



## HIGH COMMISSION OF INDIA, BRUNEI DARUSSALAM

Simpang 40-22, Jalan Sungai Akar  
BANDAR SERI BEGAWAN BB 3577

Telephone: 2339947 / 2339685

Facsimile: 2339783

E-mail: [attadmn.brunei@mea.gov.in](mailto:attadmn.brunei@mea.gov.in)

Website: <http://www.hcindiabrunei.org.bn/>

### The 3<sup>rd</sup> International Day of Yoga celebrated in Brunei Darussalam



The 3<sup>rd</sup> International Day of Yoga was celebrated with joy and enthusiasm in Bandar Seri Begawan, Brunei Darussalam on Sunday, 18 June 2017. A group practice session was held at the premises 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.

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 1<sup>st</sup> and 2<sup>nd</sup> International Day of Yoga. She detailed 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 3<sup>rd</sup> International Day of Yoga, followed by the messages of Shri Amitabh Bachchan, a well-known bollywood celebrity, and Shri Virat Kohli, Captain of the Indian Cricket Team. The group session concluded with meditation to the sound of chanted Sanskrit Shlokas, prayers for universal peace. The event was extensively covered by local print media.



HIGH COMMISSION OF INDIA  
BRUNEI DARUSSALAM  
celebrates

**3<sup>RD</sup> INTERNATIONAL DAY OF YOGA**



JUNE 2017  
KOTA BATU

















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18 June 2017  
Brunei Darussalam