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The 2nd International Day of Yoga celebrated in Brunei Darussalam



The 2nd International Day of Yoga was celebrated with joy and solidarity in Bandar Seri Begawan, Brunei Darussalam on Sunday, 19 June 2016. A group practice session of Yoga was held on the lawns of India House which was attended by Bruneians, members of the diplomatic community and of the Indian community in Brunei. The group session was conducted by Shri Bramhanand Tichkule, a well-known Yoga teacher resident in Brunei since several years.

Smt. Nagma M. Mallick, High Commissioner of India to Brunei began the event with brief remarks on the International Day of Yoga, its inception, and the successful organisation of the 1st International Day of Yoga. She detailed Prime Minister Shri Narendra Modi's message behind the organisation of this day and also explained that Yoga, a holistic system of wellness, sought to integrate the mind, body and the breath. A short film was played thereafter which began with Prime Minister Shri Narendra Modi's televised message to the world on the 2nd International Day of Yoga, followed by the messages of External Affairs Minister, Smt Sushma Swaraj and Minister of State in the Ministry of Ayush, Shri Shripad Yesso Naik.

In the practice session that followed, the Common Yoga Protocol was practiced by all the participants with enthusiasm. The event was extensively covered by local print media.











19 June, 2016
Brunei Darussalam