, JAPAN) (04-DECEMBER-2023)





YOGA CAMP FOR JAPANESE & INDIAN NAVY OFFICERS AT YOKOSUKA(24-OCT-2025)









YOGA IN JAPAN PREFECTURE LIBRARIES

2024-04-16-YOGA SESSION AT IWATE PREFECTURE LIBRARY IN MORIOKA, JAPAN

2024-10-26- YOGA SESSION AT FUKUI PREFECTURE LIBRARY

2025-02-04- YOGA SESSION AT SHIZUOKA PREFECTURE LIBRARY

2025-02-11- YOGA SESSION AT ISHIKAWA PREFECTURE LIBRARY



YOGA SESSION AT IWATE PREFECTURE LIBRARY IN MORIOKA, JAPAN (16-APRIL-2024)





YOGA SESSION AT FUKUI PREFECTURE LIBRARY (26-OCTOBER-2024)







YOGA SESSION AT SHIZUOKA PREFECTURE LIBRARY (04-FEBRUARY-2025)



YOGA SESSION AT ISHIKAWA PREFECTURE LIBRARY (11-FEBRUARY-2025)





YOGA WORKSHOPS

2022-12-12- YOGA WORKSHOP-YOGA FOR HUMAN EXCELLENCE

2023-01-30- YOGIC MANAGEMENT OF BACK PAIN

2023-02-27-YOGIC MANAGEMENT OF DIABETES

2023-04-24-STRESS AND YOGIC MANAGMENT (WORKSHOP)

2023-11-06-WORKSHOP-YOGA FOR CERVICAL SPONDYLOSIS AND FROZEN SHOULDER

2023-11-20-YOGIC MANAGEMENT OF DIGESTIVE DISORDERS (WORKSHOP)

2023-12-04- YOGIC MANAGEMENT FOR DEPRESSION (WORKSHOP)

2023-12-18-YOGA FOR HIGH WORK EFFICIENCY (WORKSHOP)

2024-12-11- YOGA WORKSHOP FOR SILVER COLLEGE STUDENTS

2024-12-16- YOGA WORKSHOP ON JAL NETI KRIYA

2025-01-31- WORKSHOP ON TRATAK KRIYA

2025-02-28- WORKSHOP ON YOGA NIDRA

2025-03-10-YOGA WORKSHOP FOR WOMEN HEALTH AND BEAUTY (ON WORLD WOMEN DAY)



