REPORT

5TH INTERNATIONAL DAY OF YOGA

Embassy Of India in Hungary celebrated 5th International Day Of Yoga in 18 locations in Hungary from June 19th-23rd which were Budapest, Szeged, Pecs, Debrecen, Mosonmogyarovar, Gyor, Sopron, Alsoors, Veszprem, Szentendre, Esztergom, Nyíregyháza, Miskolcs, Kecskemet, Eger, Somogyvamos, Ferenc Hopp Museum and Semmelweis University. The Yoga Day consisted of Common Yoga Protocol, followed by Advance Yoga techniques and Pranayam.

There were nearly 450 participants in the historic Balna Stadium at Budapest on June 22. The event was inaugurated by Dy Mayor of Budapest and Ambassador of India, Mr. Kumar Tuhin. Two well know celebrities from the film and modelling fields in Hungary, Ms. Andrea Bozo and Ms. Boglarka Csosz actively participated in the IDY in Budapest

The IDY was led by Ms. Ankita Sood from the Embassy in Hungary.

Debrecen, the second largest city in Hungary after Budapest, celebrated #YogaDay at University of Debrecen with enthusiastic students participating in large numbers.

People doing Pranayam in Gyor

Yoga in ancient city of Pécs

Third largest city Szeged saw yoga practitioners of all ages

Mosonmagyaróvár saw its 1st IDY

Veszprém, oldest urban city

Esztergom on the banks of Danube

The Yoga Day was held in collaboration with the local offices of Mayor and eminent Yoga Schools in all the cities. Each city saw an active participation from people of all ages.

Early morning Yoga lovers in Nyíregyháza

Magical city of Sopron

Cultural City of Alsoors

Historic Szentendre city

Miskolcs 4th largest city enjoyed Yogasan

Eger city on the banks of Eger river experienced a spiritual journey

Somogyvamos (Krishna Valley)
an eco-village had a peaceful session

Kecskemét in Central Hungary

Students participating in International Day Of Yoga at Ferenc Hopp
Museum of Asiatic Arts and Semmelweis University

The International Day Of Yoga this year was dedicated to celebrations of
70 years of India-Hungary Partnership.