



परदेश में आपका दोस्त: भारतीय दूतावास  
Indian Embassy: Home away from Home



**Embassy of India, Doha (Qatar)**



Yoga for Harmony & Peace

## **FOURTH INTERNATIONAL DAY OF YOGA IN QATAR**

The Embassy of India, Doha is celebrating the 4<sup>th</sup> International Day of Yoga on the 23<sup>rd</sup> June 2018. The celebration is a part of the global commemoration of the International Day of Yoga and will be held at Qatar Sports Club Multi Purpose Indoor Hall from 7.00 - 8.30 PM on Saturday, 23<sup>rd</sup> June, 2018.

Inspired by the response of enthusiastic Yoga practitioners from various parts of Qatar in the past three editions of the International Day of Yoga in 2015, 2016 and 2017, the Embassy of India, Doha is also organizing Yoga camps & workshops at Al Khor (22<sup>nd</sup> June), Mesaieed (29<sup>th</sup> June) and Dukhan (30<sup>th</sup> June).

The event on 23<sup>rd</sup> June, 2018, will not only include Yoga demonstration by experts but will also provide an opportunity for all to participate in a Yoga session which will be based on the Common Yoga Protocol and will comprise various standing and sitting postures, Kapalbhathi & Pranayam and breathing techniques, followed by meditation.

As a prelude to the celebration of the 4<sup>th</sup> International Day of Yoga, numerous Yoga workshops and demonstrations in collaboration with well-known Doha based Yoga Studios have been conducted by the Embassy in the last two months, including workshops for students in various schools based in Doha. In addition, Yoga sessions for the Indian community based in Al-Khor were also organized.

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

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