

High Commission of India

Nairobi

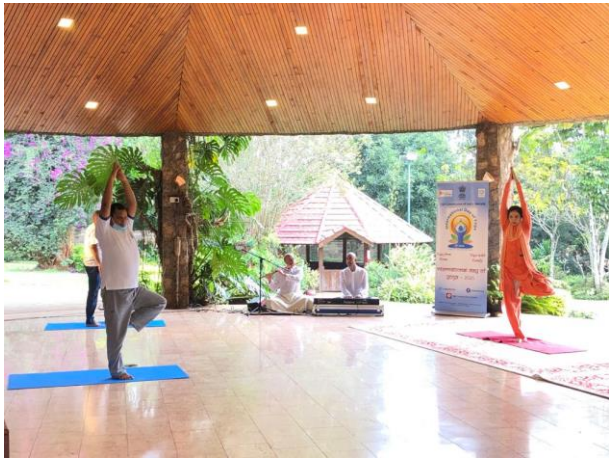
Celebration of 6th International Day of Yoga

6th International Day of Yoga was celebrated with live webcast of celebrations through social media platforms of the Mission, along with YouTube Channel of High Commission of India as well as through other virtual platforms on 20 June 2020. The theme of this year's International Yoga Day celebration was 'Yoga at Home and Yoga with Family', keeping in line with the current situation caused by COVID19 pandemic.



2. C'da Mr. Ashish Sinha gave welcome remarks and explained the importance of Yoga in today's world, especially during this crisis caused by COVID19 pandemic. The programme was conducted by Ms. P.P. Nihon, Deputy Permanent Representative of Royal Thai Embassy in Nairobi. A large number of people across Kenya joined the celebrations online, including members of United Nations in Nairobi, Indian diaspora and business community.

3. Video messages of Prime Minister of India H.E. Mr. Narendra Modi, Director General of UN office at Nairobi Ms. Zainab Hawa Bangura, world renowned spiritual and Yoga Guru Sadhguru and Chief Administrative Secretary of the Ministry of Foreign Affairs Hon. Ababu Namwamba were played. H.E. Amb. (Dr.) Monica Juma, Cabinet Secretary of the Ministry of Defence also gave an encouraging message on the importance of Yoga during the crisis caused by COVID19 pandemic. Olympic Champion and World Record Holder of Marathon Mr. Eliud Kipchoge, E.G.H and Former Miss World Ms. Diana Hayden also partnered with this Mission in promoting celebration of International Day of Yoga in Kenya.



4. Later in the programme, Yoga protocol was demonstrated by Teacher of Indian Culture Ms. Yogita Mehta. Lecture demonstration of advanced yoga posture ‘Shirshasana’- Headstand was given by Mr. Sidharth Chaterjee, UN Resident Coordinator.

5. Separately, this Mission also partnered with umbrella Indian diaspora organization Hindu Council of Kenya in the online celebrations on 21 June 2020. Additionally, dedicated online Yoga sessions are being organized for four different geographical regions of Kenya in coming days, along with a special online session for corporates and members of India Business Forum, as well as a dedicated session for Somalia.



6. High Commission of India is also seeking participation from Kenyans in an online video blogging contest ‘My Life My Yoga’, launched by Ministry of AYUSH of the Government of India and the Indian Council for Cultural Relations (ICCR) to raise awareness about Yoga and to inspire people to prepare for and become active participants in the observation of International Day of Yoga 2020.

[Nairobi, 21 June 2020]
