



EVEREST YOGA INSTITUTE

Reg. No 2909165

ISO9001:2015

Ludhiana & Rishikesh (INDIA)

Registered with YA USA, YA INTERNATIONAL, YA ID- 257949

4 JANUARY 2022 PARTICIPATION IN 75TH AZADI KA AMRIT MAHOTSAV

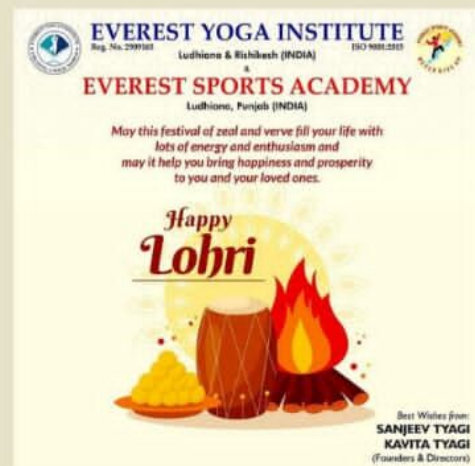
#Surya Namaskar is a precious gift from ancient Indian sages. On the auspicious occasion of the 75th anniversary of Indian Independence, globally people came together to perform 75 Crore Surya **Namaskar** to promote a healthy lifestyle for all, as a token of gift to our beloved motherland India.

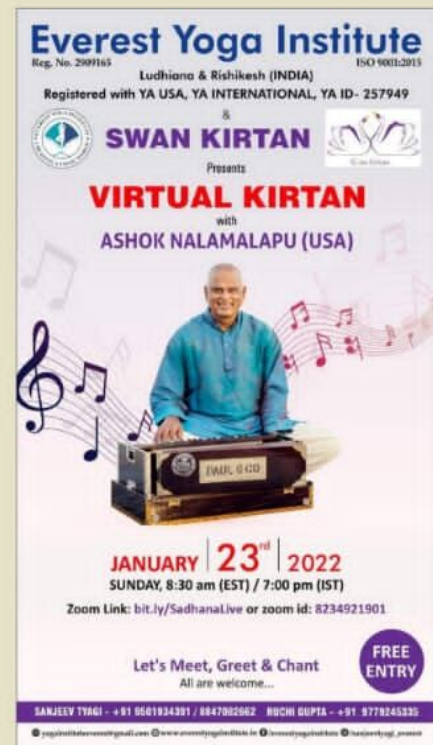
Everest Yoga Institute also participated in this event, organized by the Ministry of AYUSH & several other organizations. Certificate of Acknowledgement was presented to Everest & 167 participants who registered under Everest's name.



13 JANUARY 2022 LOHRI CELEBRATION

We gathered around the bonfire, enjoyed music and dance and celebrated the passing of the winter solstice. We all together welcomed the spring season. It was a great experience to celebrate this festival with the local community & share the warmth & love.





26 JANUARY 2022 REPUBLIC DAY

Republic Day of India, the day when constitution came into action. Team Everest paid homage to the leaders and masters who created the constitution with full devotion and commitment. We promise our motherland to enrich and preserve our heritage and national ethos through the practice of yoga as laid by Maharishi Patanjali. EYI is committed towards creating health & happiness for all through yogic practices.

