

**Embassy of India
Djibouti**

**Press Release
International Yoga Day 2021 (IDY 2021)**

In consonance with the guidelines issued by the Government of India and Government of Djibouti to adhere to Covid Protocol of avoiding mass gathering and practicing social distancing as safety measures, the Mission organized a series of events to mark the celebration of 7th International Day of Yoga (IDY) on digital platforms. The Mission organized a series of events from June 19th – June 22, 2021 to celebrate International Yoga Day. As Djibouti is extremely hot and humid in summers, outdoor activity was not possible and hence, indoor sessions were organized with a few participants at the Embassy Hall.

2. On 19th June 2021, the Mission conducted an online Quiz Contest on Yoga and Ayurveda. The quiz entailed 40 questions with prizes and certificates for Winners. Around 20 people participated in the Quiz.

3. On June 20, 2021, the Mission in collaboration with Srimad Ramchandra Mission Dharampur (SRMD) organized a FB-Live workshop in French language. The course for the workshop incorporated traditional yoga practices for stress and anxiety release. The session was also covered by local social media portals with wider outreach.

4. On 21th June, 2021, the Mission organized Yoga day with a local French teacher Mr. Thomas Pironneau, who was joined by few yoga students. The session was conducted in French and was comprised of a few breathing technique and basic Yoga Asanas, which are covered under the Standard Yoga Protocol of the Ministry of AYUSH. The programme was conducted Live on various social media portal of the Mission like Facebook, Instagram, Youtube etc. A local media outlet Djib-Liv also uploaded the programme on their social media handles.



Mr. Thomas Pironneau conducting yoga session on International Yoga Day.

The Mission along with Yoga also focused on Ayurveda which is an important part of holistic living. The Mission invited an eminent Djiboutian Scientist Dr. Moussa Omar, to conduct a workshop on importance of healthy

lifestyles through Ayurveda and naturopathy. A number of locally available Ayurvedic spices, fruits, herbs and vegetables were displayed and the benefits & he explained the usage and benefits of these items. He also demonstrated the preparation of an immunity booster kadha by using the ingredients from the items locally available. The recorded programme was uploaded Live on various social media platforms of the Mission on June 21, 2021.



Dr.Moussa Omar conducting a healthy way of living workshop.

Ambassador Ashok Kumar also delivered a message on 7th International Day of Yoga. He recalled the efforts of the Hon'ble Prime Minister Shri Narendra Modi in bringing the the ancient Indian practice of wellness through Yoga and Ayurveda to the center stage of the world and United Nations declaring June 21st as International Yoga Day. He also urged the people to adopt a healthy lifestyle through the virtues of Yoga and Ayurveda.



Ambassador Shri Ashok Kumar addressing on International Yoga Day.

The Mission organized a Live telecast of programme by ICCR "UBUNTU" at the Event Hall on June 21- 22, 2021. A message from Sadhguru, Yogi & Mystic Founder of Isha foundation was also shown advising all to

incorporate Yoga and its numerous health benefits into their lives. The programme was attended by officials of the Mission.

The Mission also reached out to local print and electronic media as part of outreach activity to popularize Yoga and Ayurveda. The Mission is getting an encouraging response on our various social media platforms and till today, around 7000 persons have viewed our programmes.

22 June, 2021