



**High Commission of India
Kuala Lumpur**

PRESS RELEASE

3rd International Day of Yoga

The High Commission of India encourages associations and institutes to celebrate the 3rd edition of International Day of Yoga being celebrated world-wide on 21st June 2017. Malaysia has already witnessed huge gatherings of yoga enthusiasts in last two editions of Yoga Day in Malaysia in various cities such as Kuala Lumpur, Penang, Johor, Malacca, Kelantan, Kuching, Alor Setar, etc.

Similarly, this year too several Yoga programs are expected to be organised in Malaysia, some of them in collaboration with the High Commission. The first event is being organized by Global Organisation of Persons of India Origin (GOPIO) in association with High Commission of India at Klang, Selangor on Sunday, 18th June 2017 from 0730 am to 0930 am. In this event, the yoga session will be led by Mr. Khemchand Gupta, Yoga Teacher at Netaji Subhas Chandra Bose Indian Cultural Center (NSCBICC).

NSCBICC in association with Padma Nrithyalaya Arts, Negeri Sembilan is also organizing “Natyasastram Visva Margam-The Global Path”, a Bharatnatyam Program to mark the 3rd edition of International Day of Yoga. Natyashastram Visva Margam will be performed by India’s legendary Bharatnatyam exponent Padmabhushan Dr. Padma Subrahmanyam and her disciples at Shantanand Auditorium on 18th June 2017 from 0700 pm onwards.

On 21st June 2017, Persukutuan Yogi Malaysia is taking lead to put together two Yoga sessions at Dataran Merdeka in morning and evening, 1st Session: 0630 am-0930 am and 2nd Session: 0630 pm – 0930 pm. In this event, students of several Tamil Schools are participating in Yoga Sessions. Separately, Hindu Sevai Sangam will also coordinate Yoga sessions at some schools.

On 2nd July 2017, DBKL, The Art of Living Malaysia, Hindu Dharma Mahamandiram, MURFEST, IM4U and other associations are organizing a major Yoga demonstration by inviting more than 5000 yoga enthusiasts at Dataran Merdeka, Kuala Lumpur from 06.00 am to 12 noon. It will be their second event after registering more than 3000 yoga participants at last year's Yoga Day.

21st June of every year is celebrated as the International Day of Yoga after the United Nations passed an unanimous Resolution put forward by Hon'ble Prime Minister of India Shri Narendra Modi in the United Nations General Assembly in 2014. With the passing of the resolution, the United Nations recognizes that Yoga provides holistic approach to the health and well-being of an individual and the world is recognizing the benefits of Yoga for humanity. During his official visit to Malaysia in November 2015, Hon'ble Prime Minister of India released a bi-lingual book (Bahasha Malaysia and English) on Yoga, titled, '*Yoga for Holistic Health*', authored by Mr. Ajay Kumar Sahoo, the then Yoga Teacher at NSCBICC, Kuala Lumpur.

This year also, the International Day of Yoga is being celebrated around the world, including in Malaysia, in a big way. The Mission has inspired various other Malaysian institutions also to celebrate the Yoga Day during the week of 18-25 June 2017 or as convenient to them in various Malaysian cities. All are requested to join the celebrations and make the international Yoga Day a big success.

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