

**Speech by H.E. Mr. Piyush Srivastava
Ambassador of India to the Kingdom of Bahrain**

on International Day of Yoga 2021 event

Yoga Workshop & Demonstration - Let's Yoga Together

organised by the Embassy of India in collaboration with
Art of Living Bahrain Chapter
[Manama; 21st June 2021, 1900 hrs.]

Mr. Abdulrahman Juma, Chairman, Bahrain India Society

Dr. Wafaa Ebrahim Alsharbati, Director of Health Promotion, Ministry of Health, Bahrain

Mr. Girin Govind, International Director, Sri Sri Yoga;

Mrs. Geetanjali Engineer, Art of Living Chapter Coordinator;

Excellencies;

**Heads of Diplomatic Missions and their representatives
in Bahrain**

Dignitaries,

Heads of Indian Associations,

Yoga Practitioners and Enthusiasts

Yoga Lovers who have joined online.

Namaskar
Salaam wale kum
Good evening to all of you!

1. Let me first of all convey my best wishes and greetings to all of you on the 7th International Day of Yoga.
2. I am delighted to participate in this Yoga Workshop and Demonstration titled 'Let's Yoga Together' organised by the Embassy in collaboration with Art of Living Bahrain Chapter.
3. Following its inception in United Nations in 2014, the International Day of Yoga has been celebrated annually on 21st June since 2015. The International Day of Yoga has created awareness about yoga as an ancient heritage of humanity. People from different countries, speaking completely different languages are united by a single cause – good health. Though yoga has originated in India, the world has

now realized the potential in yoga – the benefit it could bring to physical, spiritual and mental health.

4. Importance of yoga has again come to fore in these challenging times of Covid-19 pandemic. The COVID-19 pandemic has created a global health crisis, posing an unprecedented public health emergency. Ayurveda and Yoga can certainly play a pivotal role to augment preventive measures.

5. The Embassy of India in Bahrain has collaborated with Indian associations and local Indian and Bahraini yoga centres in organising diverse events to celebrate this important occasion of International Day of Yoga 2021. These range from yoga protocols and exercises, yogasan and Surya-namaskar challenges, quizzes to webinars, talks and panel discussions. These in Bahrain kick-started on 4th June 2021 with the event titled ‘Holistic approach to Yoga for Immunity’. The celebrations will conclude on 25th June. Due to present Covid-19 protocols, these celebrations have to be organised in the virtual mode.

Distinguished guests, ladies and gentlemen,

6. It is extremely delightful to see the immense enthusiasm from both local Indian as well as Bahraini community towards yoga. The presence of Bahraini friends in the event and looking at their enthusiasm towards yoga is always inspiring and satisfying.

7. Health sector including yoga and traditional medicine has been an important component of the deep-rooted and multifaceted bilateral cooperation between India and the Kingdom of Bahrain. Hon’ble Prime Minister Shri Narendra Modi in his letters to His Majesty the King and His Royal Highness the Crown Prince and Prime Minister of Bahrain has expressed gratitude for the cooperation and efforts extended by the Government of Bahrain in making International Day of Yoga celebrations a resounding success in Bahrain.

8. In his letter, PM termed yoga good for community, immunity and unity. I quote “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.”

9. Prime Minister Shri Narendra Modi inaugurated **mYoga App** on the occasion of 7th International Day of Yoga. The mYoga App is jointly developed by World Health Organisation (WHO) in collaboration with the Ministry of Ayush, Government of India and provides authentic information on yoga in multiple languages.

10. In recognition of the growing popularity of yoga and to facilitate yoga professionals around the globe, the Government of India has made Indian Embassies abroad nodal point for certification of yoga professionals in their respective countries. I called upon to yoga professionals in Bahrain to avail of this opportunity. We have already put up details in this regard at our social media handles.

11. I would also take this opportunity to thank the Leadership and the Government of Bahrain for providing constant support and welfare for our community members in Bahrain including providing free vaccination, particularly during these challenging times of Covid-19 pandemic.

12. At the end, I commend all members and volunteers of Art of Living as well as my team members at the Embassy for their efforts in organising this significant event as well as reaching out to the local Indian and Bahraini yoga enthusiasts who have joined us virtually.

I wish the event all success.

Thank You!