2022-12-12- YOGA WORKSHOP-YOGA FOR HUMAN EXCELLENCE



2023-01-30- YOGIC MANAGEMENT OF BACK PAIN





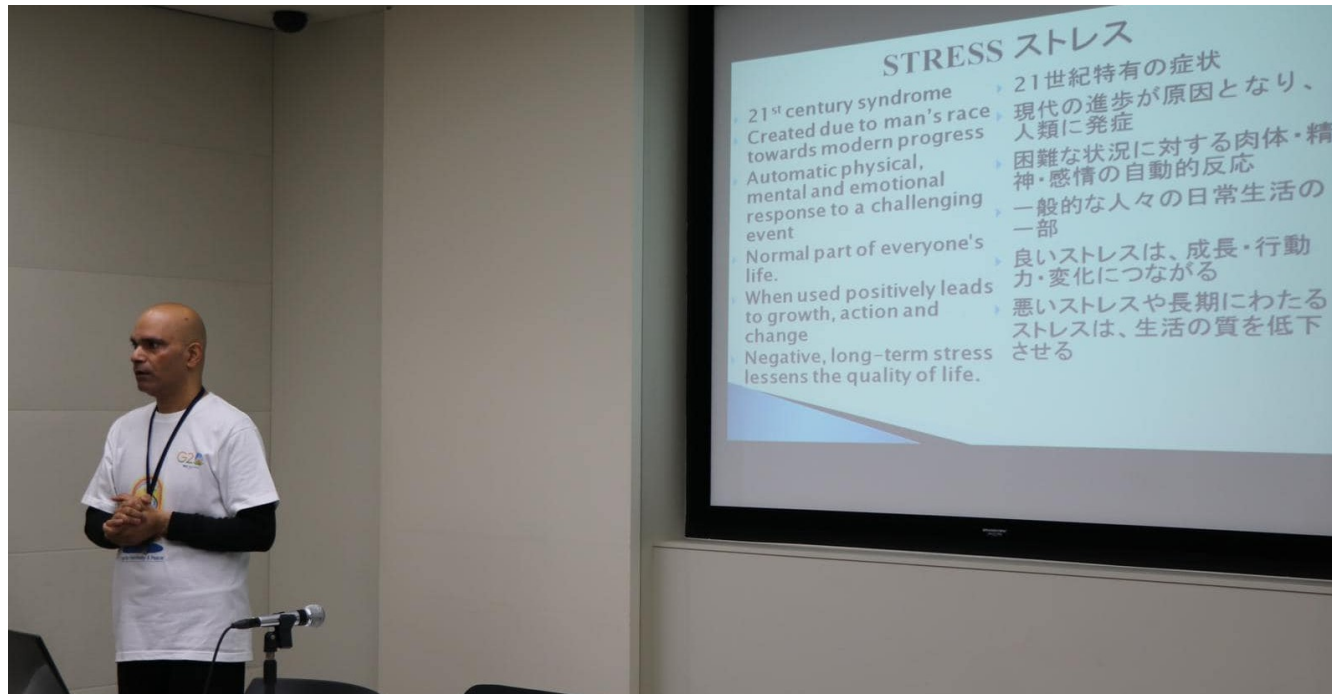
Anatomy of the Back



2023-02-27-YOGIC MANAGEMENT OF DIABETES



2023-04-24-STRESS AND YOGIC MANAGEMENT (WORKSHOP)



2023-11-06-WORKSHOP-YOGA FOR CERVICAL SPONDYLOSIS AND FROZEN SHOULDER



2023-11-20-YOGIC MANAGEMENT OF DIGESTIVE DISORDERS (WORKSHOP)



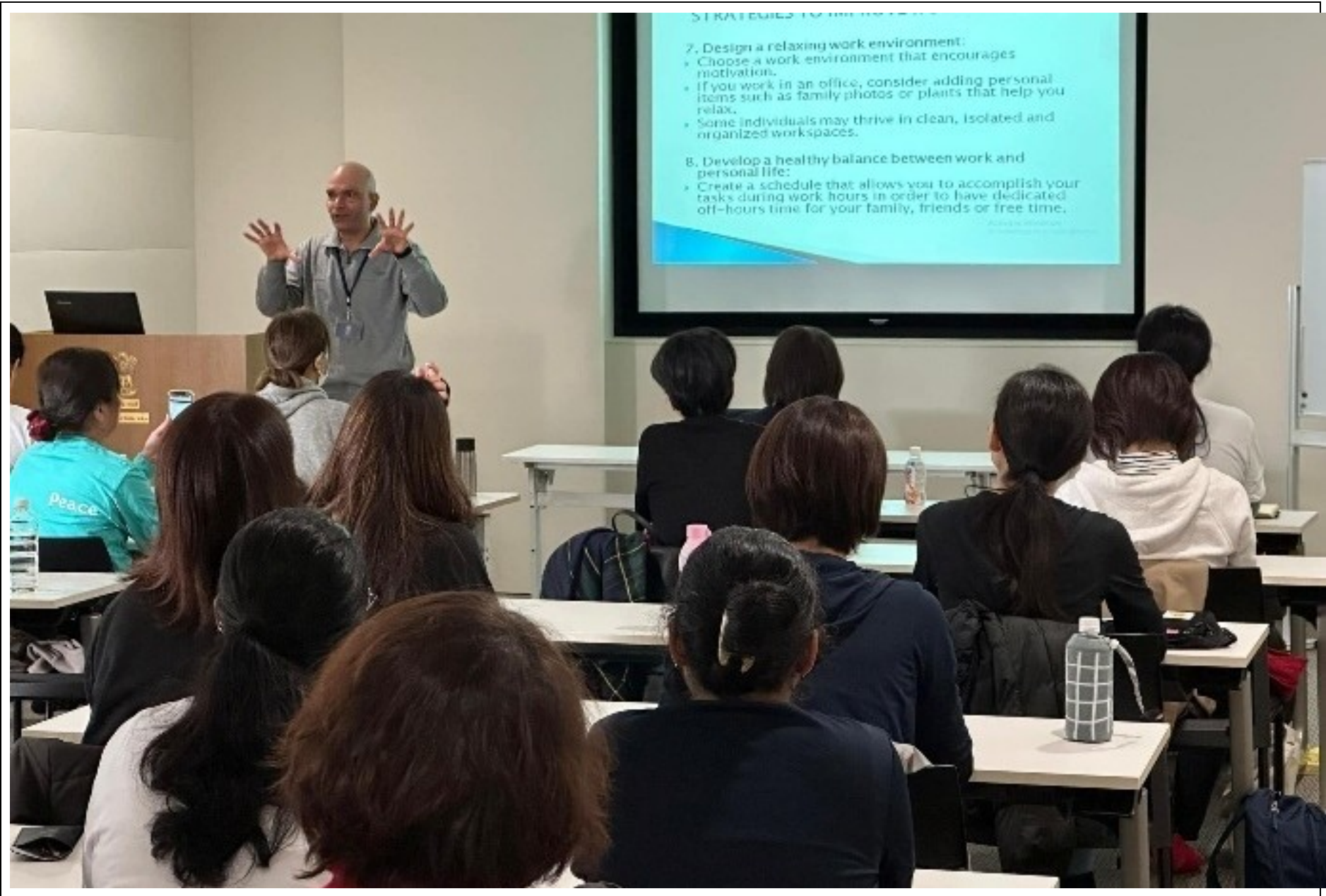
2023-12-04- YOGIC MANAGEMENT FOR DEPRESSION (WORKSHOP)





