



## HIGH COMMISSION OF INDIA, BRUNEI DARUSSALAM

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### Press Release

### Celebration of 7<sup>th</sup> International Day of Yoga (IDY) 2021 in Brunei Darussalam



The 7th International Day of Yoga (IDY) 2021 was celebrated by the High Commission of India at India House on Sunday, 27 June 2021 on the theme 'Yoga for Wellness'. A large number of Yoga practitioners including Diplomats, Friends of India and members of the local and Indian community joined the Yoga session at India House. A large number of yoga enthusiasts also joined the session virtually through High Commission's Facebook, You Tube and Instagram handles where the event was screened live.





The observation of IDY started in 2015, following a decision of the United Nations to observe 21<sup>st</sup> June as the day dedicated to Yoga. The UN resolution was co-sponsored by 177 countries, the concept of which was conceived and proposed by the Hon'ble Prime Minister Narendra Modi in his speech to the UN General Assembly on 27 September 2014.



High Commissioner, Ajaneesh Kumar welcomed the participants and informed them on the importance of the celebration of IDY. He stated that Yoga is for everyone, young and old, and is a way towards healthy life. He stressed on Yoga's potential to provide both health and happiness by improving the physical and mental well-being of people, especially given the impact of the global Covid-19 pandemic.



As part of the celebrations, a Common Yoga Protocol session was conducted by Mr. Bramhanand Tichkule, an avid practitioner and Guru of Yoga in Brunei Darussalam. More than 200 Yoga enthusiasts participated in the event. High Commissioner also presented awards to the winners of 7<sup>th</sup> International Day of Yoga Quiz Competition, a month long event organized by the High Commission through its social media platforms. Light Indian refreshments were served after the event.



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*Brunei Darussalam 27 June 2021*