



## Embassy of India Tunis, Tunisia

### Press Release

### Celebration of 1<sup>st</sup> International Day of Yoga in Tunis



A large group session of Yoga was held for the first time ever in Tunis on 21<sup>st</sup> June 2015, the first International Day of Yoga. More than 300 Tunisians, after registering online, performed the *asanas* of the Common Yoga Protocol with enthusiasm and interest, even though it was in the first week of the fasting month of Ramadan. The session was held at night in the largest covered sports arena of Tunisia. Organized jointly by the Embassy of India in Tunis and the Ministry of Youth and Sports of the Republic of Tunisia, the event was attended by Mr. Sghayer Zvita, Director General of Sports and Mrs. Baccouche, spouse of the Foreign Minister of Tunisia.

Ambassador Nagma M. Mallick began the session by giving a brief introduction to the essence of Yoga and to the idea behind the establishment of the International Day of Yoga. Mr. Sghayer Zvita expressed his happiness at the organization of the group session of Yoga, describing it as being an exemplar of the kind of peace-building activities that Tunisia stood in great need of. He expressed his personal happiness at being given the opportunity to practice Yoga *asanas* for the first time. Tunisian Film star Hichem Roustom, who graced

the occasion, described himself as a long-term devotee of India who had practiced Yoga since years. He expressed the hope that the International Day of Yoga would continue to be celebrated every year around the world since Yoga was needed now more than ever before.

The practice was led by Shri Ravishankar Mani Pandey, Yoga expert from India. Ms. Nihel B'chini, member of the Art of Living Foundation chapter of Tunisia, demonstrated the Yogic exercises alongside the Indian teacher. The group session of meditation which brought the event to an end was its highlight, with many participants expressing their wonder at their first experience of meditation. The event was covered by Tunisia1, the state broadcaster and M Television channel, as well as print media dailies and agencies.

Yoga week in Tunis comes to an end today, 22<sup>nd</sup> June, with a special group session of Yoga particularly for the residents of the Medina, or the old city of Tunis, to be held in Maison Saheb Ettabaa, a traditional 19<sup>th</sup>-century Tunisian house located in the Medina. This session has been organized in collaboration with Art and Democracy Association, a Tunisian NGO concerned with preservation of Tunisian culture among the youth.

\*\*\*\*\*

212 June, 2015  
Tunis