2023-12-18-YOGA FOR HIGH WORK EFFICIENCY (WORKSHOP)



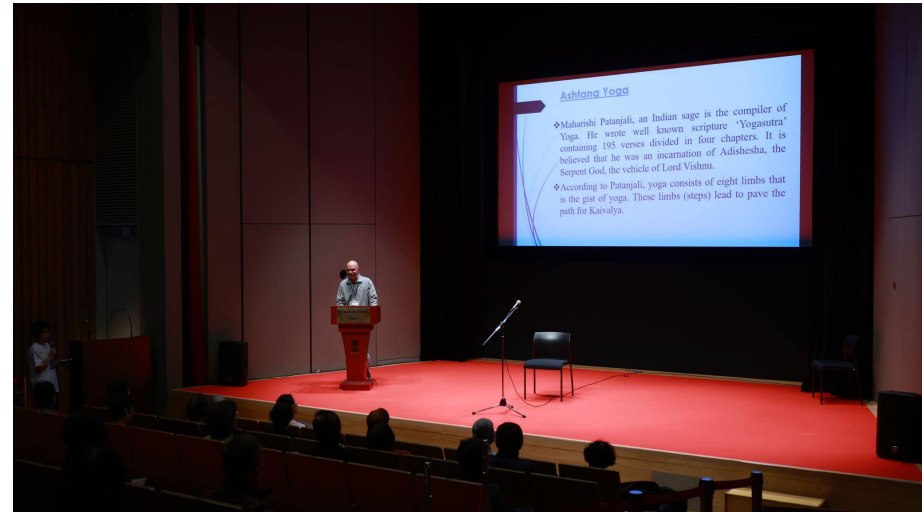


STRATEGIES TO IMPROVE...

- 7. Design a relaxing work environment:
 - Choose a work environment that encourages motivation.
 - If you work in an office, consider adding personal items such as family photos or plants that help you relax.
 - Some individuals may thrive in clean, isolated and organized workspaces.
- 8. Develop a healthy balance between work and personal life:
 - Create a schedule that allows you to accomplish your tasks during work hours in order to have dedicated off-hours time for your family, friends or free time.

