

Embassy of India
Vientiane

Press Release

The Embassy held a 'Curtain Raiser for 7th International Day of Yoga' on 13 June 2021 virtually. The International Day of Yoga aims to raise awareness worldwide about many benefits of practicing yoga. His Excellency Professor Bountiem Phissamay, President of the Lao– India Friendship Association and more than 40 people from all walks of the society participated in the event .

While addressing the 69th session of United Nations General Assembly (UNGA) on 27 September 2014, the Honourable Prime Minister of India Mr. Narendra Modi urged the world community to adopt an International Day of Yoga. In December 2014, United Nations had unanimously adopted a resolution to mark June 21 as the International Day of yoga (IDY).

Yoga is an invaluable gift of ancient Indian tradition. 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 the challenging times we are faced with today, Yoga is a solution that can create global harmony through individual transformation. Yoga is a powerful tool that can help us overcome limitations within ourselves and set us on the path of becoming more joyful, vibrant, conscious and productive individuals.

The programme started with opening remarks by His Excellency Mr. Dinkar Asthana Ambassador of India. He welcomed the participants and spoke about the benefits of Yoga and encouraged the participants to practise Yoga as part of daily activity for health, happiness, harmony and peace. He mentioned that practicing yoga regularly not only boosts our immunity but also improves our physical and mental health and well-being. It is especially relevant during ongoing pandemic times when people have to stay indoors for long periods which has affected their mental health. Yoga helps us greatly to overcome this. Yoga can be practiced by anybody, it does not require much infrastructure or equipment.

In his remarks, His Excellency Professor Bountiem Phissamay, President of the Lao – India Friendship Association mentioned that we learnt from ancient scriptures that Yoga first started in India. Yoga, however, should not be linked to any particular religion. Yoga is for the physical and mental well-being of the person who is practicing it. It is a form of physical exercises or postures and

some breathing exercises. Yoga boosts our immunity, which is the need of the hour especially during this pandemic time.

During the 45 minutes yoga session, Isha Foundation instructor guided the participants through various Asanas beneficial to enhance vitality, focus, memory and productivity; stabilize the body, mind and emotions; strengthen and stabilize the spine; relief from back pain, stress, anxiety and tension ; alleviate chronic ailments and improve overall health and a lasting sense of joy, peace and fulfillment.

The Embassy will organise the main event to mark the 7th International Day of Yoga 2021 on 26 June 2021, also in virtual/online mode.
