

## EMBASSY OF INDIA LUANDA

### INTERNATIONAL YOGA DAY (IDY-2019) CELEBRATED IN SAO TOME & PRINCIPE ( 15 June 2019)

The 5<sup>th</sup> International Day of Yoga (IDY-2019) was celebrated in Sao Tome & Principe at Pestana Hotel, STP on Saturday-15 June 2019.

Earlier, on 14 June 2019, Ambassador of India called on H.E. Mr.Vinícius Pina, Sao Tome Minister for Youth, Sports and Entrepreneurship in his office in Sao Tome & Principe, and formally handed over the invitation requesting him to attend as the Guest of Honour at the event.

The IDY curtain raiser event held on 14 June at the Pestana hotel was graced by Ms. Zarina Virani, United Nations Resident Coordinator in São Tomé and Príncipe, Mr. Vilmar Coutinho, Ambassador of Brazil & spouse; & other members of the diplomatic corps in Sao Tome. Also present were Mr. Rão Kyao, well known Portuguese flautist (flute player) and his wife Margarita.



## IDY 2019 EVENT AT HOTEL PESTANA IN SAO TOME & PRINCIPE

The Embassy of India, in collaboration with the Indian Council for Cultural Relations (ICCR), organised the IDY-2019 event IN Sao Tome & Principe at the beautiful serene beach at the Pestana Hotel, against the backdrop of the pristine blue waters of the Atlantic Ocean.

Indian Embassy's Yoga Teacher - Shri Anand Vardhan conducted the Yoga practice session for the benefit of Yoga enthusiasts who participated in large numbers at the event.

Guest of Honour - H.E. Mr. Vinícius Pina, Sao Tome Minister for Youth, Sports and Entrepreneurship and his wife, joined Indian Ambassador Srikumar Menon and his wife Jayanthi Menon and other dignitaries and guests in performing Yoga exercises and Yoga practice.

Minister Pina expressed his deep appreciation for the Indian government's laudable initiative in organising the event. He said that such events help to propagate the message of universal peace among the people of Sao Tome and also educate them on the benefits of Yoga. He expressed the hope that the practice of Yoga will encourage and inspire more and more people to lead a healthy lifestyle for the greater good of humanity and peace in the world.

#Yoga #IDY2019 #AYUSH #ZindagiRaheKhush Ministry of External Affairs, Government of India









