

**Embassy of India
Bahrain**

PRESS RELEASE

21 June 2021

International Day of Yoga 2021

The Embassy of India, Bahrain in partnership with Indian and Bahraini organizations and associations celebrated 7th International Day of Yoga on 21 June 2021. The main event of yoga protocols and exercises, was held at 7:00 am in the morning, with a virtual participation of more than 100 Indian and Bahraini residents.

2. 21st June was declared as the International Day of Yoga in 2014 by the United Nations, with an overwhelming support of more than 175 member countries, transcending all barriers. The International day of Yoga celebrates global recognition of the ancient practice of Yoga, and its physical, mental and spiritual benefits.

3. Hon'ble Prime Minister of India Shri Narendra Modi reiterated this universal appeal of Yoga and the significance of celebrating the International Day of Yoga, in the midst of the monumental challenge of fighting COVID – 19 pandemic, in his letters to His Majesty the King Hamid bin Isa Al Khalifa and His Royal Highness Prince Salman bin Hamad Al Khalifa, the Crown Prince and Prime Minister of Kingdom of Bahrain.

4. While expressing gratitude to the Leadership and the Government of Bahrain for the cooperation extended in making International Day of Yoga celebrations a resounding success in Bahrain, Prime Minister Modi stated that 'the theme for this year's International Day of Yoga is "Yoga for Wellness", which is particularly relevant in the current context.' He added, 'Yoga has an inherent power to connect. Yoga is good for community, immunity, and unity. The theme of International Day of Yoga celebrations this year reflects the concern for the good health

and well-being of people across the globe. It is an endeavour to ensure that we focus on fitness as well as wellness.'

5. The Embassy of India in Bahrain, in partnership with Indian associations as well as Indian and Bahraini yoga centres organized a diverse range of events to celebrate International Day of Yoga 2021. The curtain raiser event on 4 June 2021, organized in collaboration with Bahrain India Cultural and Arts Services (BICAS), was attended by Dr. Vinay Sahasrabuddhe, Hon'ble Member of Parliament and President, Indian Council for Cultural Relations (ICCR) as Chief Guest; and Dr. Mustafa Al Sayed, Secretary General, Royal Charity Organization as Guest of Honour. In the run up to the International Day of Yoga 2021, the Embassy also organized a series of events including workshops, meditation sessions, quiz competitions, a short video competition on "Yoga and its benefits," yogasanas, suryanamaskar challenge, immunity enhancement programmes and special sessions for women. These included an event on 19 June 2021 featuring Mr. Rajesh Kotecha, Secretary, Ministry of Ayush, as Chief Guest and with yoga demonstrations of sukshnavyayam, suryanamskar and breathing exercises; and an Arabic session led by Bahraini yoga trainers, graced by Mr. Ahmed Al Haiki, Assistant Undersecretary, Ministry of Labour, as Chief Guest on 10 June 2021.

6. To mark the main day of International Day of Yoga 2021, on 21 June the Embassy is organizing three events. The morning yoga protocol and exercises, led by the Ambassador of India to Bahrain, H.E. Shri Piyush Srivastava, and graced by the presence of Ms. Namat Al Subaie, National Health Regulatory Authority, Bahrain, was held in hybrid format, in association with Art of Living.

7. In the evening of 21 June 2021, a yoga demonstration and workshop titled "Let's do Yoga together" is being organized in association with Art of Living. The event will be attended by Mr. Abdulrahman Juma, Chairman, Bahrain India Society; Dr. Wafaa Ebrahim Alsharbati, Director of Health Promotion, Bahrain; and Shri. Girin Govind, International Director, Sri Sri Yoga. An online yoga workshop by Bahraini Media City, Aatma Yoga academy and Cochin Kalabhavan under the patronage of the Embassy of India will also be held on 21st evening.

8. The celebrations will conclude on 25 June 2021 with an event themed "Yoga at every home" being organized in association with the Bahrain chapter of The Institute of Chartered Accountants of India (BCICAI).

9. Around 15 events were organized in less than three weeks to mark the International Day of Yoga 2021 in Bahrain. These received enthusiastic response from Indian and Bahraini community members, yoga enthusiasts and children.

10. The Embassy takes this opportunity to express gratitude to the Government of the Kingdom of Bahrain for its support and facilitation in holding the events. The Embassy also thanks the various Indian community organizations, schools and Indian and Bahraini yoga centres, in particular Bahrain chapter of Art of Living, Bahrain India Cultural and Arts Services, and the Bahrain chapter of The Institute of Chartered Accountants of India for partnering with us in making the celebrations of Yoga day a resounding success, despite the limitations posed by the pandemic.

