Embassy of India in Hungary

International Day of Yoga 2021 Report



Embassy of India in Hungary and Bosnia & Herzegovina celebrated the International Day of Yoga 2021 successfully at three locations in Hungary- On June 19th at Erszebet Park in Esztergom, on June 20th, at Athletic Centre, Margaret Island and on June 21st at Halászbástya or Fisherman's Bastion in Budapest. Yoga Day was also celebrated at National Museum premises in Sarajevo, Bosnia & Herzegovina on June 20th.





Due to easing of restrictions recently in Hungary & BiH, the Mission celebrated this year's IDY at a small scale, by choosing a few iconic & prestigious venues to mark the event. The event at Athletic Centre was conducted on June 20th in partnership with the Municipality of Budapest, where the Deputy Mayor Gy. Erzsebet Nemeth opened the programme followed by Ambassador Kumar Tuhin's address that emphasized the theme of this year's Yoga Day, *Yoga for health & wellness*.



Ambassador Kumar Tuhin giving a shawl as a mark of honour to Dy. Mayor





The programme started with *common yoga protocol* demonstrated by yoga teachers Melinda Irtl & Anita Revai-Bere and brand ambassador for yoga Andrea Bozo.









A rhythmic advance yoga techniques presentation was also done by the teachers accompanied by other yoga experts Zsuzsa Komjati, President of Hungarian Yoga Association & Aniko Kotroczo and Deepak Anthwal, representatives from leading yoga organisation, Sarasvati Foundation. A good turnout of yoga enthusiasts were seen at the IDY 2021 on June 20th.



Teachers demonstrating advance yoga





IDY 2021 Team with participants



Indian Diaspora

June 21st, Halászbástya

On June 21st, At Halászbástya, the Mayor of District 1 of Budapest opened the Yoga Day programme followed by speech of Ambassador. The common yoga protocol was led by yoga teachers Preeti Narwade Mule, Guru Gita, Bhagirathi Chaitanya & Anita Revai-Bere who also conducted a mesmerising musical advance yoga presentation for the yoga participants. The event was made beautiful by the scenic backdrop of the iconic Fisherman's Bastion giving a unique panorama with its Neo-Romanesque architecture.





Halászbástya, Budapest







Advance Yoga demonstrated by Yoga Teachers



IDY Team

June 19th, Esztergom

Preceding the main events at Budapest, Embassy also celebrated IDY at Esztergom in partnership with the municipality of city. Yoga teacher Shrinath Badiger led the yoga day at Esztergom on the banks of river Danube with the common yoga protocol. A short melodious handpan & tabla presentation was also done for the participants by Dr. Chirayu Bhole & Gabor Korosi.







S. Ramji, HOC felicitating representatives from Municipality







Handpan & Tabla Fusion Performance



June 20th, National Museum, Sarajevo

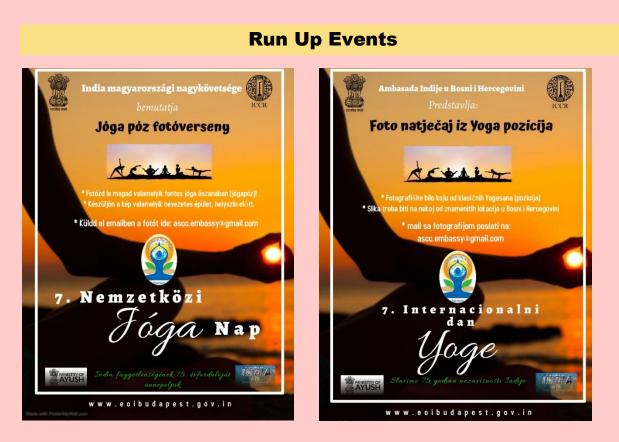


In partnership with Bosnia India Friendship Society led by Dunja Masic & Yoga Teacher Velida Salihovic, IDY was successfully celebrated at the premises of National Museum of Sarajevo. Event was extensively covered by local media.