ALICE W. HARRISON
ALICE@ALICEW.COM

2024-12-11- YOGA WORKSHOP FOR SILVER COLLEGE STUDENTS





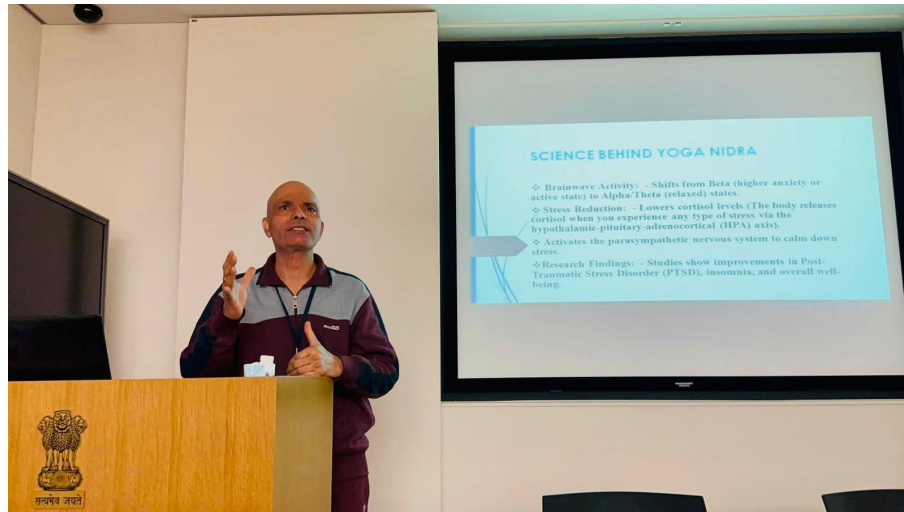
2024-12-16- YOGA WORKSHOP ON JAL NETI KRIYA



2025-01-31- WORKSHOP ON TRATAK KRIYA



2025-02-28- WORKSHOP ON YOGA NIDRA





2025-03-10-YOGA WORKSHOP FOR WOMEN HEALTH AND BEAUTY (ON WORLD







YOGA DEMONSTRATIONS BY VCC STUDENTS

2022-12-16-CONCLUSION CEREMONY

2023-03-10- YOGA DEMO-INAUGURAL EVENT OF “AYUSH INFORMATION CELL”

2023-07-08- CONCLUSION CEREMONY

2023-12-08- CONCLUSION CEREMONY

2024-06-14- CONCLUSION CEREMONY

2024-12-06- CONCLUSION CEREMONY

2025-04-09- YOGA DEMO BY VCC STUDENTS ON 75TH ANNIVERRSARY OF ICCR

2025-12-12- CONCLUSION CEREMONY



2022-12-16-CONCLUSION CEREMONY





2023-03-10- YOGA DEMO-INAUGURAL EVENT OF "AYUSH INFORMATION CELL"



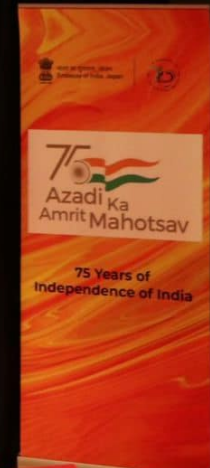


भारत का दूतावास, टोक्यो
विवेकानन्द सांस्कृतिक केंद्र
Vivekananda Cultural
Centre
Embassy of India, Tokyo



Connecting Himalayas with Mount Fuji

ヒマラヤ山脈と富士山をつなぐ



2023-07-08- CONCLUSION CEREMONY







2023-12-08- CONCLUSION CEREMONY





2024-06-14- CONCLUSION CEREMONY





2024-12-06- CONCLUSION CEREMONY





2025-04-09- YOGA DEMO BY VCC STUDENTS ON 75TH ANNIVERSARY OF ICCR





CONCLUSION CEREMONY – YOGA DEMONSTRATION BY VCC STUDENTS (12-DEC-2025)









CONCLUSION CEREMONY – DEVOTIONAL SONGS BY VCC HINDI STUDENTS (12-DEC-2025)



CONCLUSION CEREMONY – VEDIC MANTRAS BY VCC SANSKRIT STUDENTS (12-DEC-2025)





OTHER YOGA OUTREACH EVENTS

2023-12-05-INTERNATIONAL GITA MAHOTSAV

2024-09-05- TEACHER DAY CELEBRATION

2024-12-05-INTERNATIONAL GITA MAHOTSAVA

2025-03-24-BHAGAVAD GITA PRESENTATION PART-1

2025-05-26- 25 DAYS TO IDY

2025-06-02- CHAIR YOGA (CIVILISATTIONAL TIES BETWEEN INDIA AND JAPAN)

