

## **7<sup>th</sup> International Day of Yoga 2021 Celebrations: *Yoga For Wellness***

The 7<sup>th</sup> International Day of Yoga was celebrated by the High Commission of India in Kuala Lumpur virtually on 21 June 2021. The theme for this year's International Day of Yoga (IDY) is "*Yoga for Wellness*". As a result of Government of India's efforts under the leadership of Prime Minister Shri Narendra Modi, the proposal for declaring 21 June as the International Day of Yoga was adopted by the United Nations on 11 December 2014. Since 21 June 2015, International Day of Yoga is being celebrated across the globe each year, spreading the reach and benefits of yoga to millions.

Amidst the challenging times of the pandemic and the restrictions on social gathering, High Commission of India is celebrating IDY 2021 through a series of Yoga events in partnership with Friends of Yoga and several partner organizations supporting Yoga in the Malaysia, in accordance with the COVID-19 SOPs and protocols.

In the run-up to IDY 2021, the High Commission organized several online curtain raiser events in collaboration with Yoga organizations and Yoga enthusiasts across the Malaysia. Several yoga events are also planned in the coming days as part of the celebrations. These series of yoga sessions being organized across Malaysia will provide participants a unique opportunity to discover various aspects of India's age-old approach to well-being, from the comforts of their home itself.

On this occasion, H. E. Mr. Mridul Kumar, High Commissioner of India to Malaysia in his virtual address highlighted the importance of Yoga for physical, emotional and spiritual well-being since yoga deals with the mind, body, soul spectrum. He also spoke about the relevance of yoga during the pandemic, which not only helps one remain physically fit but also helps in building emotional and mental fortitude. He also invited yoga enthusiasts to benefit from the videos on yoga available on the Netaji Subhash Chandra Bose Indian Cultural Centre's social media handles.

As a part of the IDY celebration, a special demonstration on light Yoga asanas (yoga exercises) and meditation was conducted by the Yoga teacher and senior students of Netaji Subhash Chandra Bose Indian Cultural Centre, Kuala Lumpur. A large number of participants across Malaysia enthusiastically joined the celebrations through Mission's social media platforms.

The virtual celebrations can be viewed at <https://hcikl.gov.in/IDY2021>

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