19 June 2021

सत्यमेव जयते

EMBASSY OF INDIA
DOHA

PRESS RELEASE

International Day of Yoga IDY- 2021

Indian Embassy in association with Indian Sports Centre (ISC) is going to celebrate 7th International Day of Yoga (IDY) on 21 June 2021 from 4:45 am to 5:45 am, in a hybrid mode. Everyone is welcome to join virtually via zoom id: 4791019875 and password: isc and participate from your homes. On ground, IDY celebrations will be held at six different places in Qatar – MIA park, Al Bayt stadium park, Dukhan – Asian Town, Al Wakrah and Sand Dunes Mesaieed – wherein pre-decided audience would attend in limited number, owing to covid protocol.

Every year, International Day of Yoga is celebrated on 21st June. Recognizing its universal appeal, on 11 December 2014, the United Nations proclaimed 21 June as the International Day of Yoga after the draft resolution establishing the International Day of Yoga was proposed by India and endorsed by a record 175 member states. Every year, International Day of Yoga is celebrated around a different theme. Recognising the importance of yoga in promoting holistic health and also taking into account the impact of the on-going pandemic on the mental and psychological health, this year's commemoration centres around 'Yoga for well being'.

Indian Community in Doha has been participating with great enthusiasm in all the events conducted by Indian Embassy and ISC in the run upto the main event. Yoga enthusiasts of all ages, different nationalities took part in – Yoga classes and competitions by ISC and Indian Embassy. It was highly encouraging and motivating to receive a number of photos and videos by yoga enthusiasts practicing Yoga for wellness, being in their homes, from across Qatar.

Qatar has been home to various yoga institutions catering to needs of various groups – women, children, elderly, sports persons etc. Qatar's vibrant population has always remained active and mindful of health and wellness. Indian Embassy thanks everyone for their participation so far and welcomes each and every one to be part of the upcoming IDY event on 21 June. Let us take this opportunity to spread some positivity, wellness and inner peace and restore together the societal health equilibrium which has been disturbed by the pandemic.

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