



HIGH COMMISSION OF INDIA, BRUNEI DARUSSALAM

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5th International Day of Yoga 2019 in Brunei Darussalam



The High Commission of India celebrated the 5th International Day of Yoga (IDY) 2019 on Sunday, 16 June 2019 at India House in Bandar Seri Begawan, Brunei. The event was attended by over 250 practitioners of Yoga. These included Heads of Missions, members of the Diplomatic corps, President and members of Indian Chamber of Commerce, Presidents and members of 3 major Indian Associations – Bandar Seri Begawan Indian Association, Malayali Association and Indian Association Belait, prominent and senior citizens of the Indian community in Brunei, local Bruneian citizens and expatriates.

**HIGH COMMISSION OF INDIA
BRUNEI DARUSSALAM**
celebrates

**5th International
Day of Yoga**

INDIAN COUNCIL FOR CULTURAL RELATIONS
भारतीय सांस्कृतिक सम्बन्ध परिषद

International Day of Yoga
21 June
Yoga for Harmony & Peace

SUNDAY 16 JUNE, 2019 | INDIA HOUSE JALAN KOTA BATU
SAJ



The event began with a speech by High Commissioner, Shri Ajaneesh Kumar followed by a Yoga session conducted by Mr. Ram Lavat Prajapati, Teacher of Indian Culture (TIC) from Indian Council for Cultural Relations (ICCR), in which he led the gathering through the Common Yoga Protocol (CYP). The Yoga session was followed by a Tree Planting ceremony and refreshments consisting of vegetarian dishes to mark the 150th Birth Anniversary of Mahatma Gandhi. The event was covered by media persons from the three prominent Bruneian dailies, Borneo Bulletin in English and Media Permata and Pelita Brunei in Malay language. Videographic coverage of the event was also arranged.

















Brunei Darussalam 16 June 2019