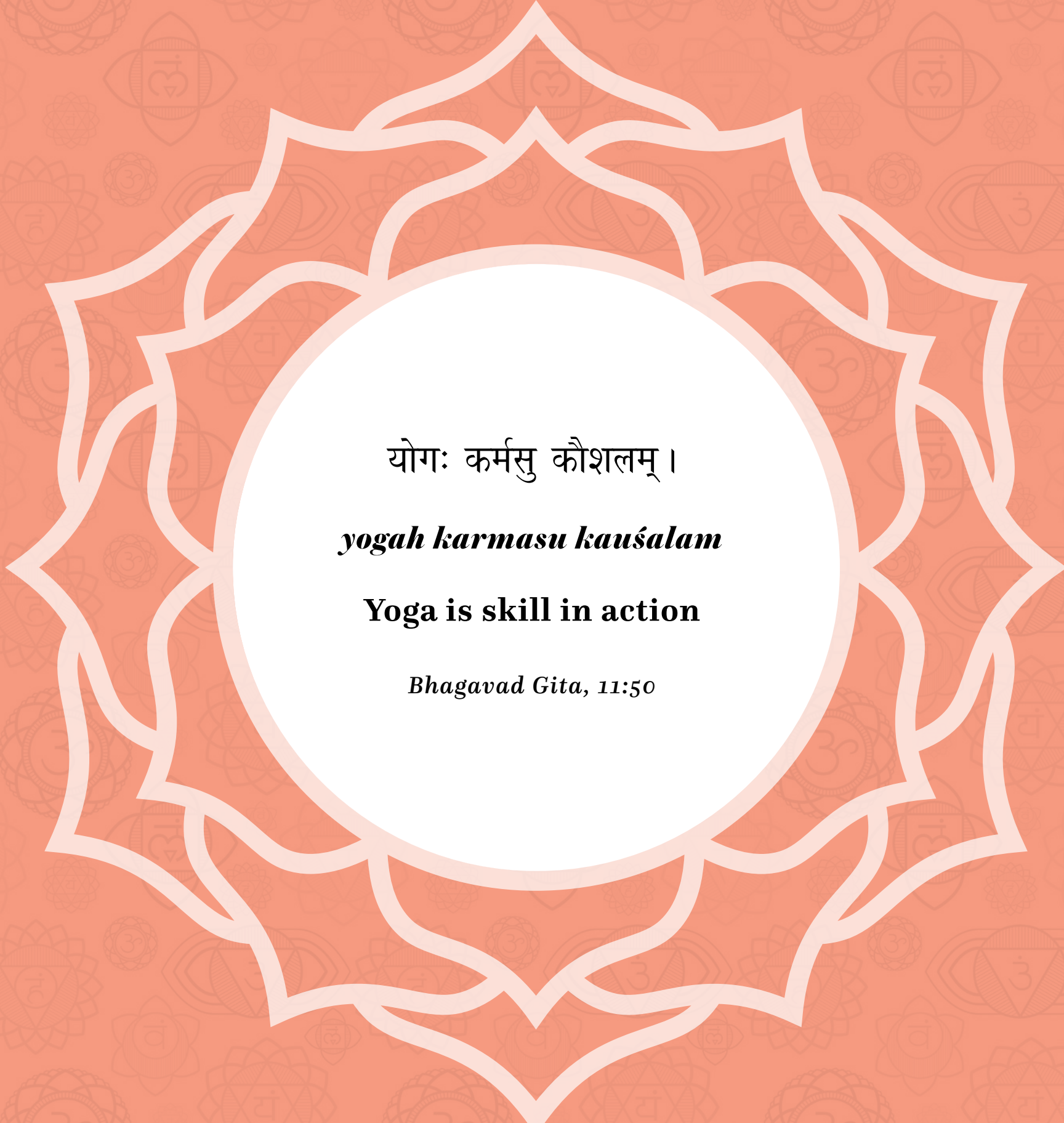




Yoga *for* Wellness

THE SEVENTH INTERNATIONAL DAY OF YOGA 2021





योगः कर्मसु कौशलम् ।

yogah karmasu kauśalam

Yoga is skill in action

Bhagavad Gita, 11:50



Yoga for Wellness

SEVENTH INTERNATIONAL DAY OF YOGA





Introduction

The 7th International Day of Yoga was celebrated around the globe with great enthusiasm, on 21st June, 2021. An exponentially rising number of IDY related events every year, and increasing global public participation, reflect its growing popularity across continents as a means to achieving holistic health which includes physical health as well as mental and spiritual well-being. The theme of the IDY celebrations 2021 was 'Yoga for Wellness'.

*Prime Minister, Shri Narendra Modi, launched the **M-Yoga App** on IDY- 2021 on the occasion. The app has been co-developed by the Ministry of AYUSH and the World Health Organisation. The aim is to further popularise Yoga at the global level and help realise the Prime Minister's collective vision of 'One World, One Health'.*

Indian Missions and Posts, like every year, organised a number of events and activities to celebrate IDY-2021 which drew participation from all quarters. Local governments, yoga organisations, sports clubs, India friendship associations, local yoga enthusiasts, members of Indian Diaspora and local Indian community supported the organising of IDY events.

*Indian Missions and Posts abroad collectively put together **more than 1000 IDY-related events in over 170 countries**. The IDY related events were held both in the virtual mode, as well as in the presence of yoga enthusiasts, as permitted by the local authorities, recorded total participation exceeding 50,000 worldwide.*

Many world leaders including the Prime Minister of Bhutan, the Prime Minister of Sri Lanka, the Prime Minister of Canada, and the First Lady of Brazil extended their greetings on IDY 2021 through social media. International sports personalities such as cricketer Sir Vivian Richards, Olympic Champion Usain Bolt, Jamaican cricketer Chris Gayle, spoke about the multiple benefits reaped by the regular practice of yoga. Their messages were shared on social media by the respective Indian Missions & Posts.

Indian Missions and Posts also organised IDY celebrations at several iconic locations such as Sheikh Zayed mosque in UAE, Times Square in USA, Victor Statue at Belgrade Fortress in Serbia, Sydney Opera House and Harbour Bridge in Australia, Tokyo Skytree in Japan, Bombonera Stadium in Argentina and Niagara Falls in Canada, to name a few.

In many countries due to the constraints of the ongoing pandemic, IDY-2021 was celebrated within the Embassy's premises in virtual or hybrid mode. Nonetheless, Indian Missions and Posts were successful in not only garnering the active participation of people, but also in disseminating information about Yoga for improving health and well being, as well as creating awareness on how the ancient Indian practice can be utilised effectively for improving overall health, especially in these challenging times. Highlighting the effectiveness of Yoga during the ongoing pandemic, the UNGA President, Volkan Bozkir, said "Yoga has been a lifeline during COVID-19 lockdown since it helps maintain physical well-being and manage the stress of uncertainty and isolation."







“

Our ancient seers' vision of bringing mind-body together to achieve holistic health and happiness has benefited millions over millennia. One of India's great gifts to the world, it can be especially helpful during Covid-19.

”

*—President **Ram Nath Kovind**
on the occasion of Seventh
International Day of Yoga on
21st June, 2021*



“

*Through Yoga, we experience
our inner strength which is so strong
that no problem of the world,
no negativity can shatter us. Yoga
shows us the path from stress to strength
and from negativity to creativity.”*

”

—Prime Minister **Narendra Modi**
on 21st June, 2021







Tweet



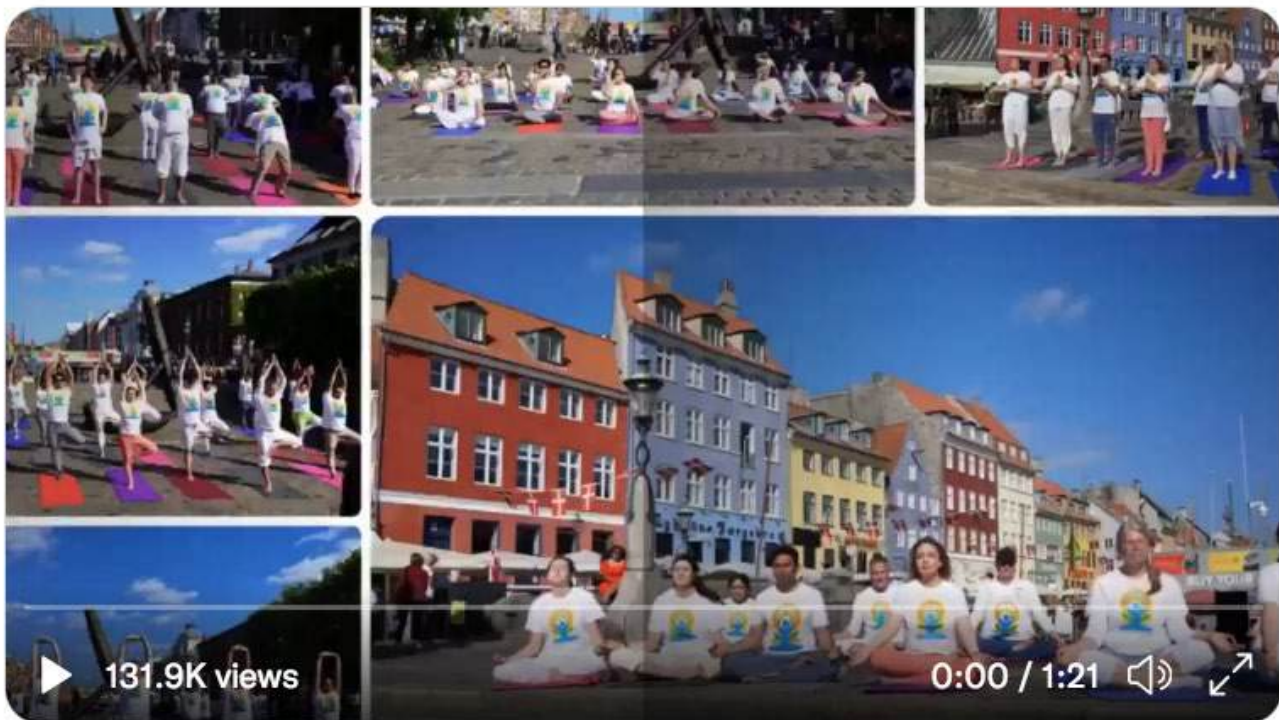
Dr. S. Jaishankar ✓

@DrSJaishankar



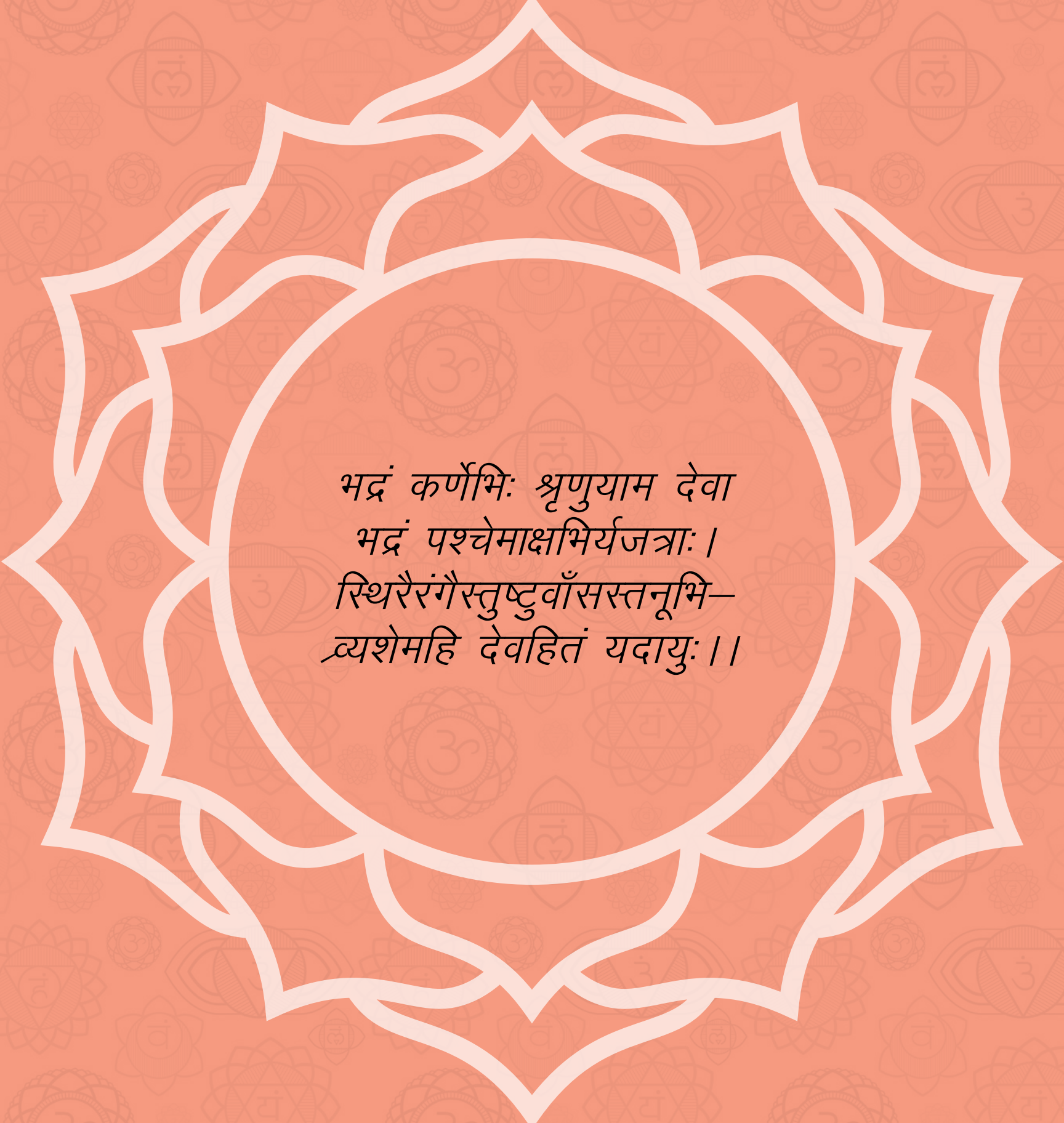
The 7th [#InternationalDayOfYoga](#) -
The world participates with ever-growing enthusiasm.

Feel the energy from its different corners:



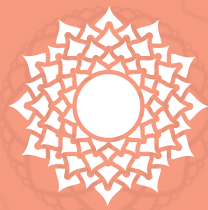
10:40 AM · Jun 21, 2021 · Twitter for iPhone

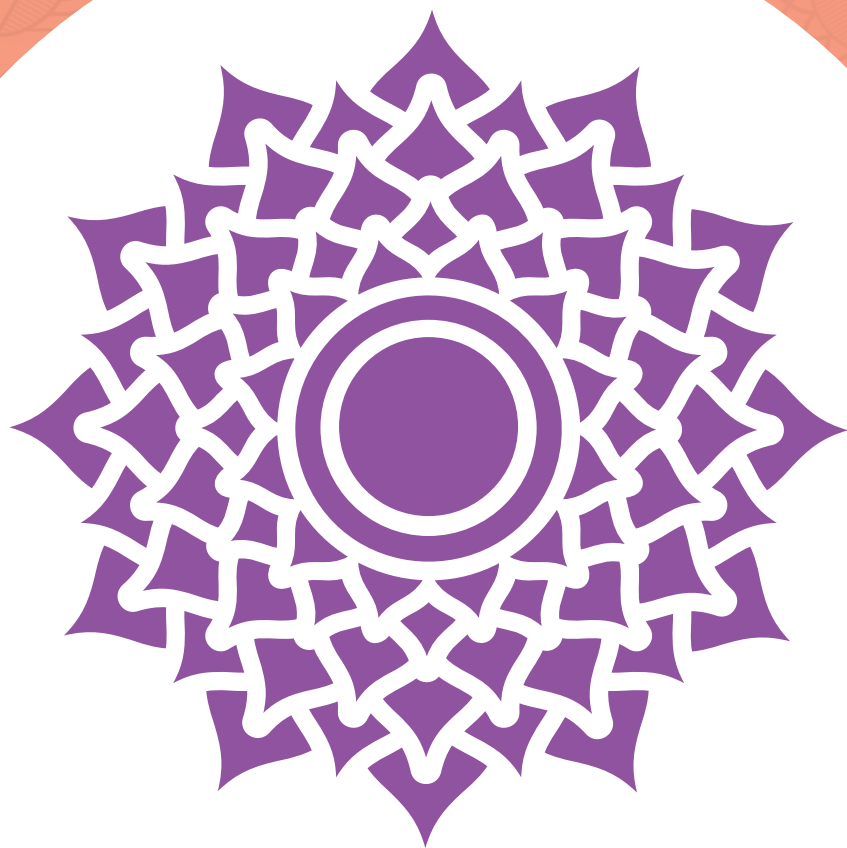
Dr. S. Jaishankar, Minister of External Affairs of India



भद्रं कर्णेभिः शृणुयाम देवा
भद्रं पश्चेमाक्षभिर्यजत्राः ।
स्थिरैरङ्गैस्तुष्टुवांसस्तनूभि-
र्व्यशेमहि देवहितं यदायुः ॥

*O Lord! May we listen to what is good.
May we behold what is good. May we—of
strong organs and bodies—praise You, and
attain longevity suitable for humans.*

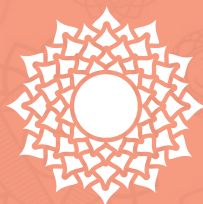




सहस्रार चक्र
Crown Chakra

INTERNATIONAL DAY OF YOGA WISHES BY PROMINENT PERSONALITIES

*Prominent personalities extended their greetings
on the occasion of IDY 2021. Many of them
also participated in the Yoga sessions organised by
the Indian Missions & Posts.*





India in Vancouver ✓

@cgivancouver

Thank you Prime Minister HE Mr Justin Trudeau
[@JustinTrudeau](#) for your thoughtful message on the
[#IDY2021](#) and benefits of India's ancient spiritual
discipline yoga. [#InternationalDayofYoga2021](#)
[@HCI_Ottawa](#) [@MEAIndia](#) [@Ajaybis](#) [@IndiainToronto](#)



PRIME MINISTER • PREMIER MINISTRE

June 21, 2021



Dear Friends:

I am pleased to extend my warmest greetings to everyone taking part in the Yoga for Unity and Wellbeing – 100 Days of Yoga event, hosted by the Heartfulness Institute in celebration of International Day of Yoga 2021.