2025-06-21- SKYTREE IDY EVENT

2025-06-25- THANK YOU JAPAN- CELEBRATING IDY 2025

2025-09-23 CHAIR YOGA ON AYURVEDA DAY AT VCC AUDITORIUM

2025-11-10 BHAGAVAD GITA PRESENTATION PART-2

2025-11-16 YOGA RETREAT AT KASAI MARINE PARK BEACH, TOKYO

2025-12-15 BHAGAVAD GITA PRESENTATION PART-3

2025-12-21FAREWELL OF DR. SANJAY KUMAR BY VCC STUDENTS

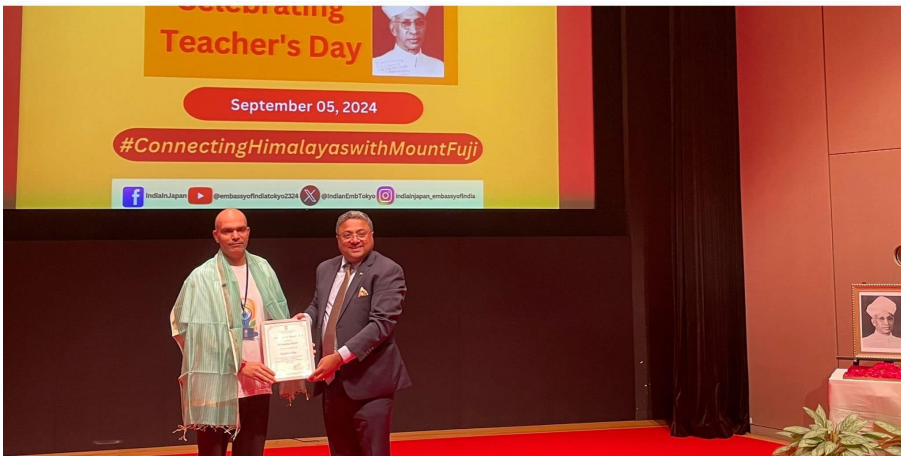


INTERNATIONAL GITA MAHOTSAV (05-DECEMBER-2023)





