

**High Commission of India**  
**Kuala Lumpur**

**10th International Day of Yoga Celebrations**  
**with the theme 'Yoga for Self and Society'**

High Commission of India, Kuala Lumpur organised the 10th International Day of Yoga celebrations at the iconic Batu Caves Complex on Friday, 21st June 2024

2. H.E. Mr. Niloy Banerjee, Resident Representative and Head/ CEO of UNDP in Malaysia, Singapore and Brunei Darussalam joined as the Chief Guest of the event and delivered the special address on the occasion.

3. H.E. Mr B.N. Reddy, High Commissioner of India to Malaysia presided over the event. Over 1200 Yoga enthusiasts participated in the event including members of Diplomatic community, senior Officials of Government of Malaysia, Heads & members of various Indian community associations, cultural, yoga and social organizations, schools in Malaysia, Malaysian nationals and members of Indian diaspora.

4 HE. Mr B.N. Reddy welcomed Yoga enthusiasts and elaborated the importance of Yoga in the context of this year's theme; '*Yoga for Self and Society*'. He also thanked the Govt of Malaysia, various Malaysian partner organizations and Yoga enthusiasts for their continued support to Yoga in Malaysia.

5. A 40-minutes yoga session was conducted as per the Common Yoga Protocol (CYP) by Yoga Instructors. The Yoga asanas demonstrated were well received.

6. Hon'ble Prime Minister of India, Shri Narendra Modi has also sent a personal message to Hon'ble Prime Minister of Malaysia, H.E. Dato' Seri Anwar Ibrahim on the occasion of International Day of Yoga.

7. The International Day of Yoga is celebrated across the world annually on June 21, following its adoption by the United Nations in 2014. The first *International Yoga Day* was celebrated in 2015 across the world. 10<sup>th</sup> edition of International Day of Yoga was commemorated this year under the theme: '*Yoga for Self and Society*'. For an individual, Yoga promotes oneness of mind, body and soul. And for the society at large, it brings harmony between humanity and nature.

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