The United Nations General Assembly's declaration of June 21 as the International Day of Yoga highlights the influence and benefits of India's ancient spiritual discipline. The practice of yoga encourages a holistic approach to health and wellness and brings much-needed balance to our lives and our world. When we unite mind, body and breath, we invite peace, serenity and harmony into our existence.

It continues to be a challenging time for planning and hosting events. That is why I would like to thank the dedicated organizers for ensuring this year's celebration could still take place. I am certain that participants will appreciate this opportunity to raise awareness of the many benefits of practicing yoga.

Please accept my best wishes for a memorable event.

Yours sincerely,

The Rt. Hon. Justin P. J. Trudeau, P.C., M.P.
Prime Minister of Canada

Justin Trudeau, Prime Minister of Canada



India in Sri Lanka ✓
@IndiainSL

...

Our sincere gratitude to [@PresRajapaksa](#), Hon'ble PM, and Madam Shiranthi Rajapaksa for this inspiring glimpse of one of your [#yoga](#) sessions. Millions of [#yoga](#) enthusiasts will continue to be enthused to see you make Yoga a part of your lives. Respect 🙏
[#IDY2021](#) [#YogaForWellness](#)



👤 ICCR in Sri Lanka and 7 others

Mahinda Rajapaksa, Prime Minister of Sri Lanka

Prominent Personalities



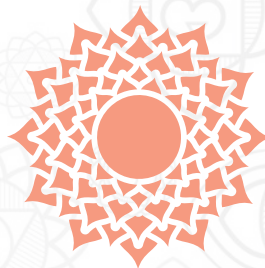
PM Bhutan 
@PMBhutan



Happy to be observing a day that reinforces importance of health and replenishes our spirit during such stressful times.

It reminds me of Shri [@narendramodi](#) whose passion pushed him to propose this ancient tradition on international calendar.

Dr. Lotay Tshering, Prime Minister of Bhutan on IDY 2021





Cyprus MFA
@CyprusMFA

Foreign Minister @Christodoulides and the High Commissioner of #India 🇮🇳 to #Cyprus, #MadhumitaHazarikaBhagat, address the special event organised by @HCI_Nicosia, celebrating the 7th #InternationalDayOfYoga. #IDY2021



NikosChristodoulides and 4 others

*Nikos Christodoulides (top left),
Minister of Foreign Affairs, Cyprus*



India in Guyana
@IndiainGuyana

7th #IDY2021 organized by @IndiainGuyana & HonConsul Vijay Tewani in Antigua attended by FM Chet Greene, Sports/Culture Min Darryl Matthew, Diplomatic Corps, #YogaForWellness @iccr_hq @PMOIndia @DrSJaisankar @moayush @PIB_India @MEAIndia @drkjsrini @AntiguaOpm @gastonbrowne



*Chet Greene (Below right),
Minister of Foreign Affairs,
Immigration and Trade of
Antigua and Barbuda*

Prominent Personalities



India in Mauritius
@HCI_PortLouis

“Yoga is of critical significance as the world grapples with the COVID-19 pandemic”: Hon. Alan Ganoo, Foreign Minister of Mauritius speaks about the importance of #Yoga on the occasion of #IDY2021

#YogaForWellness #BeWithYogaBeAtHome
@MEAIndia @IndianDiplomacy @PMOIndia @MFA_MU



Alan Ganoo, Minister of Foreign Affairs, Mauritius



India in Bhutan
@Indiainbhutan

Thank you @FMBhutan Dr. Tandi Dorji for your gracious message affirming the usefulness of #Yoga as an ideal antidote to modern stress anxiety.
#YogaForWellness #IDY2021 #BeWithYogaBeAtHome
@PMBhutan @PMOIndia @MEAIndia
@IndianDiplomacy @moayush @iccr_hq @PIB_India
@DDNewsIive



Dr. Tandi Dorji, Minister of Foreign Affairs, Bhutan

*Prof. Rakotovao Hanitrала
Jean Louis, Minister of Health,
Madagascar*



India in Madagascar & Comoros
@IndembTana

HE Prof. RAKOTOVAO Hanitrала Jean Louis, Hon'ble Health Minister of Madagascar on importance of Yoga in times of #COVID19. #IDY2021
#YogaForWellness #BeWithYogaBeAtHome
@MEAIndia @IndianDiplomacy @MoHFW_INDIA
@drharshvardhan @moayush @ICCR_Delhi @WHO
@diplomatieMg @AmbassadorAbhay



*Luca Beccari (top left), Minister
of Foreign Affairs, San Marino, and
Andrea Belluzzi (top left), Minister
of Culture & Education, San Marino,
join the 7th IDY celebrations in the
scenic San Marino*



India in Italy
@IndiainItaly

Hon'ble Luca Beccari, Minister of Foreign Affairs and Hon'ble Andrea Belluzzi, Minister of Culture & Education join for 7th IDY celebration in scenic San Marino.

@AffariEsteriSMR @SegrEsteriRsm @MEAIndia
@iccr_hq @moayush
#IDY2021 #YogaForWellness #YogaForAll



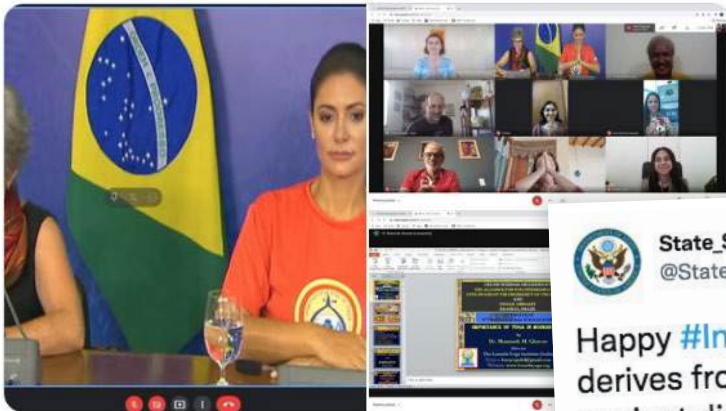
Prominent Personalities



India In Brazil
@indianbrazil

To celebrate [#InternationalDayOfYoga](#), Embassy, in collaboration with Aliança pelo Voluntariado, organised a webinar on Holistic Approach to Yoga in Modern Era. The event was graced by H.E. First Lady Mrs. Michelle Bolsonaro with her presence.

[#YogaForHealth](#) [#BeWithYogaBeAtHome](#)



Arindam Bagchi and 4 others

*Michelle Bolsonaro,
First Lady of Brazil*



State_SCA
@State_SCA

Happy [#InternationalDayOfYoga](#) ! The word 'yoga' derives from Sanskrit and means to join or unite. This ancient discipline from India connects people around the world, including over 37 million people in the United States who practice yoga.

[India in USA](#) [@IndianEmbassyUS](#) · Jun 21
[#Yoga](#) enthusiasts in [#US](#) at the Washington Monument marking [#InternationalDayOfYoga](#) [#YogaForWellness](#)



*US State Department
for Bureau of
South and Central
Asian Affairs*



Hon. Kamina J Smith
@kaminajsmith

1/2 **#India** 🇮🇳 has given the world an invaluable gift in the ancient practice of **#yoga**. Since 2014, global celebration of **#InternationalDayOfYoga** takes place on 21st June further to **#UN** resolution 69/131
@hcikingston @IndianDiplomacy #YogaForWellness



0:16 11.5K views

*Kamina J. Smith, Minister
of Foreign Affairs and
Foreign Trade, Jamaica*

*Jamal Bhuyan, National Football
Team Captain of Bangladesh*



India in Bangladesh
@ihcdhaka

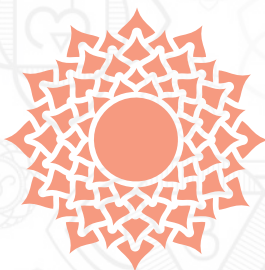
Youth icon, 🇬🇧 National Football Team Captain & another symbol of a rising **#Bangladesh** 🇬🇧, the energetic **@Jamal_Bhuyan** urges you to be fit and active this **#InternationalDayofYoga**

Stay safe, stay healthy!

#BeWithYogaBeAtHome
#YogaforWellness
@IndianDiplomacy
@iccr_hq



0:43 117 views



Prominent Personalities



India in Jamaica
@hcikington

Sprinter Usain Bolt wishes healthy and peaceful living for all on International Day of Yoga 2021.



0:07 22.9K views

Usain Bolt, sprinter, Jamaica



India in the UK
@HCI_London

Sania Mirza in the UK

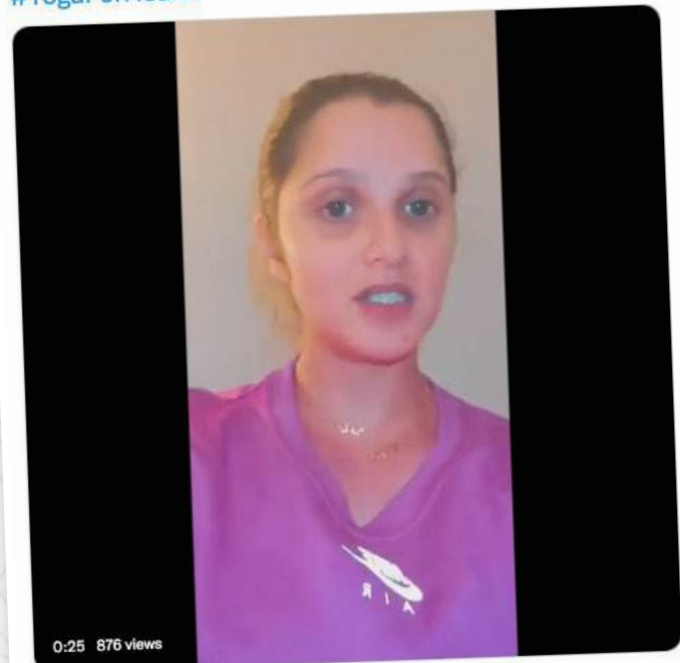
7th International Day of Yoga

Watch the event at 1000 hrs BST

YouTube: youtube.com/watch?v=WfalYz...

Facebook: facebook.com/13645133647087...

#BeWithYogaBeAtHome
#IDY2021
#YogaForAll
#YogaForHealth



0:25 876 views

Sania Mirza, tennis player, India

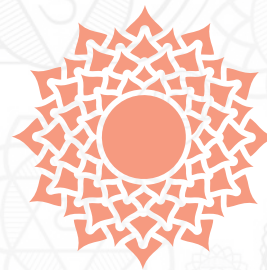


India in Guyana
@IndiainGuyana

Fmr West Indies cricketing great&captain Sir Vivian Richards promotes 7th #IDY2021 organized by @IndiainGuyana #BeWithYogaBeAtHome #YogaForWellness @ICCR_Delhi @narendramodi @PMOIndia @DrSJaisankar @moayush @DDNational @PIB_India @ANI @PTI_News @MEAIndia @ICC @BCCI @drkjsrini



*Sir Vivian Richards, former
West Indies cricketer*



India in Jamaica
@hcikingston

UNIVERSE BOSS Chris @henrygayle invites you to celebrate #IDY2021 #Kingston #Jamaica

#YogaForAll #YogaDay
#BeWithYogaBeAtHome

@IndianDiplomacy @mfaftja @indiandiplomats
@ANI @sidhant



*Christopher Henry Gayle,
cricketer, Jamaica*

Prominent Personalities



India in Kenya
@IndiainKenya

Reigning Olympic champion and the world marathon record holder Eliud Kipchoge, EGH @EliudKipchoge (Kenya 🇰🇪) wishes us all happy #InternationalDayOfYoga



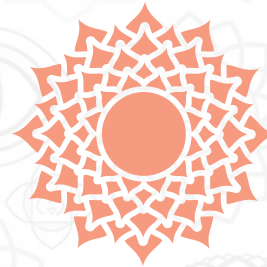
@IndianDiplomacy @iccr_hq @moayush
@AbabuNamwamba @HonWillyBett @DDNewsLive
@MEAIndia



0:14 842 views

Eliud Kipchoge, EGH

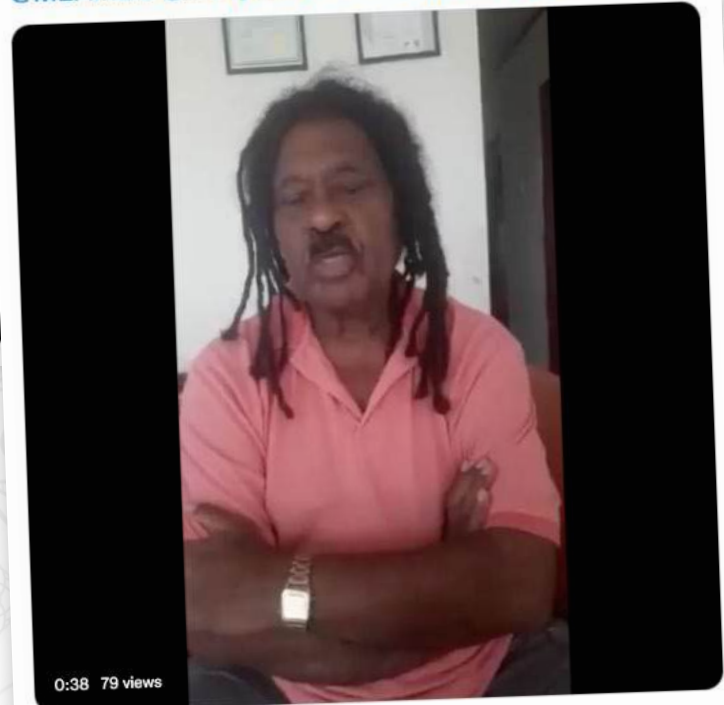
Eliud Kipchoge of Kenya, reigning Olympic marathon champion and world marathon record holder



India in Fiji
@HCL_Suva

Covid-19 plight was not just a physical crisis, it also left lasting impact on mental health. Yoga can help with such crisis – encouraging words from Seru Serevi, Famous Fijian musician.

