



## **P R E S S   R E L E A S E**

### **First International Yoga Day Celebrations in Addis Ababa**

The United Nations under agenda item 124: Global Health and Foreign Policy, has adopted 21 June every year to be observed as the **International Day of Yoga (IDY)**. On 27 September 2014, the Honorable Prime Minister of India, Mr. Narendra Modi urged the UN to adopt an International Day of Yoga. In a matter of weeks, on 11 December 2014, the 193 member UN General Assembly approved the proposal by consensus with a record 177 co-sponsoring countries to establish 21 June as "International Day of Yoga".

As Yoga originated from India, the Government of India attaches great importance to the observance of International Day of Yoga and various activities are being organized throughout India as well as abroad on that day. The first International Day of Yoga will be celebrated simultaneously in 193 cities worldwide on 21st June.

Yoga emanates from ancient India. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature and a holistic approach to health and well-being. In its resolution, the UN General Assembly recognized that Yoga provides a holistic approach to health and well-being and wider dissemination of information about the benefits of practicing Yoga for the health of the world population. Yoga also brings harmony in all walks of life and thus, is known for disease prevention, health promotion and management of many lifestyle-related disorders.

Yoga stands out in the wide variety of physical culture options available today to attain good health and fitness. Some however see it as only a series of contortions, while many consider it as a part of eastern mysticism. It's only the practitioners, and there are millions worldwide and fast increasing who have immersed themselves into Yoga for the benefits this simple exercise form promises. The time was ripe to fade out the myths surrounding Yoga and make it truly a part of our common universal heritage.

The Embassy of India in Addis Ababa is celebrating the first ***International Day of Yoga*** on 21 June 2015 with various activities. Prominent Yoga teachers/experts in Ethiopia will be involved with the activities being organized in this connection. The celebration in Addis Ababa by the Indian Embassy will take place from **8 am to 10 am on Sunday, 21 June at the Hilton Hotel**. Ethiopia's top Yoga experts and teachers will be in attendance to immerse and take the gathering through different aspects of Yoga. Beginners, practitioner or just curious about Yoga, the programme will have something for all. About 300, including Ethiopian brothers and sisters, expats, professionals, athletes, diplomats, INGOs, Indian community etc. are expected to attend.

The event will be promoted through print media, radio, special TV show, social media and invitations. The programme at Hilton will be interactive and participatory.

**18 June 2015**

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