



High Commission of India
Abuja

PRESS RELEASE

Celebration of 8th International Day of Yoga (IDY)

The High Commission of India, Abuja organized the 8th edition of International Day of Yoga (IDY) in the Chancery premises on 21 June 2022. The Theme of the International Yoga Day 2022 is Yoga for Humanity. On the occasion, nearly 500 Yoga enthusiasts from all walks of life, Nigerian dignitaries, Heads of Diplomatic Missions, Members of diplomatic corps, Indian community and friends from Media participated in the IDY celebration. Around 215 students and teachers from the Government Day Secondary School Karu as well as 50 cadets from National Youth Service Corps (NYSC) joined the event as special invitees. In addition to HCI, Abuja, celebrations were also held in OHCI Lagos, Port Harcourt, Kano, Kaduna and across Benin and Chad with the participation of Indian community and local friends. The main highlight of the event was the Guardian Ring of the countries for Live Telecast to showcase the global acknowledgement and appreciation of the Indian gift of Yoga. HCI, Abuja was one of the selected Missions to celebrate the 8th International Day of Yoga under the Guardian Ring, for live telecast on the DD Live Channel and Misson's Social media handles.

2. Among the Dignitaries who participated in the Yoga session were Hon'ble Minister of Federal Capital Territory H.E. Mohammed Musa Bello, Hon'ble Permanent Secretary, Federal Ministry of Information & Culture, H.E. Dr (Mrs) Ifeoma Adaora Anyanwutaku,, representative of H.E. Dr. Osagie Ehanire, Hon'ble Minister of Health, Ms. Jumomoh, Acting Director (Asia-Pacific), Ministry of Foreign Affairs, representative of Chief of Naval Staff Vice Admiral Awwal Zubairu Gambo, representative of Hon'ble Permanent Secretary of Federal Ministry of Youth and Sports Development, H.E. Alhaji Ismaila Abubakar, representative of Comptroller-General, Nigerian Customs Service, Col Hamid Ibrahim Ali (retired) ,representative of Chairman NDLEA, Brigadier General Mohammed Buba Marwa. representative of Director General of NAFDAC, Prof. Mojisola Christianah Adeyeye. High ranking diplomats and family members from British High Commission, Canadian High Commission, UAE, Bangladesh High Commission, Kenya and Angola also participated in the event.

3. The programme started with the brief remarks by Acting High Commissioner H.E. V.S.D.L Surrendra. In his remarks explained the importance of Yoga in modern lifestyle. He also highlighted that the tremendous potential of this age -old practice to change our mental, physical,

and spiritual health. After the remarks of Acting High Commissioner of India our Chief Guest, Hon'ble Minister of FCT H.E. Mohammed Musa Bello, in his message highlighted the importance of Yoga in today's life and he was optimistic about the opening of more yoga centers across Nigeria in future. The yoga session began with the demonstration of Yoga Protocol by yoga instructors Mr. Akshay Jain of Art of Living Ms. Sarah of Hearts Heartiest and Ms. Bhawna Vajpai. Some useful yoga postures (Standing, Sitting, Prone and Supine) and breathing exercises were performed by the Yoga instructors along with participants. Kids from Heartiest Heart performed a yoga dance and after which the event was concluded with the remarks of His Excellency Dr. Osagie Ehanire, Hon'ble Minister of Health, Federal Republic of Nigeria ably represented by Pharmacist Titus Tile, Director Traditional complimentary and Alternative Medicines (TCAM)

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21 June 2022