#IDY2021 #YogaForWellness #YogaForHealth
@MEAIndia @moayush @indiandiplomacy @iccr_hq



0:38 79 views

Seru Serevi, Musician, Fiji



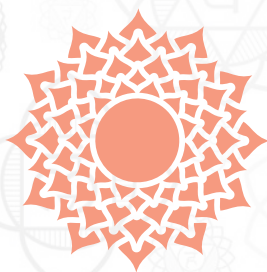
India in Argentina ✓
@Indembarg

Thanks to the celebrities supporting us in the Celebrations of [#InternationalDayOfYoga2021](#)
Tomorrow June 20 9hs don't miss the Main Celebration at diadelyoga.com.ar

[#Indiaat75](#) [#AzadiKaAmritMahotsav](#)
[#YogaForWellness](#)
[@PMOIndia](#) [@IndianDiplomacy](#) [@moayush](#) [@iccr_hq](#)
[@dineshbhatia](#)



IDY 2021 in Argentina



*Nusraat Faria, Fitness icon,
Bangladesh*



India in Bangladesh ✓
@ihcdhaka

For an active & [#YogaFitBD](#) [#BeWithYogaBeAtHome!](#)

Famous  fitness icons [@NusraatFaria](#)
[@JahanaraAlam1](#) join HC [@VDoraiswami](#) for a holistic
[#YogaForWellness](#) session

Just 1 day to [#InternationalDayOfYoga](#)

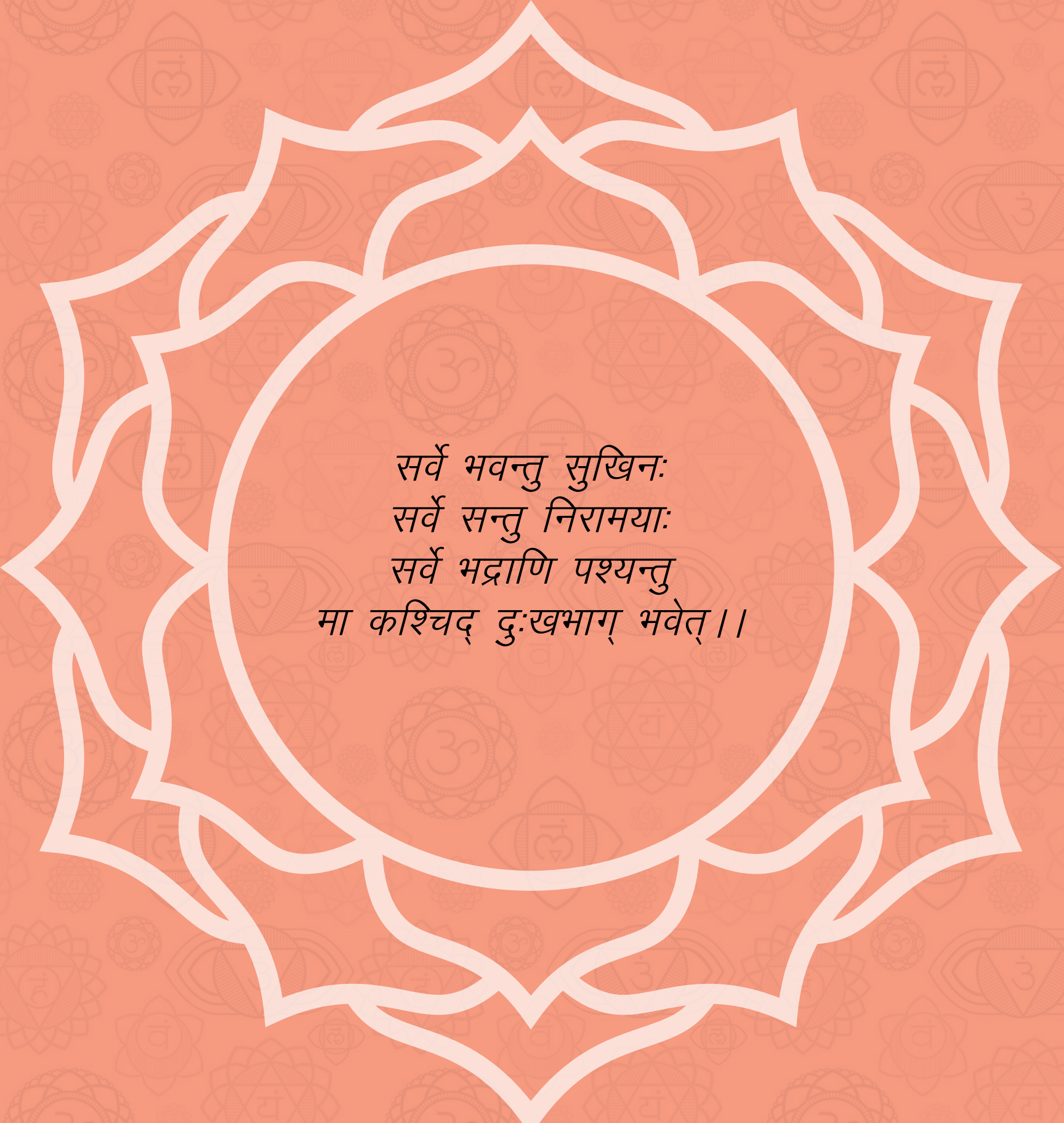
Link 📌

youtu.be/4315VmOU29E

[@IndianDiplomacy](#)
[@ICCR_HQ](#)
[@ProthomAlo](#)

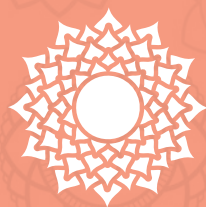


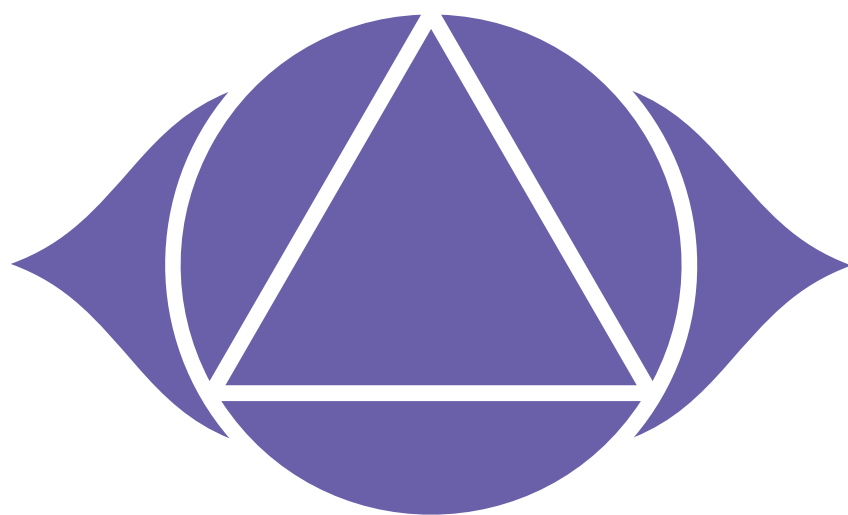
Harsh V Shringla and 5 others



सर्वे भवन्तु सुखिनः
सर्वे सन्तु निरामयाः
सर्वे भद्राणि पश्यन्तु
मा कश्चिद् दुःखभाग् भवेत् ।।

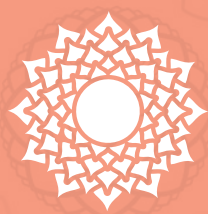
*May all be happy.
May all be healthy.
May all see good.
May no one be unhappy.*





अजना चक्र
Ajna Chakra

ICONIC LOCATIONS





International Day of Yoga 2021 at the picturesque Fisherman's Bastion in Budapest, Hungary, with opening addresses by Mayor Marta Naszályi Varadi and Ambassador of India to Hungary, Kumar Tuhin, celebrating 'Yoga for Wellness'



*IDY 2021 at the Danjo Garan,
Kongobu Temple, part of the
UNESCO World Heritage
Kii mountain region in Kōya,
Wakayama, Japan*





Attendees perform the Parsva Urdhva Hastasana, the half moon pose at the Heydar Aliyev Center in Baku, Azerbaijan

*7th IDY celebrations at
the Piazza Santa Croce
in Florence, Italy*



Iconic Locations



7th International Day of Yoga being celebrated at the Liberty State Park on Upper New York Bay in Jersey City, New Jersey, USA



36



Yoga enthusiasts perform the tree pose at the Washington Monument, an obelisk in Washington, D.C., USA



Participants perform the Vrikshasana at Castel Sant'Angelo, Rome, Italy. The participants enjoyed a joint yoga session even as the event saw enthusiastic participation.

Iconic Locations

Participants perform the tree pose with a hot air balloon in the background at Andrew Scenic Acres in Toronto, Canada



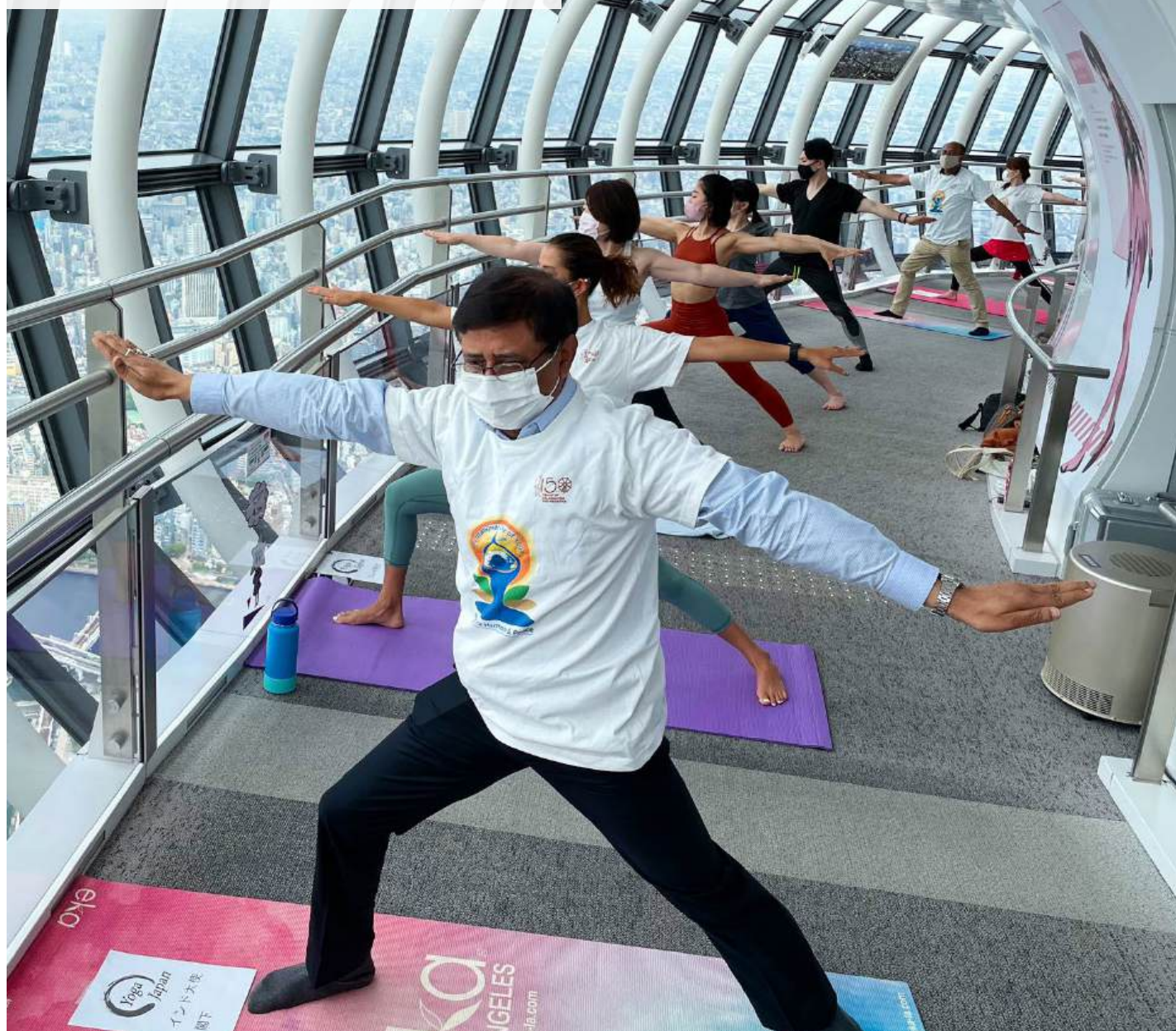
Students perform the Vrikshasana at the Uppsala University, the oldest university in Uppsala, Sweden, founded in 1477





Participants perform the Vasisthasana at the Alberto J. Armando Stadium, a football stadium in La Boca, Buenos Aires, Argentina, famously known as La Bombonera

IDY 2021 celebrations at the world's tallest tower, the iconic Tokyo Skytree, Japan, held in association with the Indian Embassy of Tokyo. The event was attended by dignitaries including Member of Parliament, Mr Hakubun Shiromura, and other members of the Parliamentary League. The participants stretch into the Virabhadrasana II, the warrior II pose



Iconic Locations



Yoga instructor Chainga Dorji and his students at the Paro Clock Tower, Bhutan



In the scenic Turks and Caicos Islands in the Caribbean Sea, near the Bahamas



At the San Antonio River Walk in San Antonio, Texas, USA. Participants perform the Parsva Urdhva Hastasana, the half moon pose

Iconic Locations

Embassy of India, Vienna and people from the capital gathered at the iconic Stadtpark, Austria to celebrate IDY 2021. Enthusiasts perform the Kati Chakrasana, the standing spinal twist pose





IDY 2021 celebrations in Ocho Rios in Jamaica

Iconic Locations

Sydney celebrates International Day of Yoga 2021. SRMD Australia, in association with CGI Sydney, celebrated IDY 2021 at Bradfield Park with the backdrop of the stunning Sydney Opera House and Harbour Bridge, Sydney, Australia





Iconic Locations



*At the iconic Nyhavn Venue
in Copenhagen, Denmark*



At Fanø in Denmark, participants exhibit the Adho Mukha Swanasana



Celebration of IDY 2021 flanked by the Victor Statue at the Belgrade Fortress overlooking the confluence of the rivers Danube and Sava, in Belgrade, Serbia

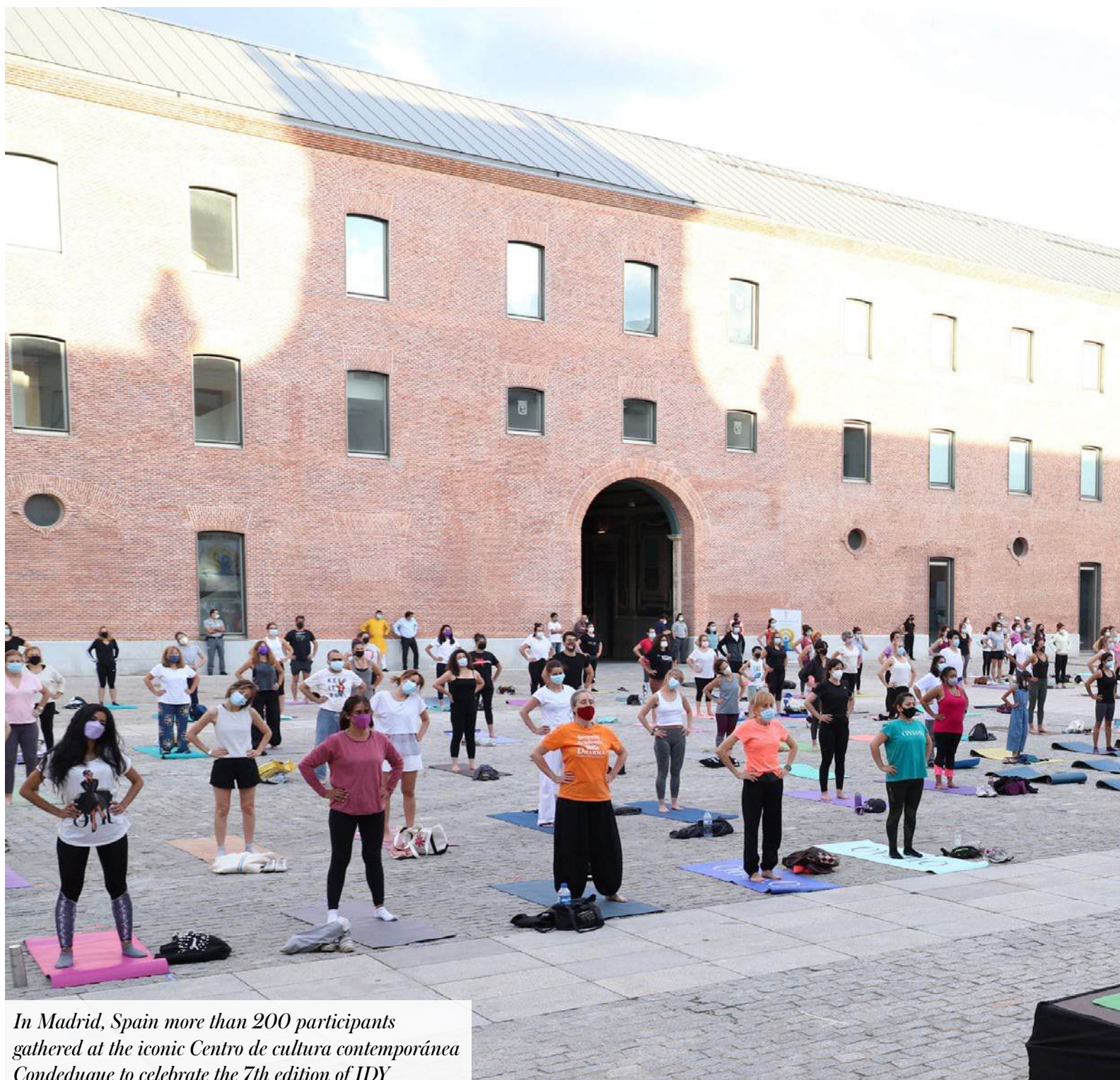
Iconic Locations



Yoga enthusiasts celebrate IDY 2021 at the stunning Zappeion Megaron in Athens, Greece

The Sheikh Zayed Grand Mosque forms the backdrop for IDY 2021 celebrations in Abu Dhabi, United Arab Emirates





In Madrid, Spain more than 200 participants gathered at the iconic Centro de cultura contemporánea Condeduque to celebrate the 7th edition of IDY