Amrita Sher-Gil Cultural Centre organised several events as a run up to the main IDY events. A Photo Contest was organised where yoga enthusiasts were asked to send unique Yogasana posture pictures taken at any iconic venue or monuments. A good response was received by yoga practitioners. Winners are getting meal & dessert vouchers from leading bistros & bakeries in Hungary.



June 11th, Curtain Raiser, India House

The first run-up event kicked off at India House with the staff of Embassy under H.E Kumar Tuhin & yoga teacher Preeti Narwade who demonstrated common yoga protocol for all.







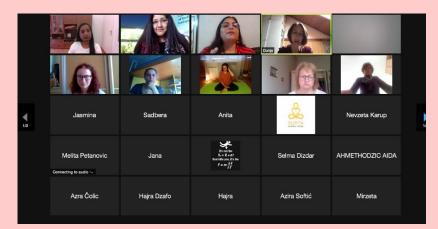




June 15th, Webinar on Meditation & Mantras, Sarajevo



On June 15th a webinar was organised as a run up to IDY in Bosnia & Herzegovina for the yoga students & practitioners. Motivational Speaker & Writer, Annu Kalra & yoga teacher Preeti Narwade led the webinar. The subject was significance of mantras for meditation. It was an interactive session where the participants through question & answers with the guests, had an enlightening session.





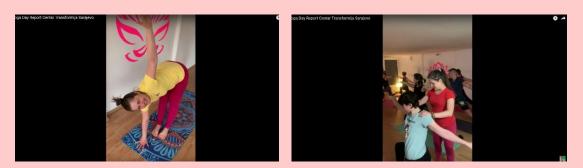
Link for Webinar- https://youtu.be/BmW7ZmcPmKs

June 14th, 7-Day Yoga, Centar Transformacija, Sarajevo

From June 14th, one of the yoga school partners in Sarajevo , Centar Transformacija started a 7-day series of Yoga Celebrations under different teachers.



https://www.youtube.com/watch?v=Cgo8wzVaCo4



June 17th & 18th, Press Meet, India House

A 2-day Yoga Press Meet was organised by Embassy of India at India House where media persons & journalists from reputed media houses were invited for a brief introduction to Yoga & the theme for IDY in 2021. Thereafter on an informal interaction and healthy Indian meal, the journalists were briefed about the Yoga Day events in Hungary by Embassy of India.











Mediapersons doing yoga & having interaction with Ambassador

June 19th, Webinar on Healthy eating & Yoga

In the run up to the Yoga Day, a webinar was organised which focussed on healthy eating, ayurvedic philosophy of food & healthy lifestyle. Food experts from India & Hungary ioined & interacted with the audience and talked about the relevance of healthy diets to keep healthy. Pallavi Upadhyay, Millet specialist from 'Millets for Health' shared her views about these ancient grains and its benefits for today's lifestyle. Pallavi also cooked a healthy beetroot & millet cutlets virtually. Anoothi Vishal discussed how spices can play a major role in balancing our food and make it healthy. Dr. Asmita Wele, former Ayurveda Chair from **Debrecen University focussed on the significance of water** in our food habits. Balazs Varga, nutritionist from Hungary enlightened about fitness & food. A recipe contest was also organised on this occasion, and several interesting healthy recipes were received. Winners got meal & dessert vouchers from leading bistros & bakeries of Hungary.









