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| http://www.indianconsulate-sf.org/images/ashokachkra.gif | EMBASSY OF INDIA KUWAIT |

Press release

Subject: Second International Day of Yoga (IDY) Celebrations on 24 June 2016 (Friday) from 0600 hrs onwards at American International School, Kuwait

You are aware that the 1st International Day of Yoga was celebrated at Embassy premises last year, with H.E. Sheikh Nasser Sabah Al-Ahmad Al-Jaber Al-Sabah, Minister for Amir Diwan Affairs being the Chief Guest for this event.

2. In order to allow greater space for performing Yoga asanas, the venue for the 2nd IDY celebrations has been changed this year to the indoor stadium of American International School, Meidan Hawalli, Kuwait. The event will be held from 0600 hours on 24 June 2016 (Friday). Our partners for this event are ‘Art of Living’, ‘Sahaj Marg’, ‘Artistic Yoga’, ‘Harmony House’, ‘Sevadarshan’ and ‘AMMA’ Kuwait, all based in Kuwait. Various Yoga asanas will be performed, followed by Pranayam and Meditation session as per Common Yoga Protocol. In addition, a team of doctors from Indian Dental Alliance Kuwait (IDAK) would be conducting the oral screening and will present a talk on the “Lifestyle and Oral health” to create awareness regarding oral health management. Indian Doctors forum will also make a presentation on the occasion. The event will be covered by K TV Channel- 2 and the local media. Registration is open to general public on first come first serve basis. All interested may kindly register at <http://www.indembkwt.org/IYD/>

Please visit <https://youtu.be/B7XpkH6pzlg> to view First International Day of Yoga celebrations held worldwide on 21 June 2015.

For Common Yoga protocol, please visit : > <https://drive.google.com/open?id=0BwQXyLTnGaP7UzJ3WHRDNWQycFE>

3. The Embassy invites participation from one and all in Kuwait at the 2nd IDY celebrations on 24 June 2016 to make this event a grand success.

**13 June 2016**