Yoga with the backdrop of the world's tallest fountain located in Jeddah, Saudi Arabia



[WATCH NOW](#)

On the iconic Jabal Sawda, the highest mountain of Saudi Arabia, yoga enthusiasts attempt the Ardha Chakrasana, the half wheel pose



[WATCH NOW](#)



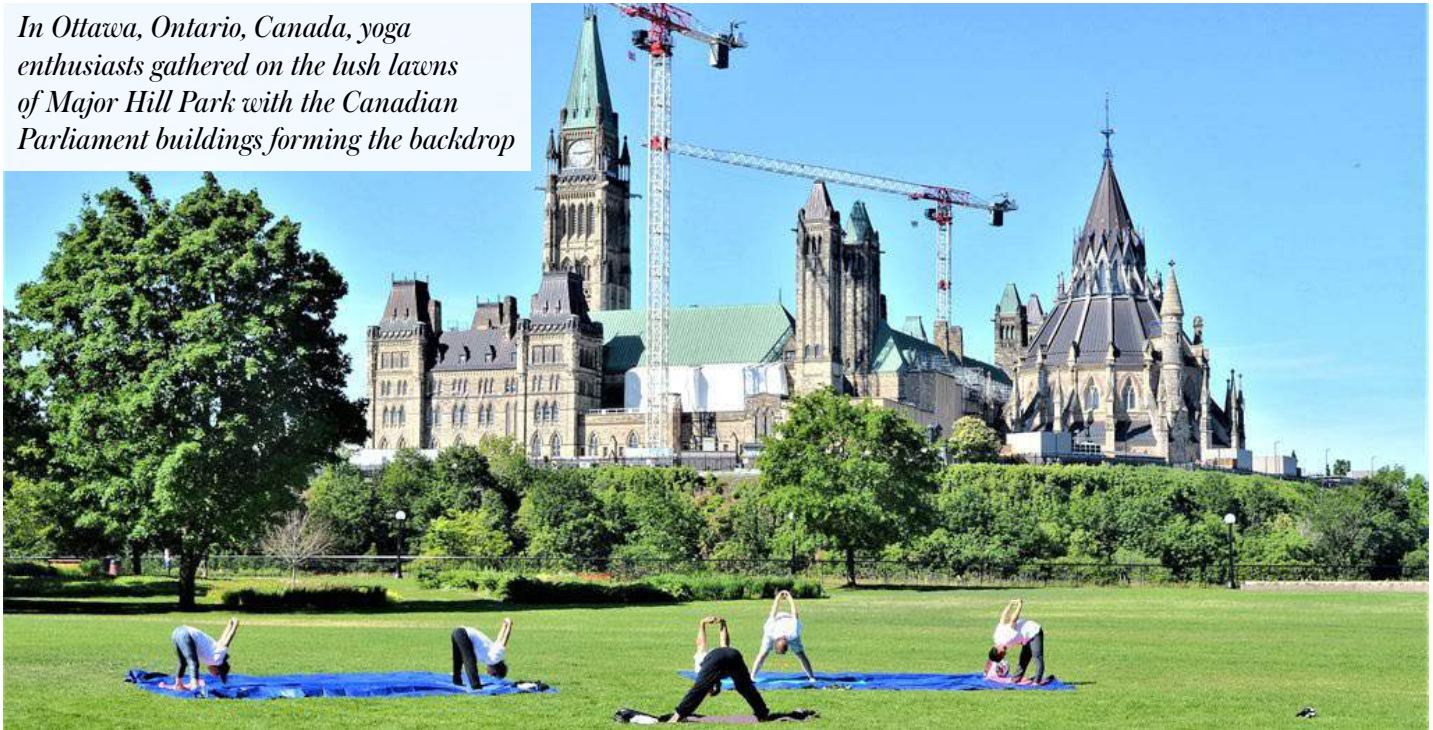
At the Cliffs of Étretat, Normandy, France, a yoga enthusiast performs the Sirsasana, the headstand pose

The Lowveld National Botanical Garden, Nelspruit, Mpumalanga province in South Africa saw around 90 people from diverse communities attend the IDY 2021 celebrations



Iconic Locations

In Ottawa, Ontario, Canada, yoga enthusiasts gathered on the lush lawns of Major Hill Park with the Canadian Parliament buildings forming the backdrop



56

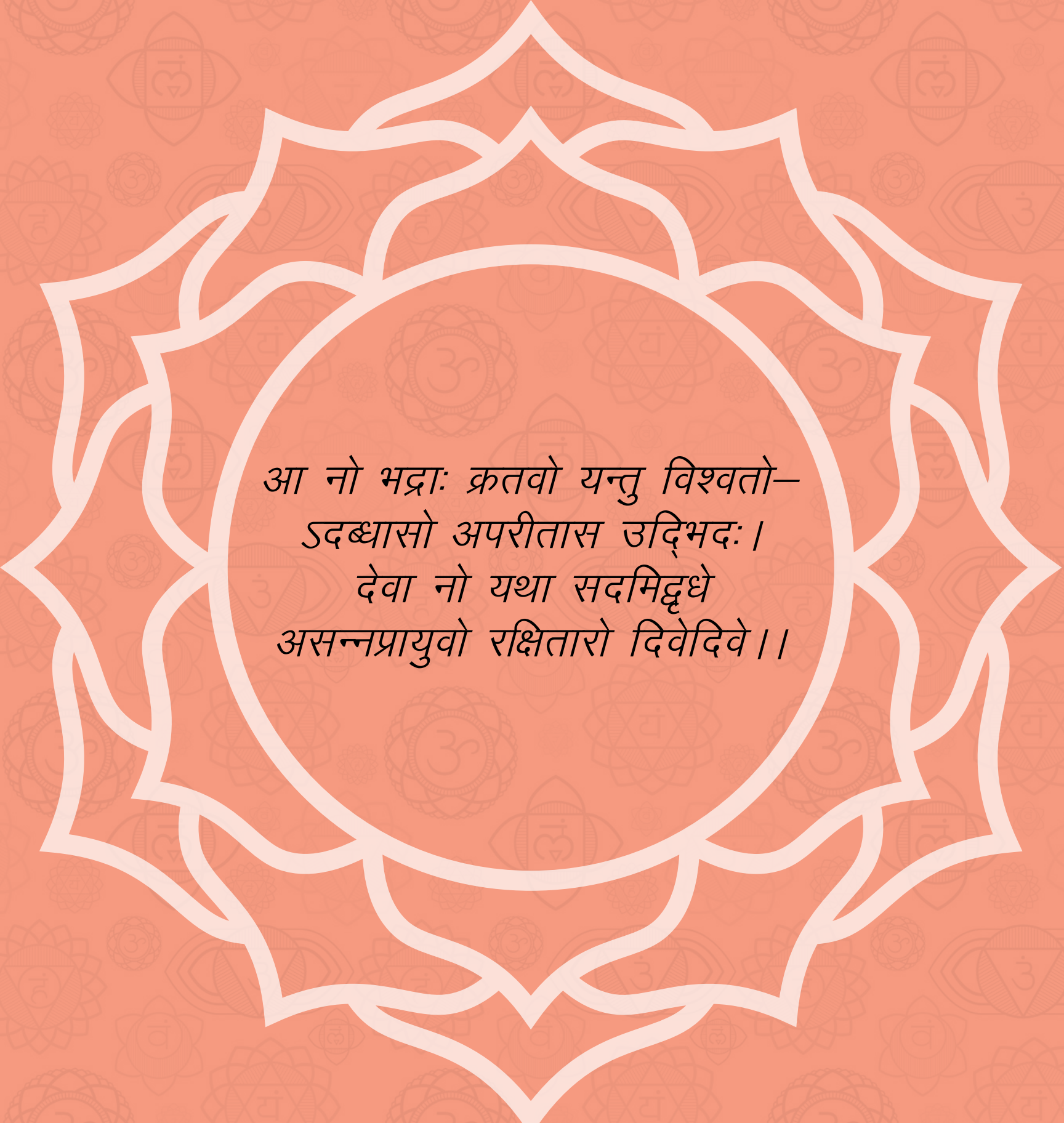
Held on the shores of Lake Victoria, Kenya, hosts of IDY 2021 include Ababu Namwamba, Chief Administrative Secretary, Ministry of Foreign Affairs, Republic of Kenya; Sospeter Ojaamong, Governor, Busia County; and Dr. Virander Kumar Paul, High Commissioner of India to Kenya





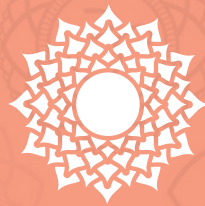
The gardens of Les Invalides provide a luscious location for the IDY 2021 celebrations in Paris, France





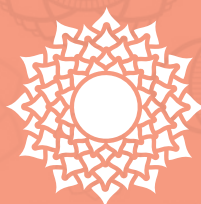
आ नो भद्राः क्रतवो यन्तु विश्वतो—
ऽदब्धासो अपरीतास उद्भिदः ।
देवा नो यथा सदमिद्वधे
असन्नप्रायुवो रक्षितारो दिवेदिवे ॥

*May noble and healthy thoughts
that dispel evil, come to us from all
directions such that the infallible divine
beings, who always protect us,
promote our prosperity.*





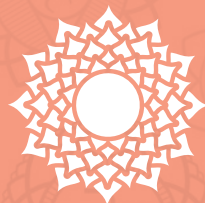
INTERNATIONAL DAY OF YOGA CELEBRATIONS ACROSS CONTINENTS





अनाहत चक्र
Anahat Chakra

AFRICA



Algeria



*Enthusiasts perform
the Adho Mukha
Svanasana in
Algiers, Algeria*



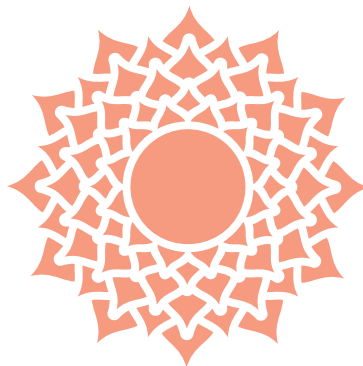
Luanda, Angola



In Francistown, Botswana, participants perform the Ardha Parshvottasana



Attendees perform the Bharmanasana, the table top pose in Yaoundé, Cameroon





In N'Djamena, Chad



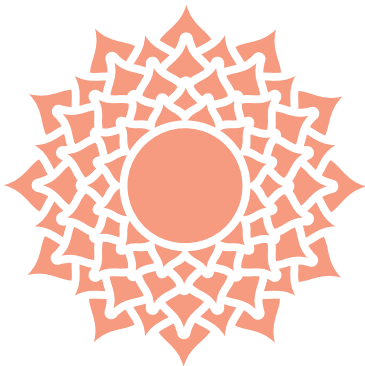
Seventh IDY celebrations in Abidjan, Côte D'Ivoire



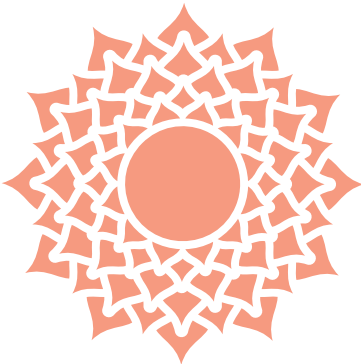
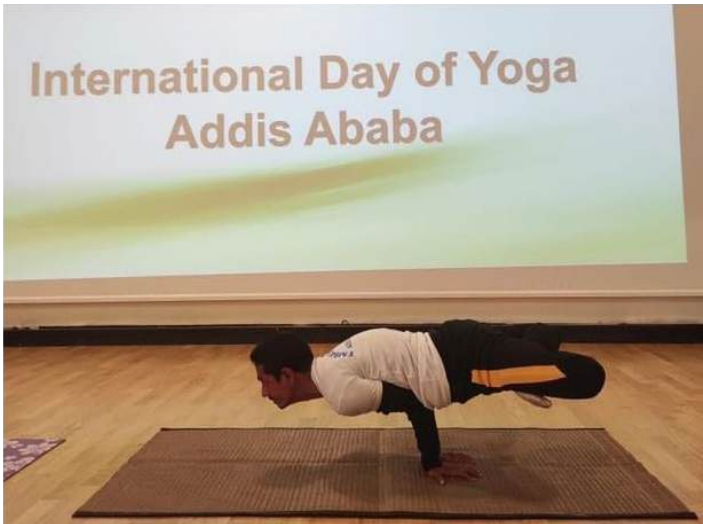
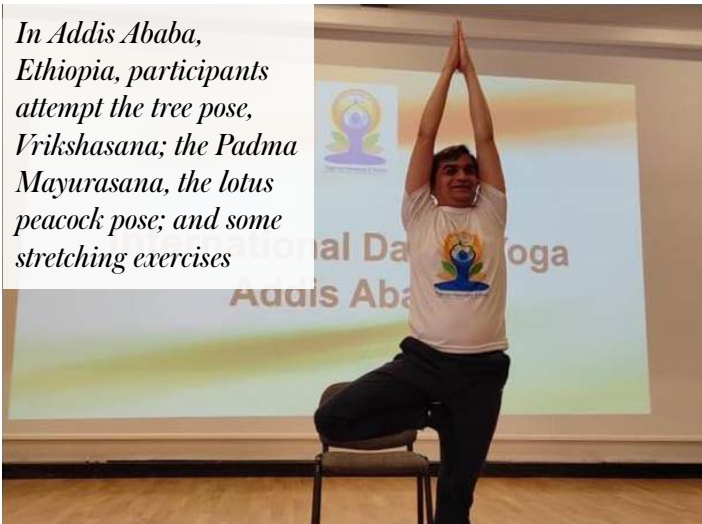
Participants showcase an array of asanas in Kinshasa, Democratic Republic of Congo



In Djibouti City, Djibouti



In Addis Ababa, Ethiopia, participants attempt the tree pose, Vrikshasana; the Padma Mayurasana, the lotus peacock pose; and some stretching exercises





Participants perform the Urdhva Hastasana, the raised hands pose, in Cairo, Egypt



Participants perform the Katichakrasana, the standing spinal twist pose; and the kneeling backbend pose in Malabo, Equatorial Guinea



Enthusiasts perform the Tadasana regarded as the 'mother of asanas', in Mbabane, Eswatini



In Accra, Ghana, enthusiasts perform the Trikonasana, the triangle pose; and the Sukhasana, the easy pose





In Bissau, Guinea-Bissau, attendees execute the Marjariasana, the cat pose; and the Tadasana, the mountain pose



In Conakry, Guinea, practitioners perform the Dhanurasana, the Trikonasana and the kneeling pose



Participants perform an array of asanas in Nairobi, Kenya





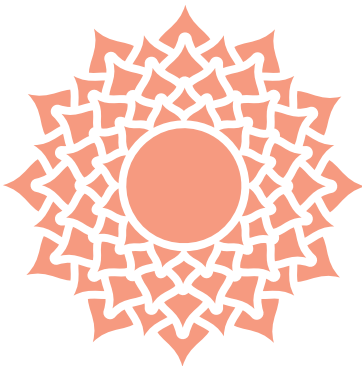
Attendees perform the upward salute pose, the Urdhva Hastasana in Antananarivo, Madagascar





Practitioners perform the tree pose in Lilongwe, Malawi

 WATCH NOW





In Bamako, Mali, attendees perform the Paschimottanasana, the seated forward bend yoga pose; and the Vajrasana or the twisted pose



*Enthusiasts perform the the Urdhva
Hastasana in Port Louis, Mauritius*



Practitioners perform the Padmasana or lotus pose at Casablanca, Morocco



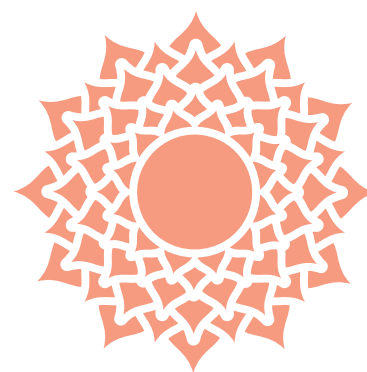
A yoga expert demonstrates an asana in Rabat, Morocco



Attendees perform the Trikonasana, the triangle pose in Rabat, Morocco



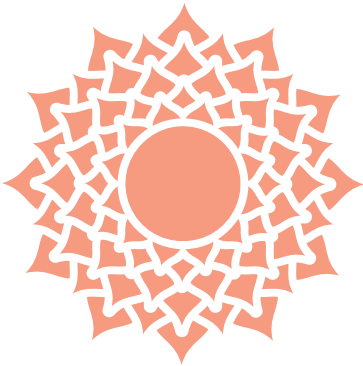
Participants perform the Skandha Chakra asana and the Urdhva Hastasana in Maputo, Mozambique



A young girl performs the Vakrasana, the half spinal twist pose; and a group of people perform the Tadasana or mountain pose in Windhoek, Namibia



