

Exhibition of Recycled Silk Yoga Mats in Central Silk Board Stall, during 8th International Yoga Day at Dussehra Grounds, Mysore.

A Report.

As part of observance of 8th International Yoga Day, a two days exhibition was organised on 21st and 22nd June 2022, by the Ministry of Ayush, Govt. of India, at Dussehra Grounds, Mysore. It was inaugurated by the Hon'ble Prime Minister of India, Shri. Narendra Modi.

Central Silk Board was allotted the Stall No. 7, under Start-ups category. CSTRI and P3D Cell, Central Silk Board, jointly arranged the stall by displaying the recycled silk yoga mats, posters, etc. The video on the making of the yoga mats was played on the Television screen at the entrance of the stall, which showed the processes involved in making the recycled silk yarn and the yoga mats from them. It also highlighted the advantages of the silk yoga mats.

Dr. Subhas V. Naik, Director, Central Silk Technological Research Institute, CSB, empowered Dr. S. Nivedita, Senior Scientist and Principal Investigator, CSTRI, CSB, to brief about the yoga mats to the Hon'ble Prime Minister of India, Shri Narendra Modi, who visited the stall after the inauguration. He was accompanied by the Hon'ble Chief Minister of Karnataka, Shri. Basavaraj Bommai. Other dignitaries who visited the stall included Shri Sarbananda Sonowal, Hon'ble Union Minister of Ayush and Shri. Rajesh Kotecha Secretary, Ayush. Dr. Subhas V Naik, Dr. S. Nivedita and Shri Shankar Kottrannavar, Deputy Director (Insp), P3D, explained the various processes and benefits of recycled silk yoga mats to the visitors. The visit of the Prime Minister was telecast live on national channels and reported in local news paper (enclosed).

The display included Beginner's yoga mat, Rubber backed yoga mat, anti-slip backing cover, Indigo printed and vegetable dyed/natural yoga and meditation mats, Plain, Striped, Fancy and extra thick yoga mats. The Navalgund yoga mat with woven design was special attraction. All the mats were made on handlooms using of recycled silk yarn in weft and cotton yarn in warp. Six posters and two A4 boards were displayed which covered the making of recycled silk yarn to yoga mats, benefits of silk and recycling as well as features of the silk yoga mats. On the table provided, silk cocoons, silk yarn, recycled silk fibres, selvedge waste and recycled silk yarn and book titled "Silk waste management and recycling" were kept for those interested. One book was collected after the Prime minister's visit for his office & another was collected by the Ministry of AYUSH.

On public demand, the exhibition was extended up to 26/06/2022, Sunday. Shri. C. K. Ramesh, T.A, CSTRI Bengaluru and Sri Ramesh Gowda, Technician, CSRTI, Mysore managed the stall from 23 to 26/6/2022. The stall was visited by over 2500 persons from Yoga, Ayurveda, Naturopathy and related fields, as well as residents and students from various schools and colleges in Mysore and surrounding regions.

It is noteworthy that during the yoga practice and also the entire period of exhibition, only natural fibre yoga mats were used / displayed in Dussehra grounds, Mysore.

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CSTRI, Central Silk Board stall at the exhibition



Hon'ble Prime Minister of India at the Central Silk Board stall accompanied by Hon'ble Chief Minister of Karnataka



Hon'ble Union Minister of Ayush with Secretary, Ministry of Ayush,.



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Visitors at the stall