

PRESS RELEASE

On the occasion of 8th International Day of Yoga (IDY), Assistant High Commission of India, Kandy in collaboration with Central Provincial Council organized Yoga event today at Asgiriya Police Ground, Kandy from 08:30 AM onwards. The theme of the IDY of this year is 'Yoga for Humanity'.

2. Mr. Gamini Rajarathna, Chief Secretary of Central Province was the Chief Guest of the event. Vice-Chancellor of University of Peradeniya Prof. M. D. Lamawansa, Mayor of Kandy Mr. Kesara D. Senanayake, Senior DIG Kandy Mr. Sanjeewa Dharmaratna, Municipal Commissioner Mr. Ishan Wijayathilaka, DIG Kandy Mr. Sriyantha Peiris, secretaries of various government departments, other senior dignitaries were present on the occasion. Mr. Mahesh, Mrs. Chandima and Mr. Lochana, Yoga gurus from Kandy conducted the yoga session. The Yoga session commenced with Surya Namaskar, followed by various asanas. The Yoga session was followed by a meditation session by the International branch of Brahma Kumaris Raj Yoga Center, Kandy.

3. Senior Government officials of Central Province, athletes from Sports department, police personnel, members of Kandy District Yoga Association and around 350 yoga enthusiasts participated in the event. Common Yoga Protocol booklets in sinhala and tamil languages, CDs on Yoga were distributed among the participants. The event concluded by 09:30AM.

4. This day marks the celebrations of a series of yoga events held at various places including University of Peradeniya, Kandy, Sabaragamuwa University of Sri Lanka, Belihuloya and at Lake Gregory, Nuwara Eliya.

Assistant High Commission of India
Kandy
21. 06. 2022