Practitioners attempt the Tadasana in Abuja, Nigeria





Attendees perform the Hasta Uttanasana, the raised arms pose in Niamey, Niger



IDY 2021 celebrations at Saint Denis, Reunion Island

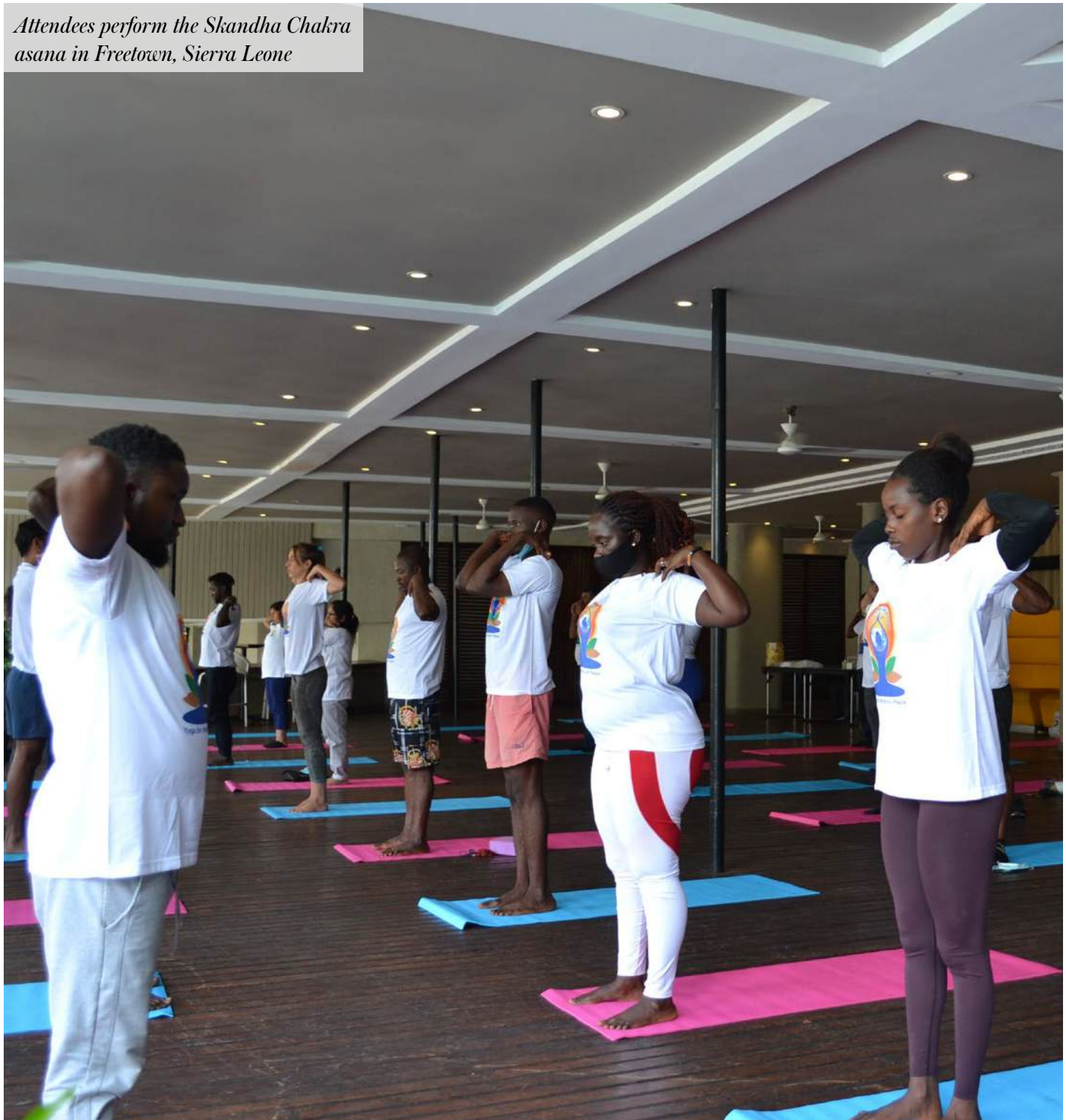


In Dakar, Senegal, enthusiasts practise the tree pose



In Victoria, Seychelles, attendees perform the prayer pose; and the Ustrasana, the camel pose

Attendees perform the Skandha Chakra asana in Freetown, Sierra Leone



South Africa

In Johannesburg, South Africa, attendees practise the Anuvittasana, the standing backbend pose



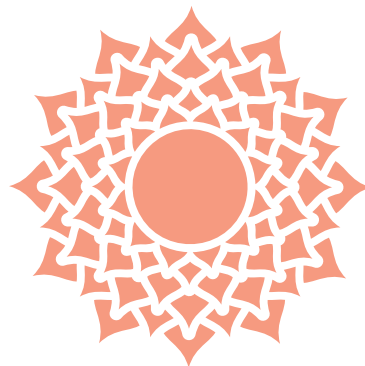
In Cape Town, South Africa, a participant performs the Vrikshasana



In Cape Town, South Africa, participants perform the Urdhva Hastasana, the upward salute pose



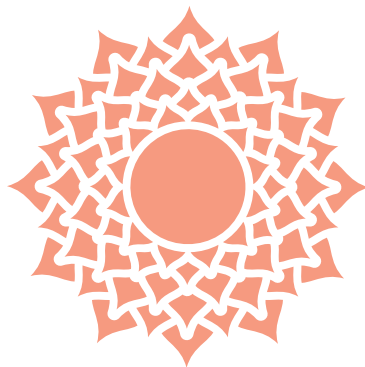
In Juba, South Sudan, participants practise the backward bending pose





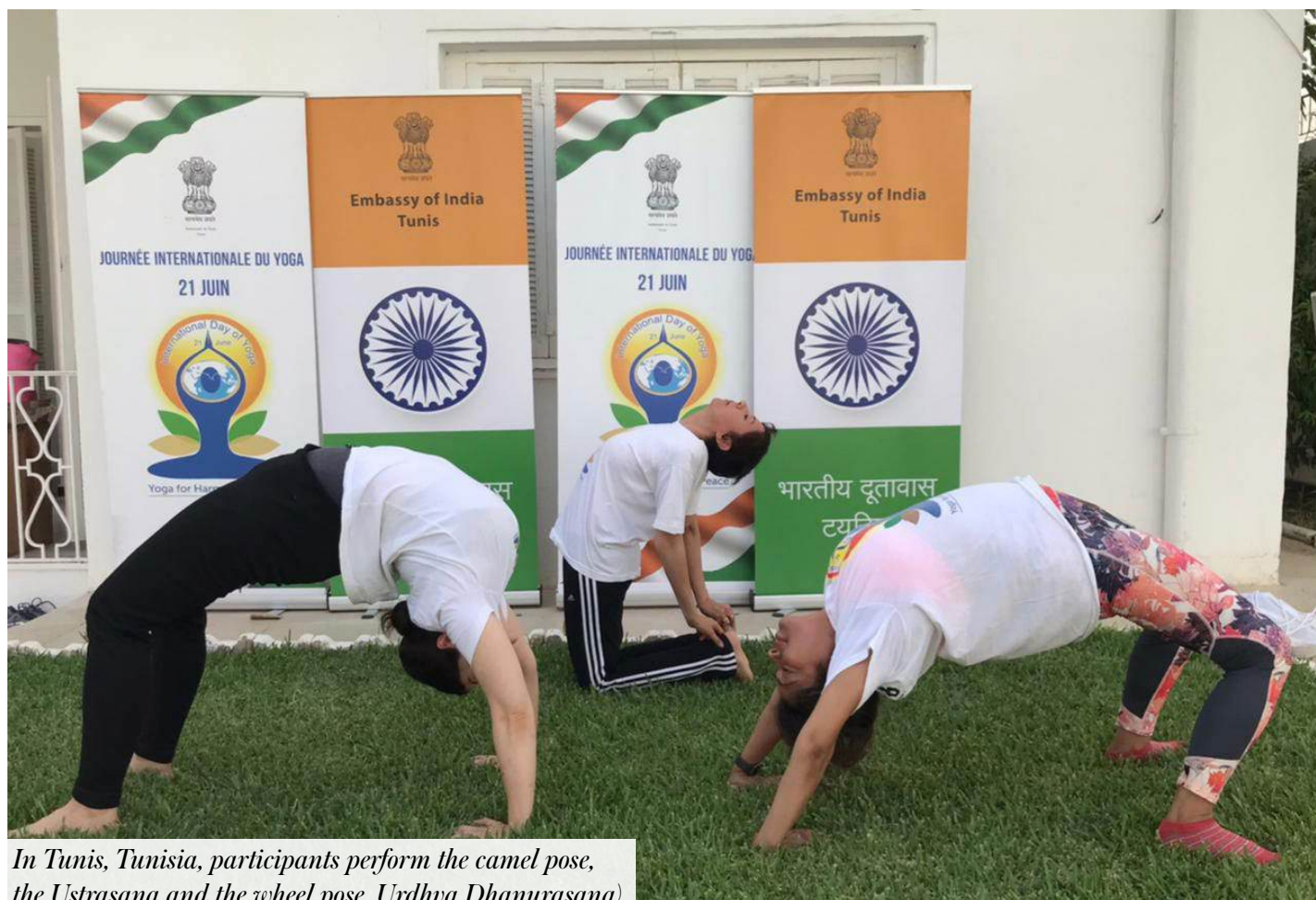


Participants practise the Trikonasana, the triangle pose, in Dar es Salaam, Tanzania

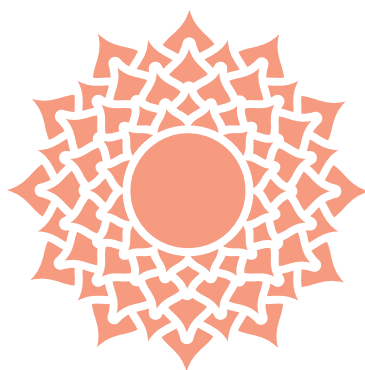




In Lomé, Togo, enthusiasts perform the Bhujangasana and the Urdhva Hastasana, the raised hands pose

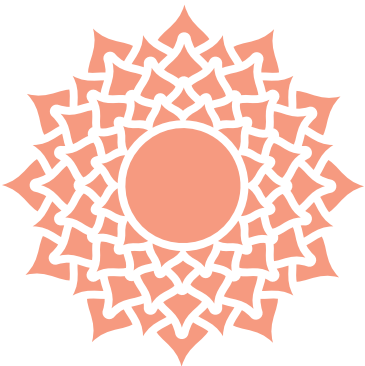


In Tunis, Tunisia, participants perform the camel pose, the Ustrasana and the wheel pose, Urdhva Dhanurasana)





Attendees perform the Katichakrasana, the standing spinal twist pose; and the Sukhasana, the easy pose in Kampala, Uganda

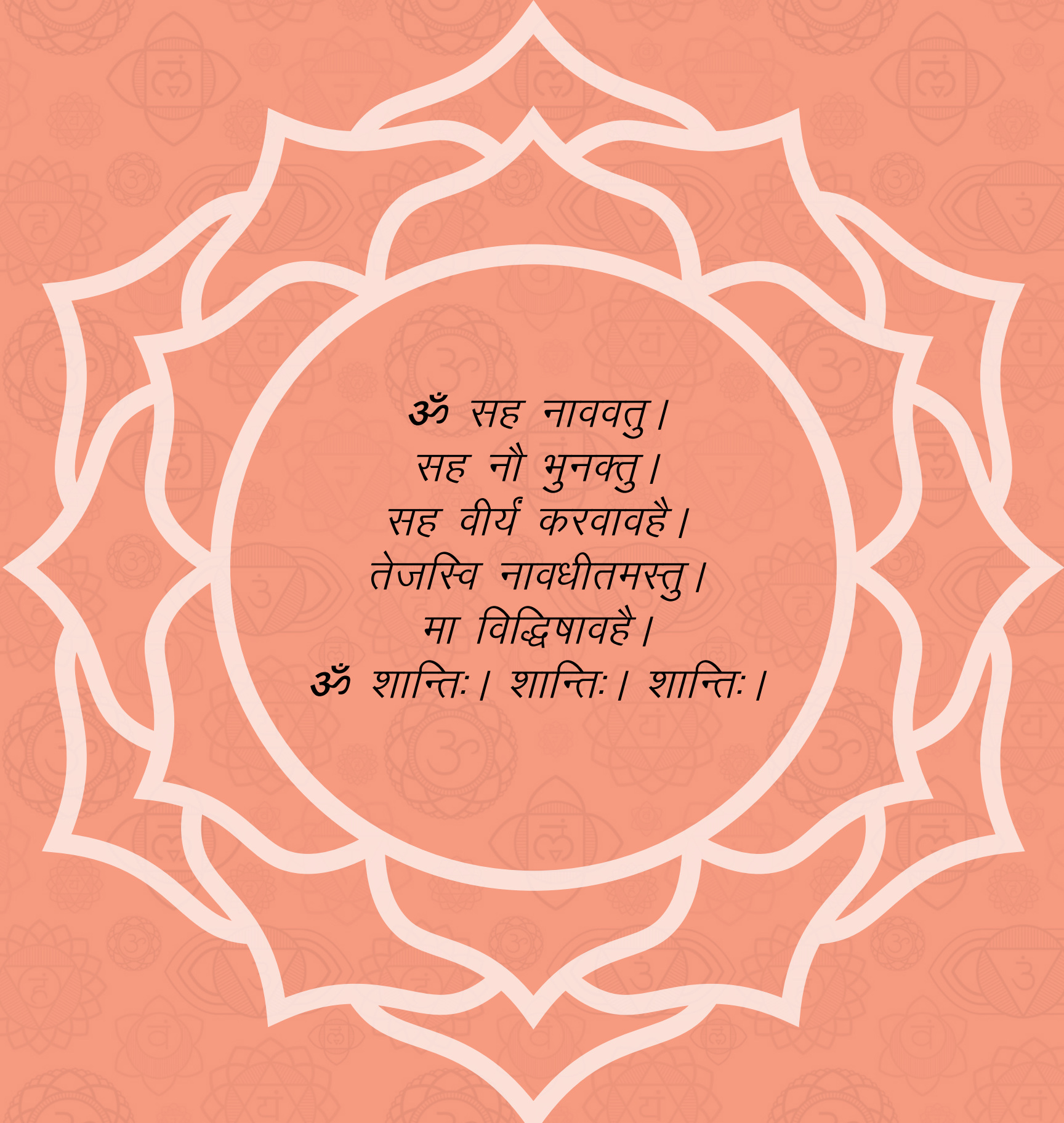


Sukhasana underway in Lusaka, Zambia



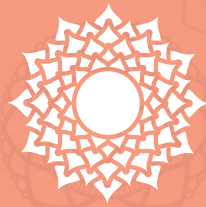
Participants perform the Pranamasana, the prayer pose in Harare, Zimbabwe





ॐ सह नाववतु ।
सह नौ भुनक्तु ।
सह वीर्यं करवावहै ।
तेजस्वि नावधीतमस्तु ।
मा विद्विषावहै ।
ॐ शान्तिः । शान्तिः । शान्तिः ।

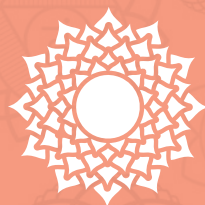
*O Lord! Protect us together, nurture us
together. May we work together. May our
studies be illuminated. May we not have
discord. May there be peace, peace and peace.*





विशुद्धि चक्र
Throat Chakra

ASIA





Participants perform a variation of the Pashchimottanasana, a seated forward-bending asana, in Kabul, Afghanistan



Participants perform the Uttana Mandukasana, the extended frog pose, in Kandahar, Afghanistan



Attendees perform the Vriskhasana, the tree pose, in Mazar-e-Sharif, Afghanistan

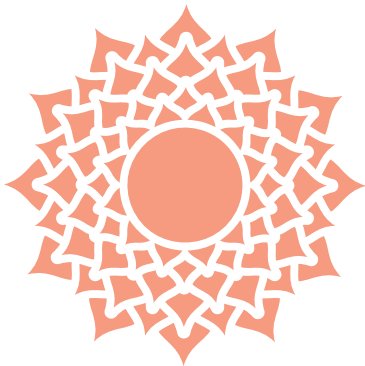


Seventh International Day of Yoga in Yerevan, Armenia





A montage of celebrations in Baku, Azerbaijan





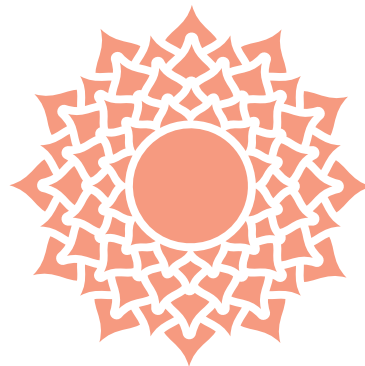
Practitioners exhibit the Ardha Shalabhasana, the half-locust pose, in Manama, Bahrain



Attendees perform the Uttana Mandukasana or upright frog pose, in Manama, Bahrain