Link for Webinar- https://youtu.be/XKaRQjwhGT4

Special Flash Mob Yoga at several places in partnership with Hungarian Yoga Association



Székesfehérvár https://fb.watch/6hmOADcDob/

Orosháza https://fb.watch/6hmQxjga_N/

Budapest, Erzsébet tér https://fb.watch/6hmS8WrH9k/ (unfortunetaly its without music)

Budapest, Mechwart liget https://fb.watch/6hmW3vwgyo/

Dunaharaszti

https://fb.watch/6hmXesY4Cz/



Nemzetközi Jóga Nap Magyarország - 7th International Day of Yoga in Hungary June 23 at 6:10 AM · 🕥

Here is a glimpse of flash mob yoga at

Orosháza

Done by yoga enthusiasts in partnership with Embassy of Emb India https://fb.watch/6hmQxjga_N/

#YogaDay2021 #yogaforwellness Ministry of AYUSH, Government of India Ministry of External Affairs, Government of India



Media Coverage

1. <u>https://www.fena.ba/article/1216658/medjunarodni-dan-yoge-obiljezen-u-basti-zemaljskog-muzeja-u-sarajevu-video</u>

2. <u>https://www.youtube.com/watch?v=-OgP3Qc5GtA</u> FENA

3. <u>https://www.slobodna-</u>

bosna.ba/vijest/204300/sb_u_basti_zemaljskog_muzeja_svi_su_na_svojoj_prostirci_obiljezava_se_medjunarod ni_dan_joge_foto.html

4. <u>https://www.klix.ba/lifestyle/medjunarodni-dan-joge-obiljezen-u-basti-zemaljskog-muzeja-u-sarajevu/210620038</u>

5. <u>https://tuzlanski.ba/infoteka/medjunarodni-dan-yoge-obiljezen-u-basti-zemaljskog-muzeja-u-sarajevu/</u>

6. https://dailynewshungary.com/7th-international-day-of-yoga-was-celebrated-in-hungary/

7.<u>http://kaposvarmost.hu/galeria/sportesemenyek/2021/06/22/a-nyugalom-szigeteve-valtozott-a-varosliget-egyutt-jogaztak-a-kaposvariak.html</u>

8. https://oroscafe.hu/2021/06/22/a-vilagnapi-flashmobhoz-oroshaza-is-csatlakozott-joga-jogazas/

9. https://haon.hu/eletstilus/helyi-eletstilus/engedjuk-el-a-felesleges-feszultseget-jogazok-tartottak-flashmobotdebrecen-sziveben-5389778/

10.https://www.feol.hu/kultura/helyi-kultura/joga-flashmobot-lathattunk-a-vilagnapon-a-fehervari-belvarosbanvideo-5044688/

7th International Day of Yoga was celebrated in Hungary – Photos, VIDEO





Photo: facebook.com/IndiaInHungary

Published on 21 June 2021

AUTHOR

Sport

The Embassy of India celebrated the 7th International Day of Yoga in Hungary on 20-21 June, 2021.

On 20th June, Embassy of India was organising the main event at Athletic

started with a welcome speech by Deputy Mayor Gy. Erzsébet Németh,

followed by a speech from H.E. Kumar Tuhin, Ambassador of Republic of

Centre, Margaret Island in partnership with the City of Budapest. The event

India.





Tetőburkolás 5-8 napon belül C Minőségi hagyományos és siklemezes tetők gazdaságos áron,... Swedsteel-Metecno Kit. Webhelyre













Csatlakozzon hozzánk a Jóga 7. Nemzetközi Világnapján június 21-én! Gyakoroljunk együtt az immunrendszerünk megerősítéséért és életerőnk megőrzéséért! Jóga mindenkiért, jóga az egészséges életért!

Join us for the **7th International Day of Yoga** on 21th June, to build immunity & strength. Yoga for all, Yoga for wellness!



A képen India nagykövete jógázik Ambassador of Embassy of India in Hungary doing Yoga





Extensive Views on a few social media posts

Social Media influencers join in the IDY 2021

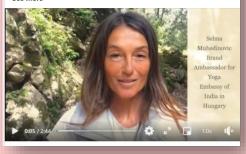
Nemzetközi Jóga Nap Magyarország - 7th International Day of Yoga in Hungary June 16 at 10:50 PM · S

Csósz Boglárka our brand ambassador for #Joga is ready to open the big day of #InternationalDayofYoga2021 on June 20 th at #margaretisland #budapest! Are you ready to join for the #YogaDay2021 ?



