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सत्यमेव जयते

EMBASSY OF INDIA
DOHA

PRESS RELEASE

7TH INTERNATIONAL DAY OF YOGA CELEBRATIONS IN QATAR

The Embassy of India, Doha, in coordination with Indian Sports Centre, Qatar celebrated the 7th International Day of Yoga on 21 June 2021. Yoga sessions led by expert yoga practitioners were held at six different locations across Qatar - Museum of Islamic Art (MIA) Park, Al Khor town (in front of Al Bayt Stadium – the venue of FIFA 2022 World Cup), Mesaieed (on sand dunes), Asian Town, Al Wakrah, & Dukhan (Dukhan Beach). Yoga in the the backdrop of geographical diversity of Qatar ranging from beaches of Dukhan to sand dunes of Mesaieed, made the event more picturesque. (Photos attached)

The event was held in hybrid format, with limited gatherings at each location as per prevailing Covid guidelines. Many more participated in the celebrations virtually. Ambassador took part in the event at MIA. In his opening remarks, he appreciated participants' interest in yoga. He highlighted that yoga has the potential to improve physical and mental well being provide good health and happiness to all, more so given the impact of the global Covid-19 pandemic.

The theme for this year's International Day of Yoga is "Yoga for Wellness". In the run-up to IDY 2021, a few events were held, viz, online Yoga Challenge for below 13 year old on 11-12 June, 2021 & online Yoga Challenge for adults on 18-19 June, 2021. A quiz on yoga was held on social media by way of posing a question a day. "Yogasana of the day" – featuring a resident of Qatar practicing yoga - was being shared via Embassy's social media handles since the beginning of this month.

It may be recalled that on 11th December 2014, the United Nations General Assembly declared June 21st as the International Day of Yoga and on 21st June, 2015, the first International Day of Yoga was celebrated worldwide.

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Enclosed : Pictures of the events held