Experts demonstrate a stunning array of asanas in Rajshahi, Bangladesh





Yoga enthusiasts perform the Sukhasana, the easy sitting pose, in Chittagong, Bangladesh



Enthusiasts present a variation of the Hasta Uttanasana, the raised arms pose, in Dhaka, Bangladesh



Participants demonstrate the Trikonasana, the triangle pose in Khulna, Bangladesh



IDY 2021 celebrations in Sylhet, Bangladesh

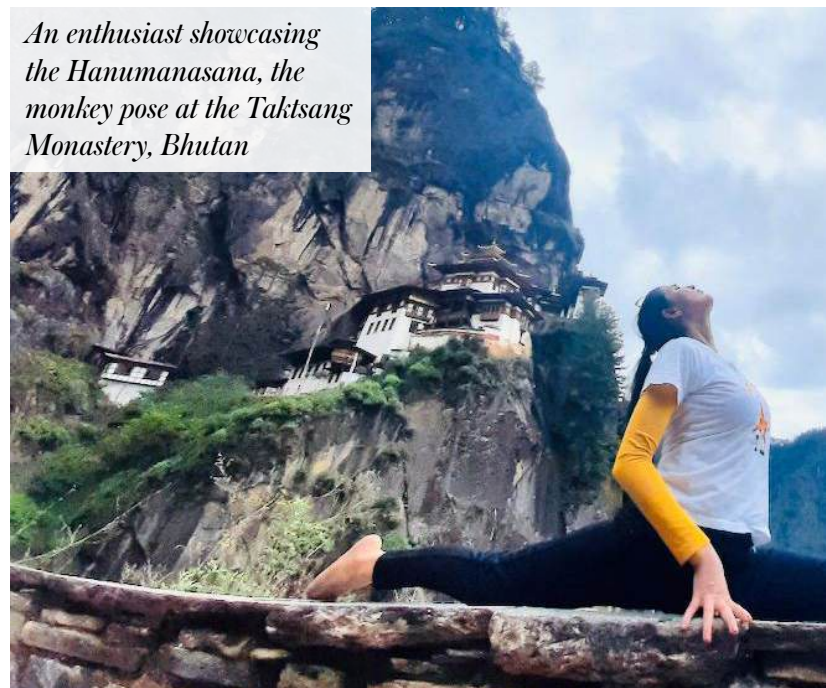
*IDY 2021 celebrations
on Chele La Pass, the
highest motorable point
in Bhutan at 3,988
metres above sea level,
ensconced between the
valleys of Haa and Paro*



*An expert demonstrates
the Nataradzhasana on
the Punakha Bridge, Bhutan*



*An enthusiast showcasing
the Hanumanasana, the
monkey pose at the Taktsang
Monastery, Bhutan*



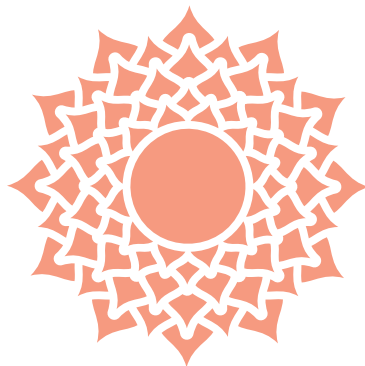
A yoga enthusiast in front of the beautiful Punakha Dzong, Bhutan



Punakha Chorten, Bhutan, forms the backdrop for the 7th Yoga Day celebrations



A delighted crowd gathers to celebrate IDY 2021 in Bandar Seri Begawan, Brunei Darussalam





Attendees perform asanas in pairs in Phnom Penh, Cambodia



In Phnom Penh, Cambodia, participants demonstrate the Adho Mukha Swanasana, the downward dog pose



In Shanghai, China, participants strike the balancing table pose, the Dandayamana Bharmanasana



In Guangzhou, China, experts exhibit the handstand pose, the Adho Mukha Vrksasana



In Beijing, China



IDY 2021 celebrations in Beijing, China



Attendees perform the Garudasana, the eagle pose, in Hong Kong



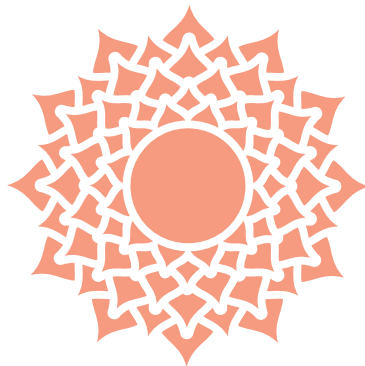
In Nicosia, Cyprus attendees stretching into the Bhujangasana



Participants perform the Tikonasana in Nicosia, Cyprus



A peaceful meditation session in Bali, Indonesia



Iraq



People perform the Tadasana, the mountain pose in Baghdad, Iraq



Participants try a variation of the Adho Mukha Swanasana, the downward dog pose in Tel Aviv, Israel

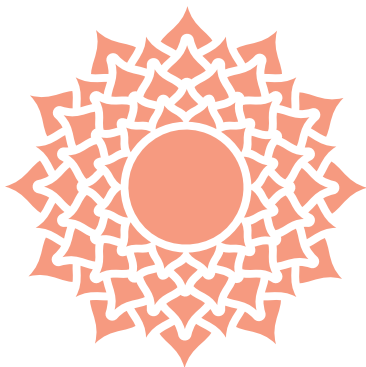
Japan



*IDY 2021 celebrations
in Tokyo, Japan*



Amman, Jordan





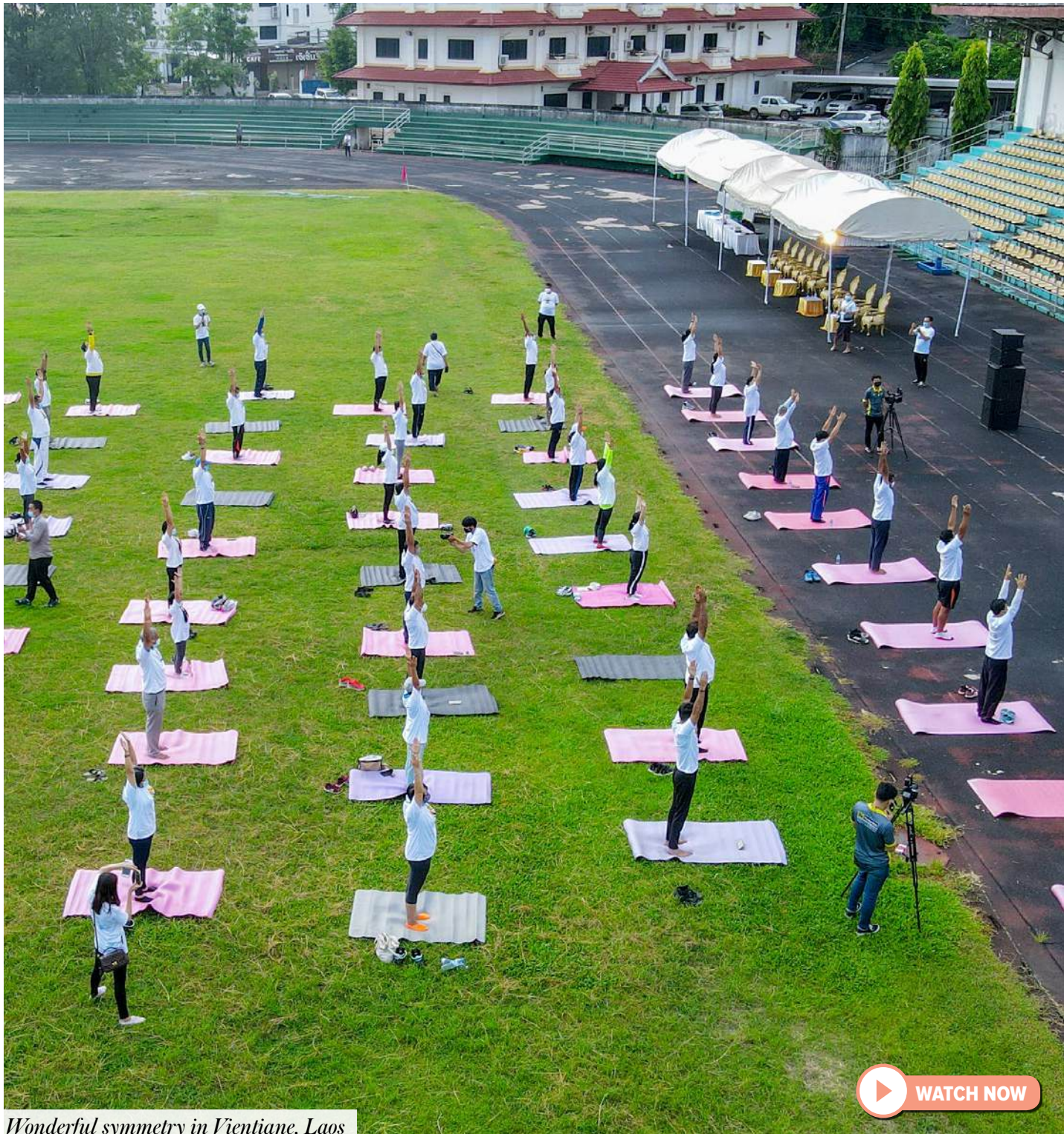
Nur-Sultan, Kazakhstan



Presenting an array of asanas in Kuwait City, Kuwait



Participants perform the warrior pose in Bishkek, Kyrgyzstan



Wonderful symmetry in Vientiane, Laos

[WATCH NOW](#)





*IDY 2021 celebrations
in Beirut, Lebanon*



Participants perform the Dhanurasana, the bow pose in Kuala Lumpur, Malaysia



Kuala Lumpur, Malaysia



Attendees demonstrate the Padmasana, the lotus pose, in Ulaanbaatar, Mongolia



Participants perform the warrior pose in Ulaanbaatar, Mongolia



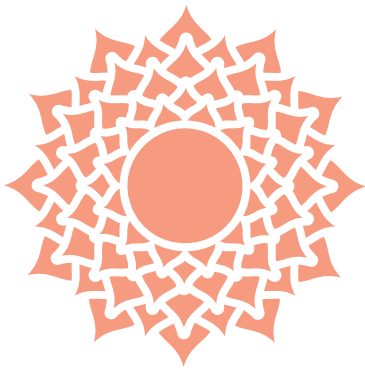
At Yangon, Myanmar, guests relax in the Padmasana, the lotus pose



Sittwe, Myanmar



Attendees in Kathmandu, Nepal, perform the Tadasana

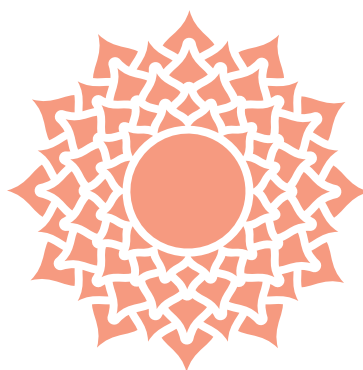




Seventh Yoga Day celebrations in Muscat, Oman



Participants perform the Virbhadrasana in Islamabad, Pakistan



Palestine





Enthusiasts execute the warrior pose in Ramallah, Palestine



Attendees stretch into the Bhujangasana in Manila, Philippines



Practitioners perform the Vrikshasana on the beautiful Dukhan Beach in Doha, Qatar



In Doha, Qatar



Practitioners perform the Utthita Ashwa Sanchalanasana, the lunge pose in Seoul, Republic of Korea



Participants present the tree pose at the Namsan Park, Seoul, Republic of Korea



*Attendees enjoying
the Virabhadrasana,
the warrior pose, in
Riyadh, Saudi Arabia*

Singapore



*Seventh edition of
IDY celebrations in
Singapore, Singapore*





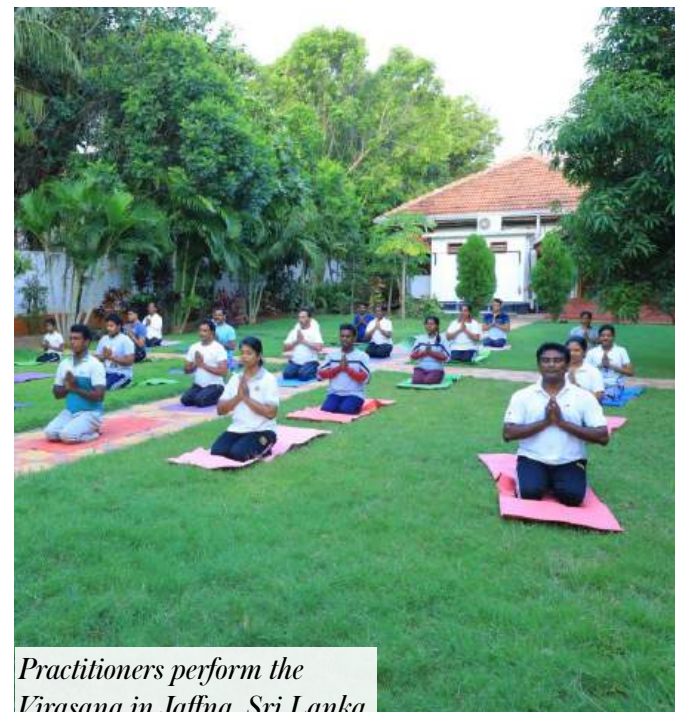
Participants demonstrate the elegant Natarajasana, the 'Lord of Dance' pose in Kandy, Sri Lanka



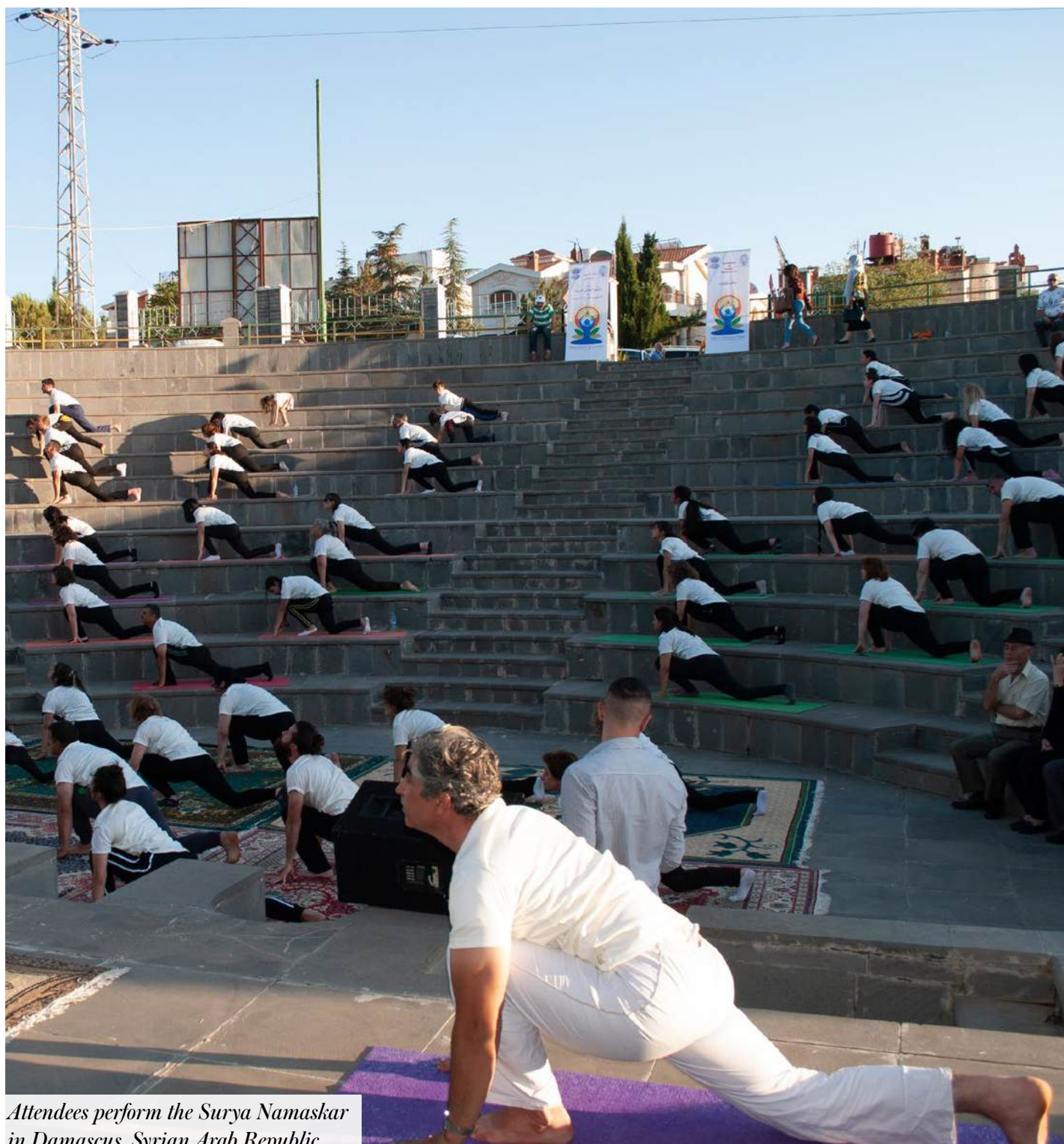
Participants practise the warrior pose in Hambantota, Sri Lanka