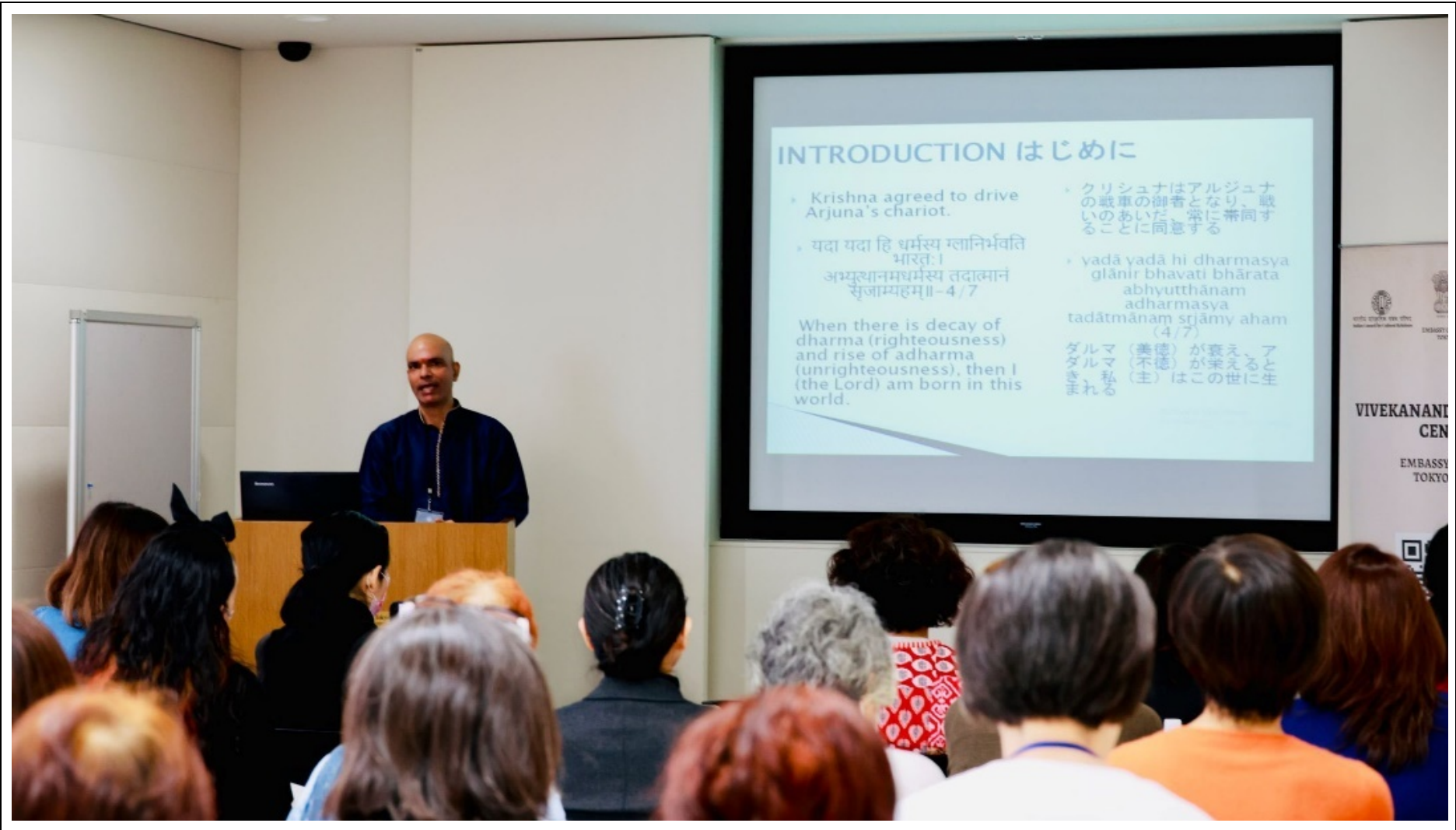
2024-09-05- TEACHER DAY CELEBRATION





2025-03-24-BHAGAVAD GITA PRESENTATION PART-1





INTRODUCTION はじめに

• Krishna agreed to drive Arjuna's chariot.

• यदा यदा हि धर्मस्य ग्लानिर्भवति
भारतः।
अभ्युत्थानमधर्मस्य तदात्मानं
सृजाम्यहम्॥-4/7

When there is decay of dharma (righteousness) and rise of adharma (unrighteousness), then I (the Lord) am born in this world.

• クリシュナはアルジュナの戦車の御者となり、戦いのあいだ、常に帯同することに同意する

• yadā yadā hi dharmasya glānir bhavati bhārata abhyutthānam adharmasya tadātmānam sṛjāmy aham (4/7)

