

CELEBRATION OF INTERNATIONAL DAY OF YOGA (IDY) 2018 IN BRUNEI DARUSSALAM



The High Commission of India held the 4th International Day of Yoga at INDIA HOUSE on 23 June, 2018.



High Commissioner Nagma M Mallick addressed the practitioners at the beginning by outlining the multi-faceted benefits of yoga, highlighting that yoga was a holistic wellness regimen that unites the body, mind and breath. She mentioned that yoga was inclusive and open to all irrespective of gender, age, religious affiliation or fitness levels. Video messages from the Prime Minister and the External Affairs Minister on the occasion of IDY 2018 were screened. Shri Ram Lavat Prajapati, yoga instructor from ICCR, then conducted the group yoga session according to the Common Yoga Protocol. The event was concluded by recitation of Sanskrit shlokas.



Refreshments were then served.

Ambassadors, High Commissioners, local dignitaries and yoga enthusiasts from the local and Indian communities in Brunei, members of Art of Living Foundation, local Yoga Clubs and regular members of the Yoga classes conducted by the Yoga instructor posted to this Mission by ICCR, New Delhi participated in the event. The event was covered by the two local daily newspapers Borneo Bulletin and Media Permata.