A special Yoga session was held in Param Dhamma Chaitya Pirivena, Ratmanala, Colombo, Sri Lanka



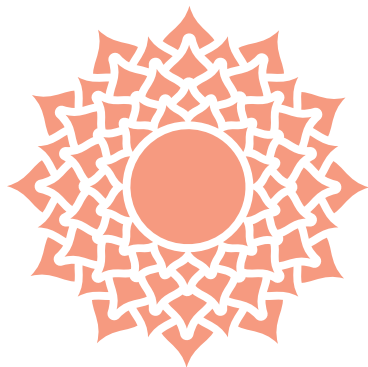
Practitioners perform the Virasana in Jaffna, Sri Lanka



Attendees perform the Surya Namaskar in Damascus, Syrian Arab Republic



Participants perform a variation of the Vrikshasana in Dushanbe, Tajikistan





Demonstrating the Tadasana and the Parwanmuktasana in Bangkok, Thailand





Participants perform the Trikonasana in Ankara, Turkey



DY 2021 celebrations in Cappadocia, a famous tourist destination in Turkey



Ashgabat, Turkmenistan



Attendees perform the Pranayama in Ashgabat, Turkmenistan



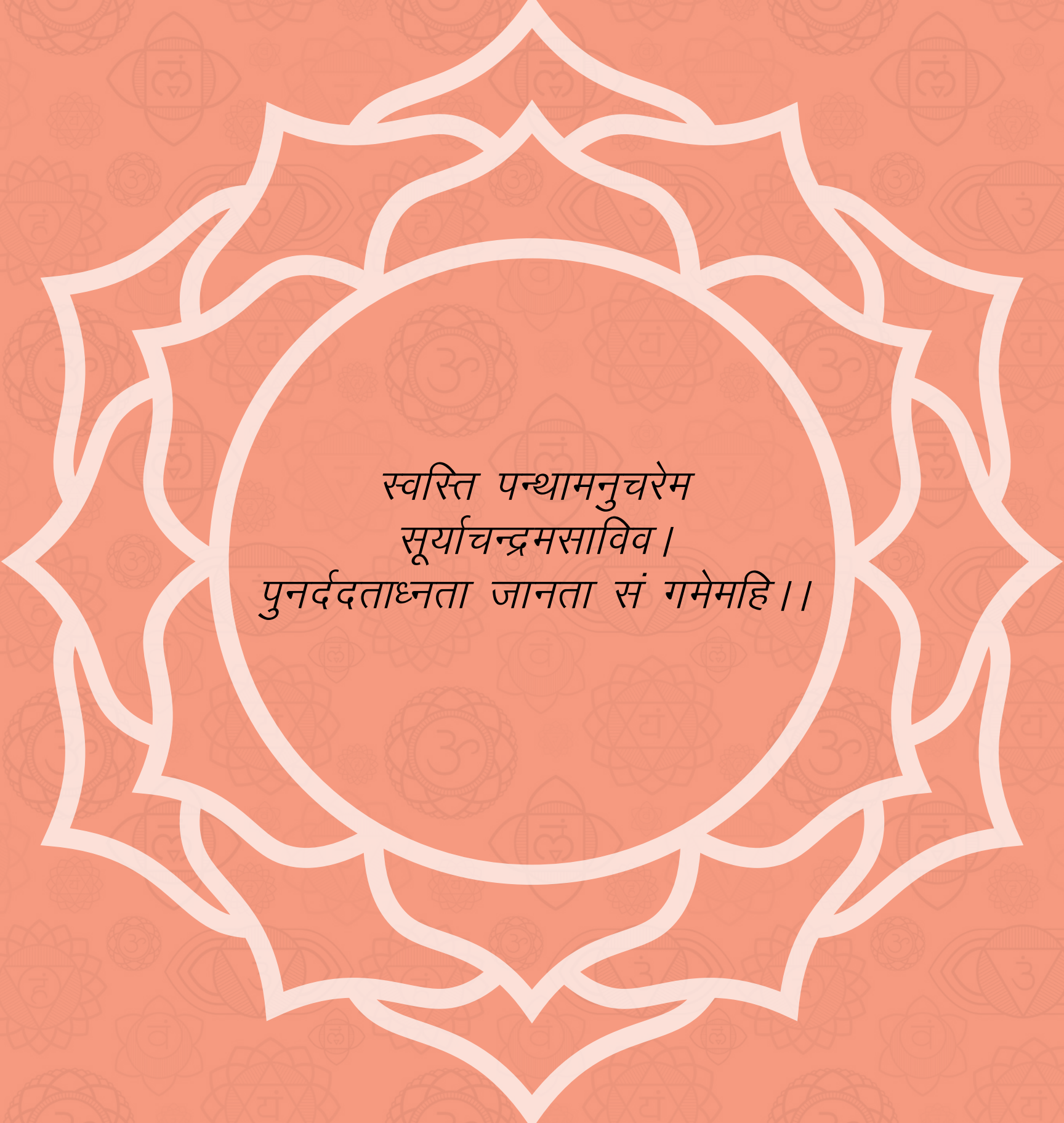
Participants in Abu Dhabi, United Arab Emirates perform asanas with the iconic Sheikh Zayed Grand Mosque in the background



Participants perform the Baddha Konasana, the Cobbler's pose in Hanoi, Vietnam



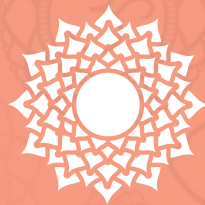
Enthusiasts enjoy the yoga session in Hanoi, Vietnam

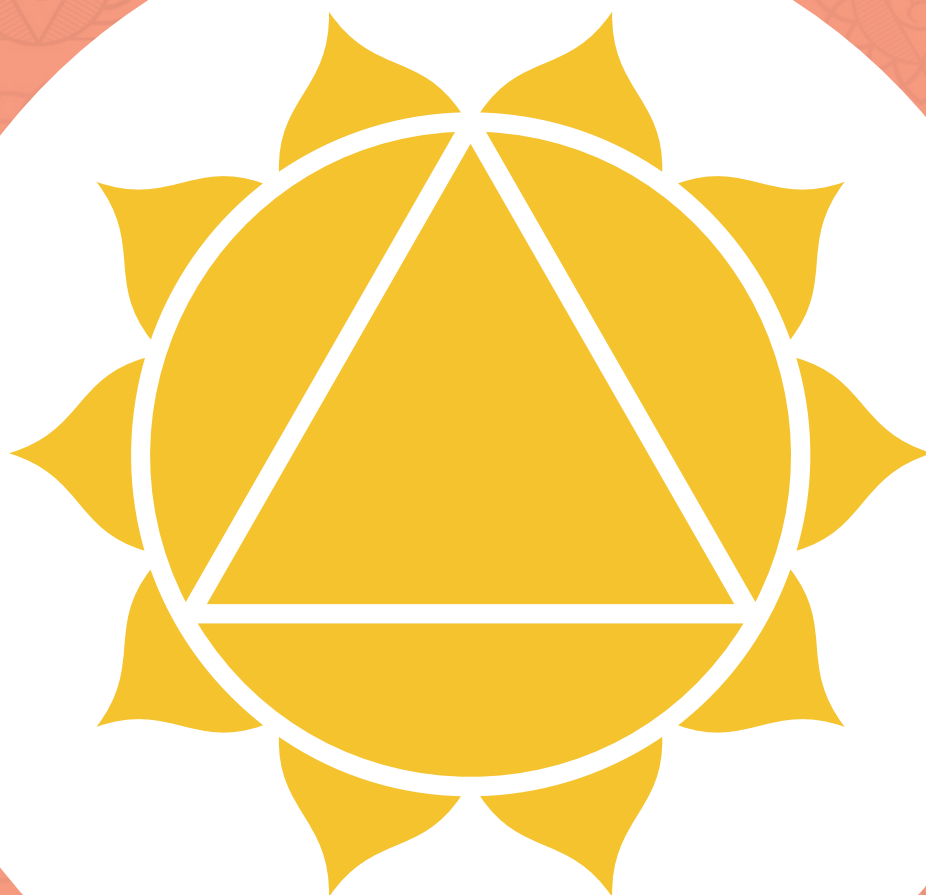


स्वस्ति पन्थामनुचरेम
सूर्याचन्द्रमसाविव ।
पुनर्ददताधनता जानता सं गमेमहि ॥

*May we follow the noble path
as the Sun and the Moon do.*

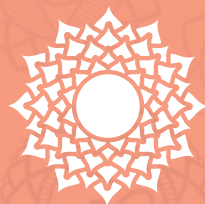
*May we always associate
with the generous, non-violent
and knowledgeable people.*





मणिपुर चक्र
Solar Plexus Chakra

AUSTRALIA





The 7th IDY celebrations in Brisbane, Australia



Canberra, Australia



Participants practise stretching exercises in Brisbane, Australia



IDY 2021 in Suva, Fiji





Artistes present a fusion of Yoga and Bharatnatyam dance in Wellington, New Zealand, flanked by the Parliament building New Zealand in the backdrop



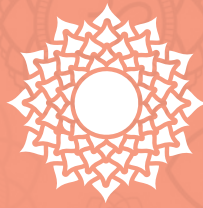
At Bharat Bhavan, Wellington, New Zealand, attendees perform the Padmasana



Participants perform the tree pose in Wellington, New Zealand

ॐ द्यौः शान्तिरन्तरिक्षं
शान्तिः पृथिवी शान्तिरापः
शान्तिरोषधयः
शान्तिः वनस्पतयः शान्तिर्विश्वेदेवाः
शान्तिहृब्रह्म शान्तिःसर्वं
शान्तिः शान्तिरेव शान्तिः
सा मा शान्तिरेधि ।।

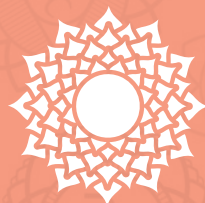
*May there be peace in the illuminated world,
in space, on the earth, in waters and in
herbs and plants. Gods of the world may be
in peace. May peace pervade the Supreme
Being. May peace be everywhere. May there
be only peace and nothing else. And may
that all pervading peace come unto me.*





स्वाधिष्ठान चक्र
Sacral Chakra

EUROPE





IDY 2021 celebrations at Tirana, Albania

*Yoga enthusiasts
perform the Tadasana,
or the tree pose in
Vienna, Austria*



At Stadtpark in Vienna, Austria

Belarus



In Minsk, Belarus, yoga enthusiasts perform the tree pose

IDY saw live yoga session from the iconic Atomium in Brussels



Celebrations in Belgium were held at the famous zoo in Europe, Pairi Daiza



Enthusiasts at Antwerp, Belgium

Participants perform the Vrikshasana in front of the Alexander Nevski Cathedral in Sofia, Bulgaria



Enthusiasts perform the Tadasana at the South Park in Sofia, Bulgaria



In Ústí nad Labem, Czech Republic



In Karlovy Vary, Czech Republic



At Charles Square, Prague, Czech Republic



Croatia

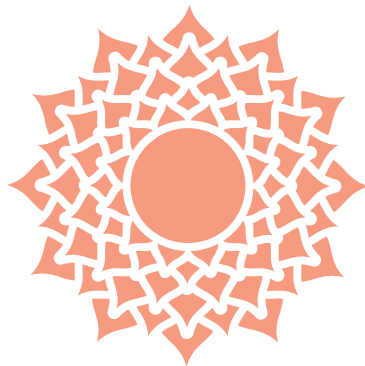




The seventh edition of IDY celebrations were held in Zagreb, Croatia with Lake Budek in the backdrop



Practitioners in Copenhagen, Denmark. IDY 2021 was also celebrated in the cities of Odense, Aalborg, Aarhus, Fanø and Sønderborg



At the Kadriorg Park in Tallinn, Estonia, participants perform the tree pose





Seventh IDY celebrations in Helsinki, Finland



Enthusiasts perform an array of asanas at the famous Dôme des Invalides in Paris, France



The 7th IDY celebrations in the beautiful English Garden in Munich, Germany



Enthusiasts perform the Padmasana in Berlin, Germany



In Trier, Rhineland-Palatinate, Germany



*IDY celebrations in
Frankfurt, Germany*



*Yoga practitioners in Bonn, North
Rhine-Westphalia, Germany*

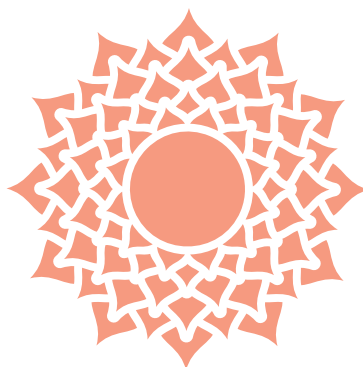
Greece



*International Day of Yoga 2021
celebrations in Zappeion in Athens, Greece*



Practitioners in Budapest, Hungary, demonstrate diverse asanas





Attendees in Reykjavík, Iceland, perform a variation of the Tadasana, the mountain pose



A montage of IDY 2021 celebrations in Dublin, Ireland



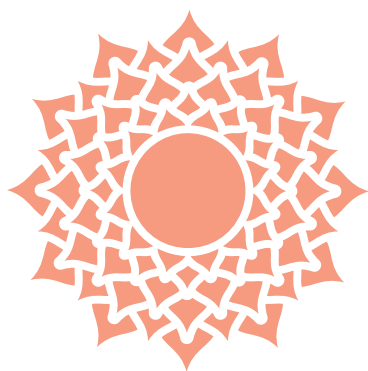
Participants perform the Ustrasana or the camel pose in Castel Sant Angelo in Rome, Italy



Meditation session at the Piazza Santa Croce, Florence, Italy

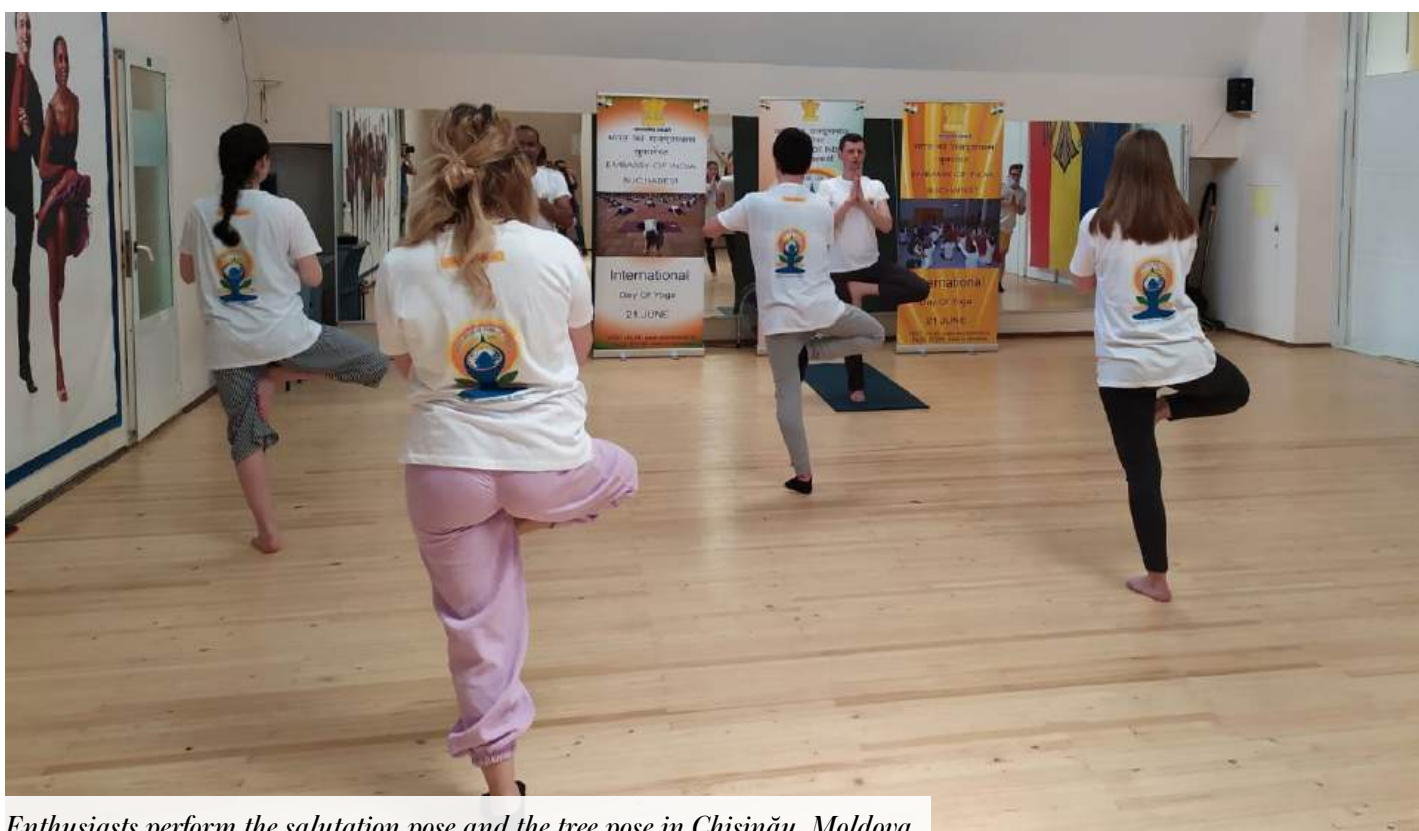


In Riga, Latvia, practitioners perform the Vrikshasana





Participants perform a variation of the Tadasana and the Bhujangasana, in Valletta, Malta

