



**High Commission of India
Suva**

Press Release

**International Day of Yoga
(21 June 2022)**

The High Commission of India in Suva and the Swami Vivekananda Cultural Centre (SVCC) celebrated the 8th International Day of Yoga (IDY) on 21 June 2022 (Tuesday) with a large scale Yoga demonstration at the iconic Albert Park in Suva.

In December 2014, the United Nations General Assembly had on the initiative of India, declared June 21, the Summer Solstice in the northern hemisphere as the International Day of Yoga. The theme IDY is “Yoga for Humanity”. The theme served to highlight how Yoga served humanity in alleviating suffering during Covid pandemic.

Integrating the IDY celebrations with the ongoing 'Azadi Ka Amrit Mahotsav', to mark the 75 years of Indian Independence, this year the Government of India had introduced the 'Guardian Ring' programme, a relay yoga streaming event to capture and intertwine celebrations in 75 countries in 16 different time zones, to illustrate Yoga's unifying power that surpasses national boundaries. Moving from the east to the west across the world, the Mass Yoga Demonstrations in the participating countries, will take place one after the other, almost in tandem, thus underlining the concept of 'One Sun, One earth'.

The live telecast of the The Global Guardian Ring for Yoga Doordarshan India TV commenced from Fiji at 09.30 am (3 am IST) and it will end with the event in San Francisco USA (10 pm IST) on 21 June, 2022. The Fiji Broadcasting Corporation (FBC), the media partner for the IDY 2022 in Fiji made necessary arrangements for livestreaming of the IDY Guardian Ring event from Suva.

The IDY Event in Albert Park was attended by more than 1000 Yoga enthusiasts including a large number of school students from Suva and Nausori, senior dignitaries

including members of the diplomatic corps, Government officials, members of Indian diaspora organizations and prominent members of business community.

21 June 2022

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