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Press Release

Subject: Celebrations of Second International Day of Yoga (IDY) at Embassy of India premises on 24 June 2016

The Embassy held the 2nd International Day of Yoga celebrations at its Embassy premises on Friday, 24 June 2016from 0600-1000 hrs, in association with ‘Art of Living’, ‘Sahaj Marg’, Artistic Yoga, Harmony House, ‘Sevadarshan’ and ‘AMMA’ Kuwait. About 1,000 persons mainly from Indian community plus some Kuwaiti nationals in Kuwait participated.

2. As per Common Yogic Protocol 2016, the volunteers from Art of Living, Seva Darshan and AMMA Kuwait performed the Yoga asanas on the stage and through the LED Screens installed at the two Consular Halls and at the courtyard of the Embassy, many yoga lovers performed the Yoga asasans in parallel, in these specially made Yoga halls. Further, Meditation and Pranayam session was held at the auditorium which was taken by ‘Heartfulness’ and ‘Harmony House’. There were powerful performances by volunteers from ‘Artistic Yoga’ and a young and dedicated team of volunteers, including women and children, from Seva Darshan who demonstrated various yoga asanas and the ancient form yoga-based Indian martial arts. There was also a Yogic dance performance by Ms Latha Kanna and her dance group. Ms Michelle, an artist and a volunteer of “Harmony House”, painted the entire mood of the 2nd IDY celebrations, which was greatly appreciated.

3. Dr Vinod K. Grover, Indian Doctors Forum made a presentation on ‘Stress Management by Yoga’ and Dr Prathap Unnithan, Indian Dentist Alliance of Kuwait made a presentation on “Lifestyle and Oral health” and shared some useful tips to maintain oral hygiene. IDAK also organized a oral screening camp for the benefit of the general public. The event was supported by Indian Business and Professional Council, M/s Larsen & Toubro, Air India and Indiansinkuwait.com The event was covered by Kuwait TV Channel 2 and by local print and electronic media.

4. The event generated great amount of enthusiasm and wide spread awareness about Yoga and its physical and mental health benefits.

**26 June 2016**