ダルマ (美德) が衰え、アドルマ (不徳) が栄えると、私 (主) はこの世に生まれる

VIVEKANANDA
CEN
EMBASSY
TOKYO

2025-05-26- 25 DAYS TO IDY

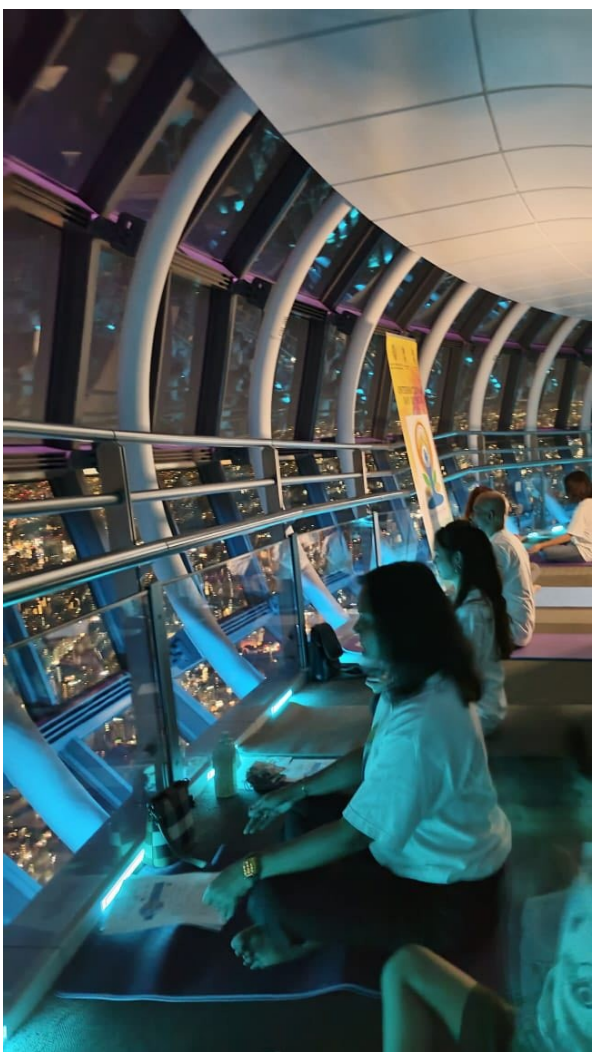
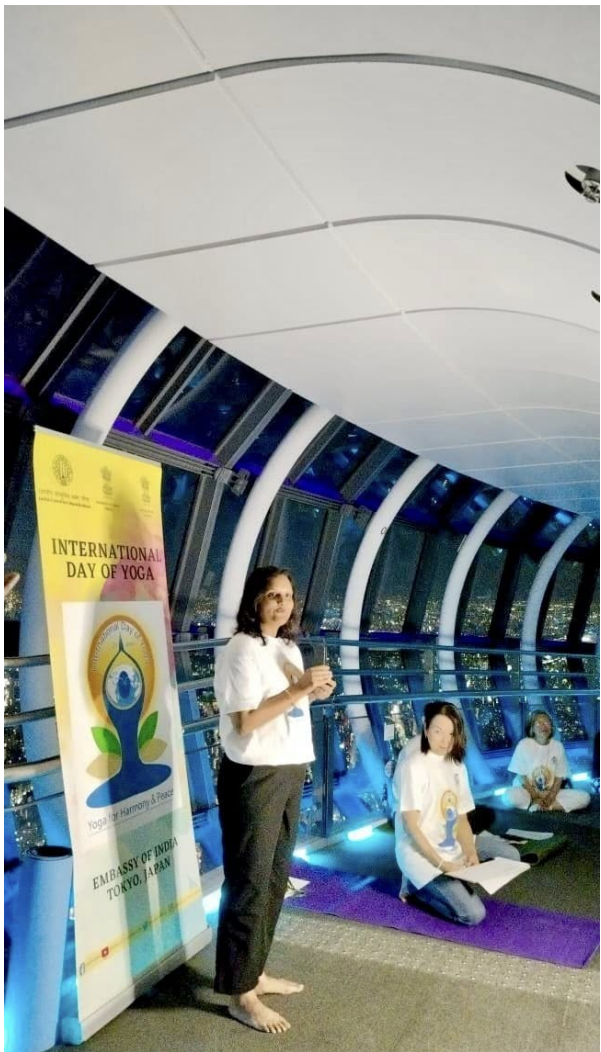


2025-06-02- CHAIR YOGA (CIVILISATTIONAL TIES BETWEEN INDIA AND JAPAN)