Nemzetközi Jóga Nap Magyarország - 7th International
Day of Yoga in Hungary
Aoril 22 · @

#60daystogo for the 7th #IDY #internationaldayofyoga2021 brand ambassador #yoga for @IndiaInHungary in #bosniaandherzegovina Selma Muhedinovi-Silajdzic, gives a positive message in the run up to #IDY2021 #IndiaFightsCorona #indiaat75 Ministry of AYUSH, Gove... See More

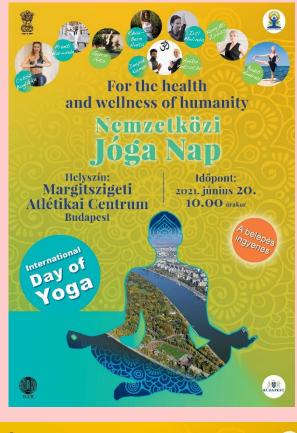


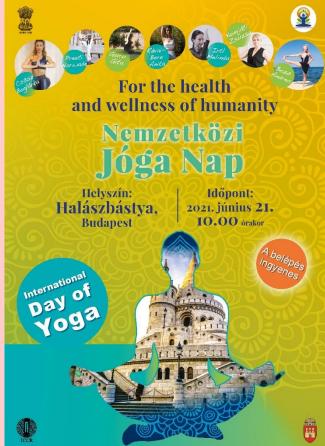


ICCR in Hungary @iccr_budapest · Jun 18 *** #viktorzicho adventure photographer & cyclist of #Hungary who had traced the footrpints of explorer & historian #csomadekoros in India in 2020, speaks about #YogaForWellness ② and its significance on the occasion of #YogaDay2021 ③ #yoga #InternationalDayOfYoga2021 @iccr_hq @moayush



Publicity Material









Centar Transformacija, Trg Heroja 30, Sarajevo



No. defut: Belat (Mix Val. com



Dedicated programmes on Ayurveda marking IDY

Links for downloading video clips & pictures

Webinar Details-

https://drive.google.com/drive/folders/ISHTSxIsxThT5LHGEnhu8jUZs2buWL749?usp=sharing

Drone Shots-

[<u>https://drive.google.com/drive/folders/IZT60eELm3Xu9Wv-WYphv9FHZvlw95b-T?usp=sharing</u>] <u>https://drive.google.com/drive/folders/IZT60eELm3Xu9Wv-WYphv9FHZvlw95b-T?usp=sharing</u>]

Report Esztergom City-June 19th

[https://drive.google.com/file/d/IQxW40gU8iBL_KtOFXBI0NLTV2SYhHzMa/view?usp=sharing] https://drive.google.com/file/d/IQxW40gU8iBL_KtOFXBI0NLTV2SYhHzMa/view?usp=sharing]

Report Budapest-June 20th

https://youtu.be/ICrf6jsPcJ0

Advance Yoga- Budapest -June 20th

[<u>https://drive.google.com/file/d/1hYWW5qb7Osj4YOkoIDAqeBrFwuPsUrrk/view?usp=sharing</u>] <u>https://drive.google.com/file/d/1hYWW5qb7Osj4YOkoIDAqeBrFwuPsUrrk/view?usp=sharing</u>]

June 20th main IDY-

[https://drive.google.com/file/d/1hYWW5qb7Osj4YOkoIDAqeBrFwuPsUrrk/view?usp=sharing | https://drive.google.com/file/d/1hYWW5qb7Osj4YOkoIDAqeBrFwuPsUrrk/view?usp=sharing]

Trailer

https://youtu.be/Jg4XX-e5NeU

Pre-Event Publicity Videos-

https://www.youtube.com/playlist?list=PLmdsmQ8cm8ZR5EiflE7EiAtevk2zcGNZe

Photographs-

https://drive.google.com/drive/folders/1gyajJRV1GfPRIh-9hL5_d3yWj6P8uyxC?usp=sharing