



PRESS RELEASE

A curtain raiser for International Day of Yoga (IDY) 2021 was organised in the Chancery premises on 3 May 2021. Around 30 prominent persons from Indian community and Indian Diaspora associations, Indian business groups, media, yoga schools etc. participated in the event.

In her keynote remarks, Consul General apprised the audience that on 27 September 2014, during his speech at the UN General Assembly, Hon'ble Prime Minister Narendra Modi said, "Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world, and nature" and put forth his suggestion for the occasion of a 'Yoga Day'. The draft resolution proposed by India was then endorsed by a record 177 out of 193 Member States. The first International Day of Yoga was observed around the world on 21 June 2015.

Consul General also informed that this year IDY will be organised in all four provinces under the jurisdiction of the CGI Johannesburg, i.e., Gauteng, Limpopo, Mpumalanga and North West Province. It is intended to include and outreach the Black community in Soweto and Alexandra, Indian community in Lenasia and Nelspruit etc. Consul General further briefed about the activities and events planned for the IDY celebrations this year. She sought the support of the community members for making the IDY celebrations a success. Indian business groups, Indian diaspora associations and prominent media persons present at the event conveyed their support for the same.

Swami Isvarananda from Sivananda school of yoga, Johannesburg highlighted various aspects of the Yoga and its benefits to humankind. In addition, three Yoga instructors, Ms. Misha Saxena, Ms. Caerish Bhim and Ms. Nicci Niselow, demonstrated different yogasana and yoga poses to the audience. The event concluded with a quick meditation session by Sivananda.

03 May 2021
Johannesburg

[For More Photos Click here.](#)