025-06-21- SKYTREE IDY EVENT





2025-06-25- THANK YOU JAPAN- CELEBRATING IDY 2025



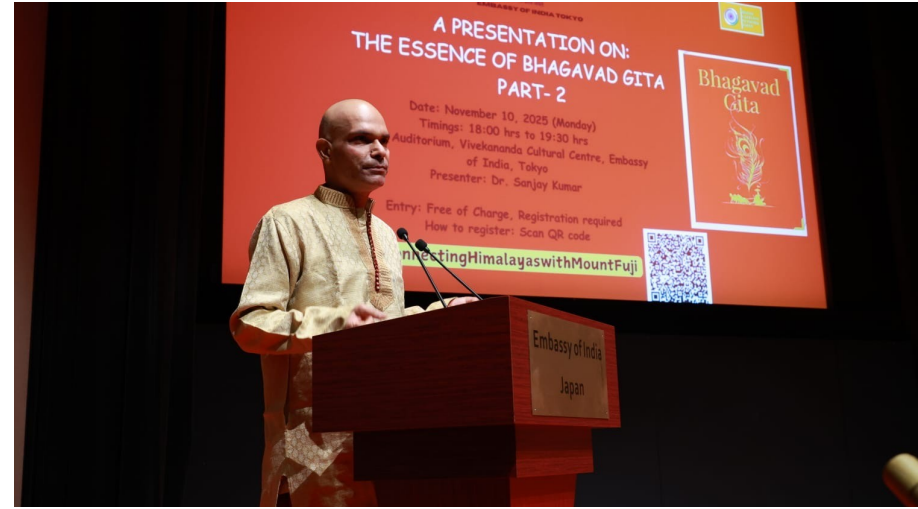


2025-09-23 CHAIR YOGA ON AYURVEDA DAY AT VCC AUDITORIUM





2025-11-10 BHAGAVAD GITA PRESENTATION PART-2







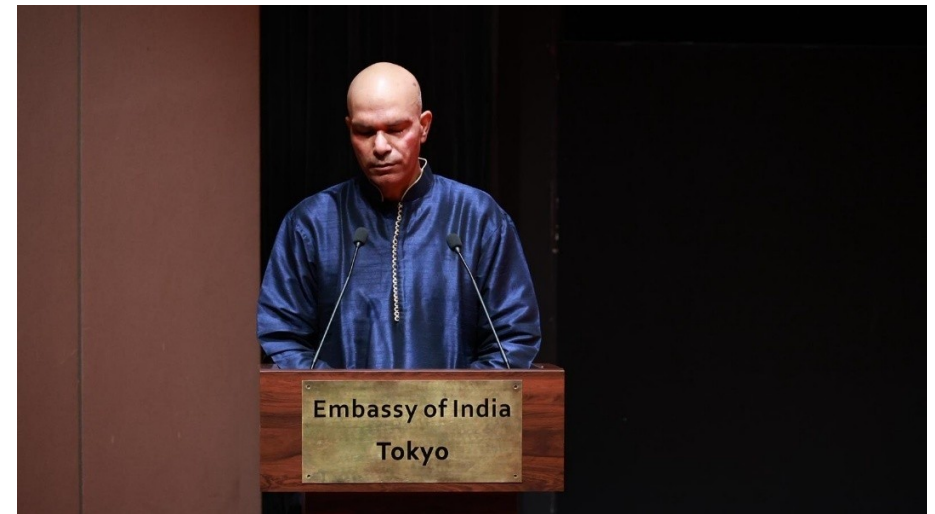
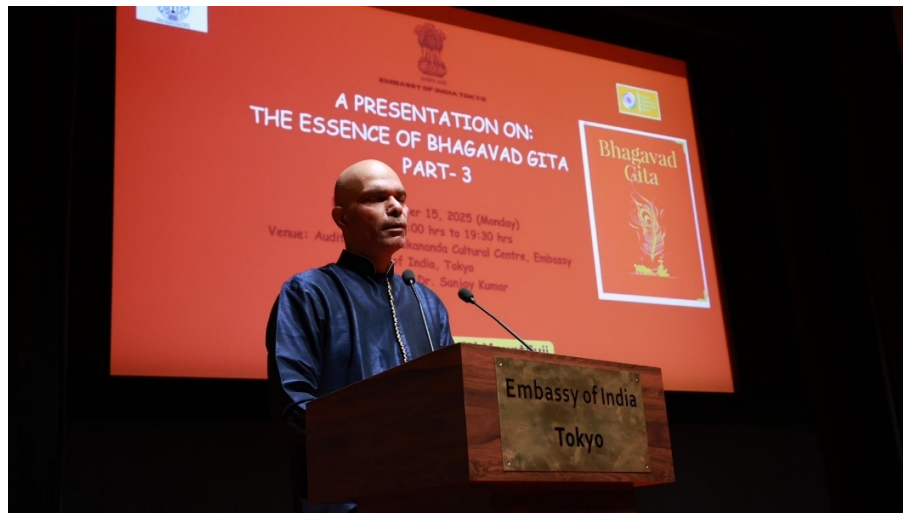
2025-11-16 YOGA RETREAT AT KASAI MARINE PARK BEACH, TOKYO







2025-12-15 BHAGAVAD GITA PRESENTATION PART-3





FAREWELL OF DR. SANJAY KUMAR BY VCC STUDENTS (21-DECEMBER-2025)





