



सत्यमेव जयते

**Embassy of India  
Ankara**

**PRESS RELEASE**

**2<sup>nd</sup> International Day of Yoga**

To mark the 2<sup>nd</sup> International Day of Yoga, the Embassy today hosted a talk on Yoga and meditation by Shri Rama Ray (Hakdan Agun), a local exponent of Hatha Yoga. The programme began with the screening of the messages from Hon'ble Prime Minister and Hon'ble Minister of External Affairs of India.

2. Rama Ray in his talk introduced Hatha Yoga to the audience and underlined the importance of Yoga and meditation for the overall well-being of human mind and body. A demonstration of yogic postures was also presented.

3. Earlier, the International Day of Yoga 2016 was celebrated at the Cultural Convention Centre of the prestigious Middle East Technical University, Ankara on 18 June, 2016.

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