



**High Commission of India, Seychelles**



**Ministry of Youth, Sports and Culture, Government of Seychelles**

## Press Release

### 4<sup>th</sup> INTERNATIONAL DAY OF YOGA IN SEYCHELLES

The High Commission of India in Seychelles and the Ministry of Youth, Sports and Culture, Government of Seychelles will be jointly celebrating the 4<sup>th</sup> International Day of Yoga on **Saturday, 16<sup>th</sup> June 2018**.

In December 2014, the United Nations passed an India-sponsored Resolution declaring 21<sup>st</sup> June as International Day of Yoga. There was an overwhelming support for the Resolution with 177 out of the 193 UN member-states co-sponsoring the Resolution, which was a record and unprecedented in the UN history. Seychelles was among the first five nations to come forward in support for the Indian initiative.

As in the previous years, India is again coordinating the activities this year to celebrate the fourth IDY 2018 globally in close cooperation with the host governments.

To mark this, the Indian High Commission and the Ministry of Youth, Sports and Culture, Government of





Seychelles have drawn up an Action Plan in which participants from all walks of life in Seychelles are invited to join in large numbers.



- To commence the day, Palais des Sports will be the venue for a mass yoga session at 8.30 AM with about 500 participants including men, women and children. During the 40-minute session, simple yoga exercises will be performed. A yoga expert from the High Commission of India will anchor the session in cooperation along with the local instructors. The objective is to encourage people to imbibe yoga as an answer to modern day stress through this ancient yet quintessential heritage of India.



- Participants are advised to come in comfortable, loose-fitting clothes and ensure a gap of half-hour between meals and exercises.
- Yoga Mats, T-Shirts and bottled water will be provided to all participants. This apart, Snacks & Fruit Juices will be provided to all the participants after the Yoga Session.
- Several yoga-practicing institutions in Seychelles, such as Nature Seychelles, Seychelles Yoga Association, Brahma Kumaris International, National Sports Council, the Indian Association of Seychelles and Bank of Baroda have joined hands with this initiative to ensure the celebration of the International Day of Yoga in Seychelles in a befitting manner.



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11<sup>th</sup> June, 2018