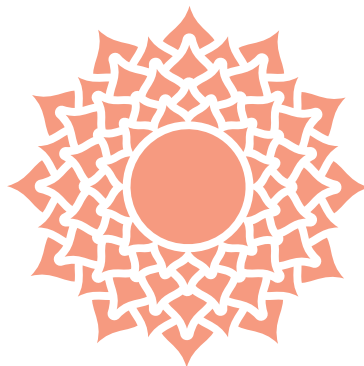
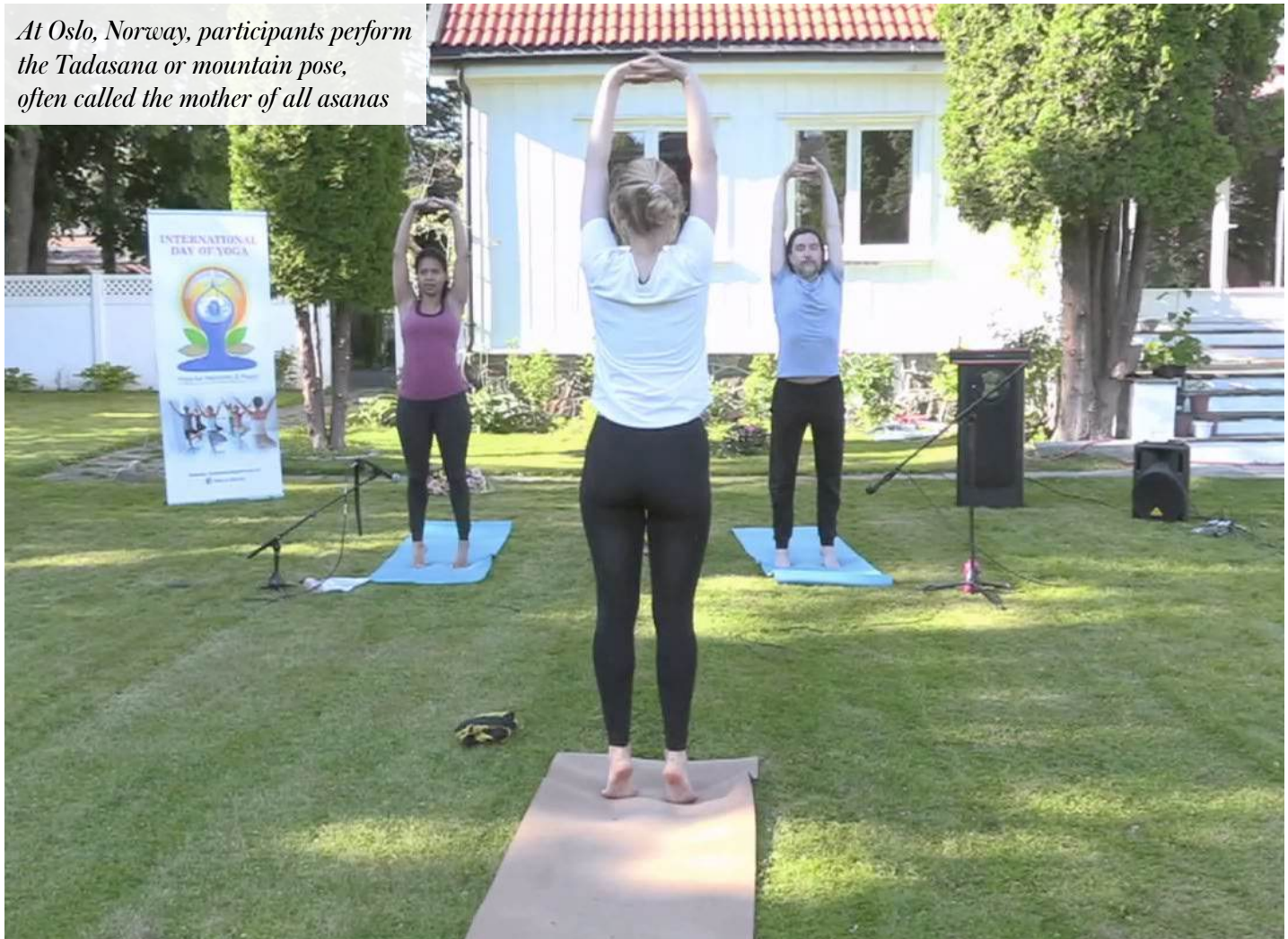


Enthusiasts perform the salutation pose and the tree pose in Chişinău, Moldova



At The Hague, The Netherlands, attendees perform the Padmasana and the Baddha Konāsana

At Oslo, Norway, participants perform the Tadasana or mountain pose, often called the mother of all asanas





International Day of Yoga 2021 celebrations in Warsaw, Poland



In Lisbon, Portugal

*Attendees perform
the Bhujangasana in
Bucharest, Romania*





IDY 2021 celebrations in Moscow, Russia



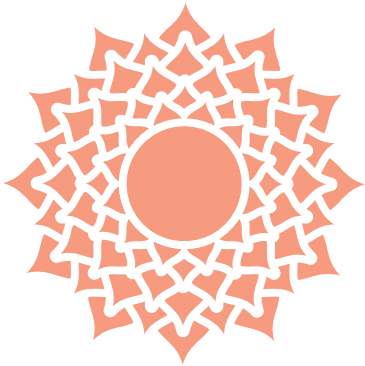
At the Brahm Kumari center in St Petersburg, Russia



Participants practise the tree pose in Moscow, Russia



Yoga session in progress, in San Marino, San Marino





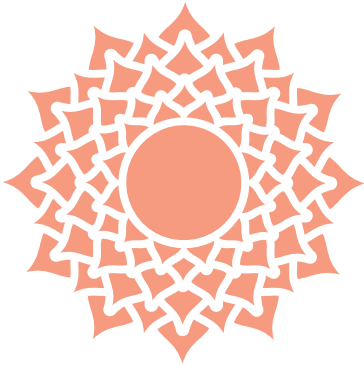
*IDY 2021 participants at
the historic Kalemegdan
Fortress in Belgrade, Serbia*



International Day of Yoga 2021 celebrations in Ljubljana, Slovenia



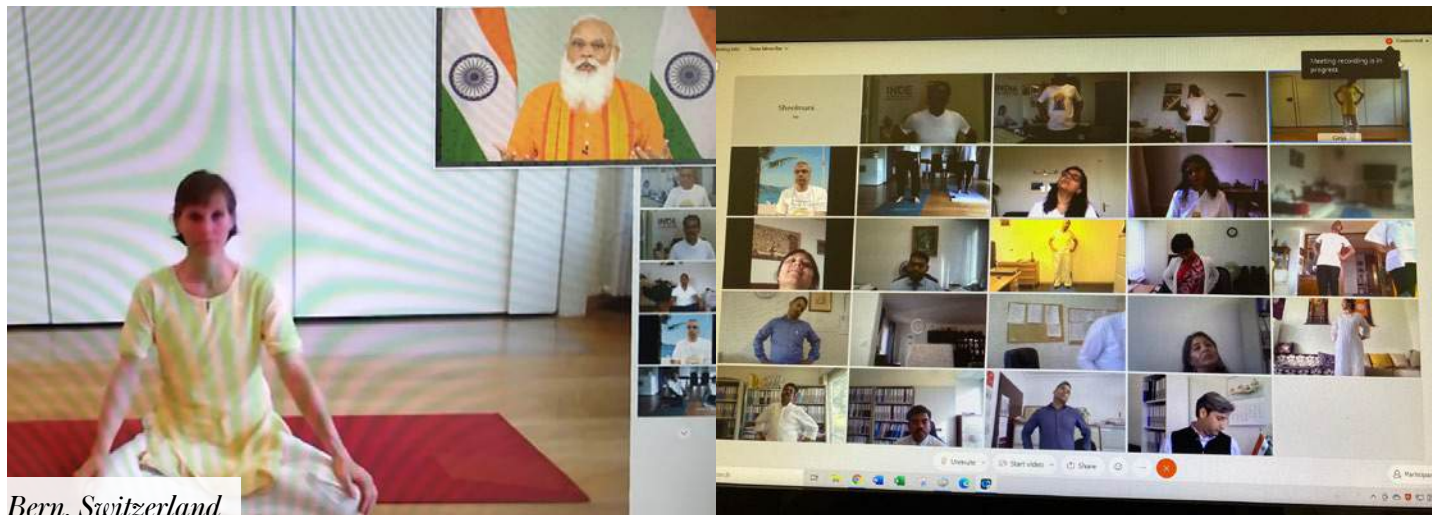
In Bratislava, Slovakia, attendees perform the Vrikshasana



Spain



Yoga enthusiasts at the iconic Conde Duque Cultural Centre in Madrid, Spain



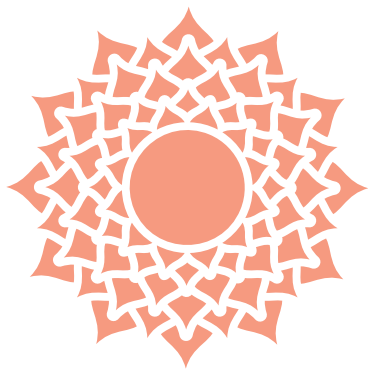
Bern, Switzerland



Participants learn asanas in Bern, Switzerland



Practitioners demonstrate the Vrikshasana in Kyiv, Ukraine





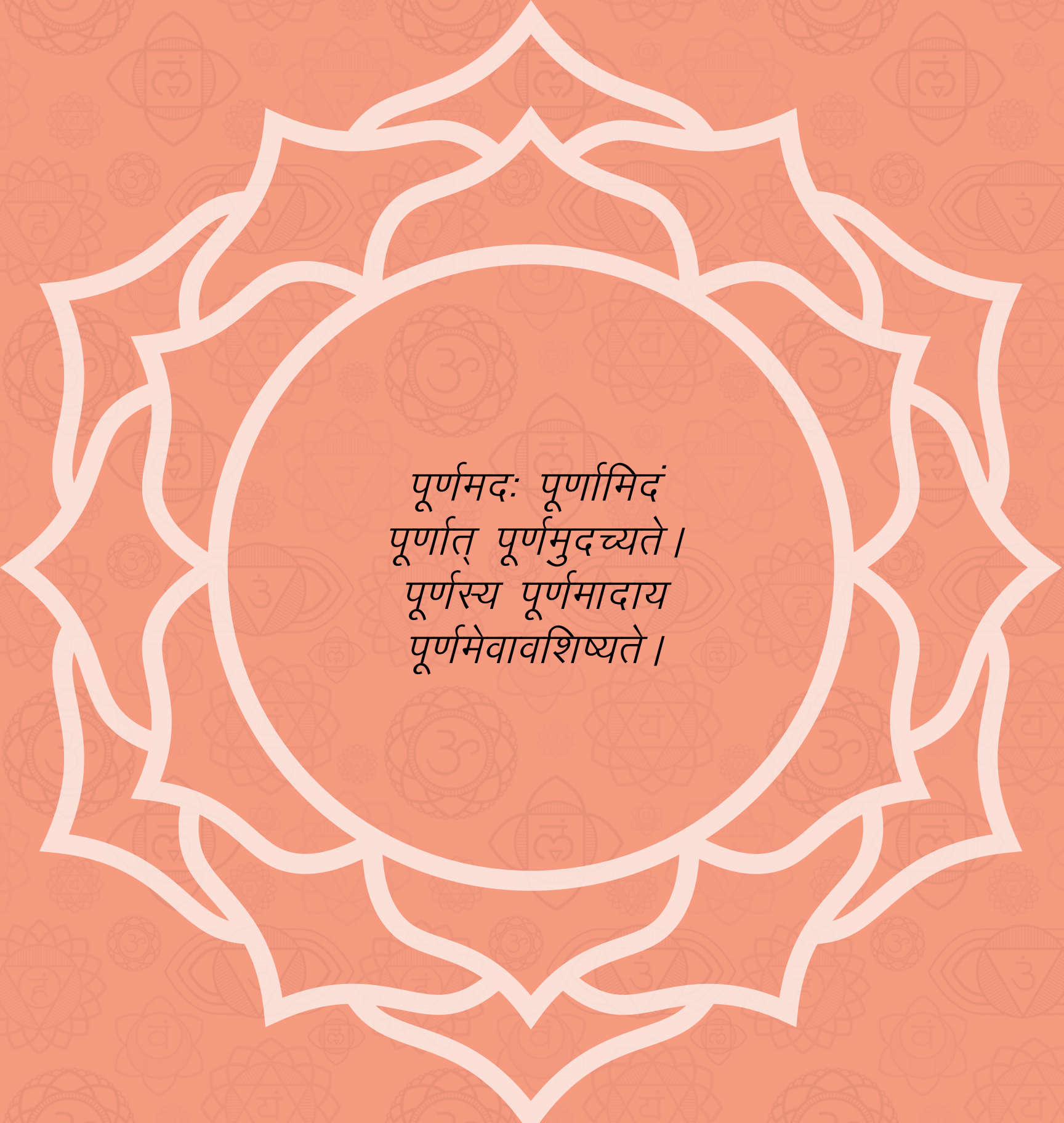
The 7th IDY celebrations at the 'Centre for Oneness', at Birmingham, United Kingdom



Edinburgh, United Kingdom

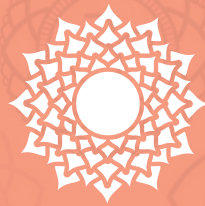


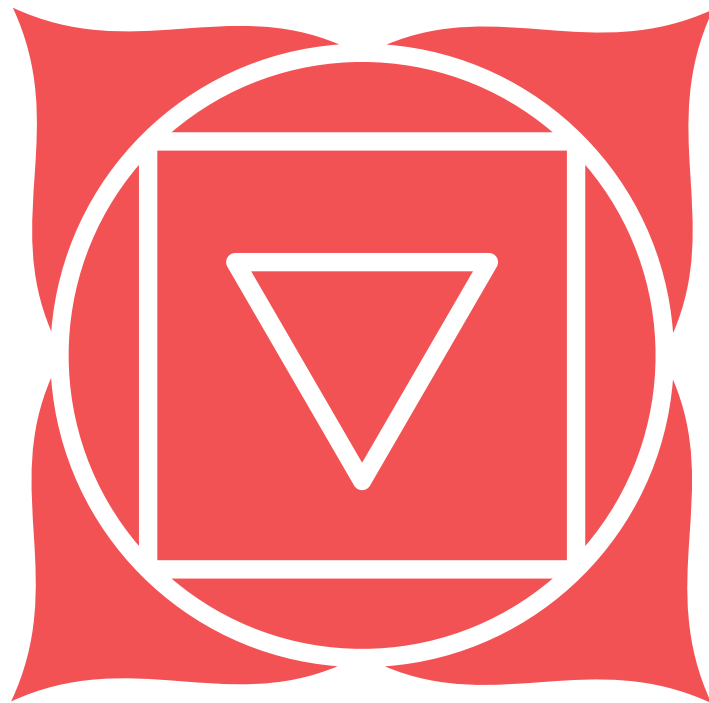
Enthusiasts perform a variation of the Santolanasana in Edinburgh, United Kingdom



पूर्णमदः पूर्णमिदं
पूर्णात् पूर्णमुदच्यते ।
पूर्णस्य पूर्णमादाय
पूर्णमेवावशिष्यते ।

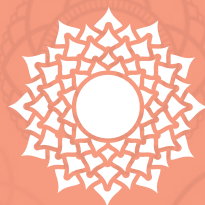
*The Supreme Being is complete.
This world is complete. This complete
world has emerged from the Complete.
With this complete world removed from the
Complete, what remains is also Complete.*





मूलाधार चक्र
Root Chakra

NORTH AMERICA



Canada



In Ottawa, Canada yoga enthusiasts perform the Adho Mukha Shvanasana, often practised as part of a flowing sequence of poses, especially Surya Namaskar, the Salutation to the Sun

At the Constitution Plaza, in Guatemala City, Guatemala, participants extend into the Bhujangasana



IDY 2021 celebrations in Guatemala City, Guatemala



At the National Cathedral of Guatemala City, Guatemala guests present the Chakrasana or Urdhva Dhanurasana





Enthusiasts display an array of asanas in Panama City, Panama

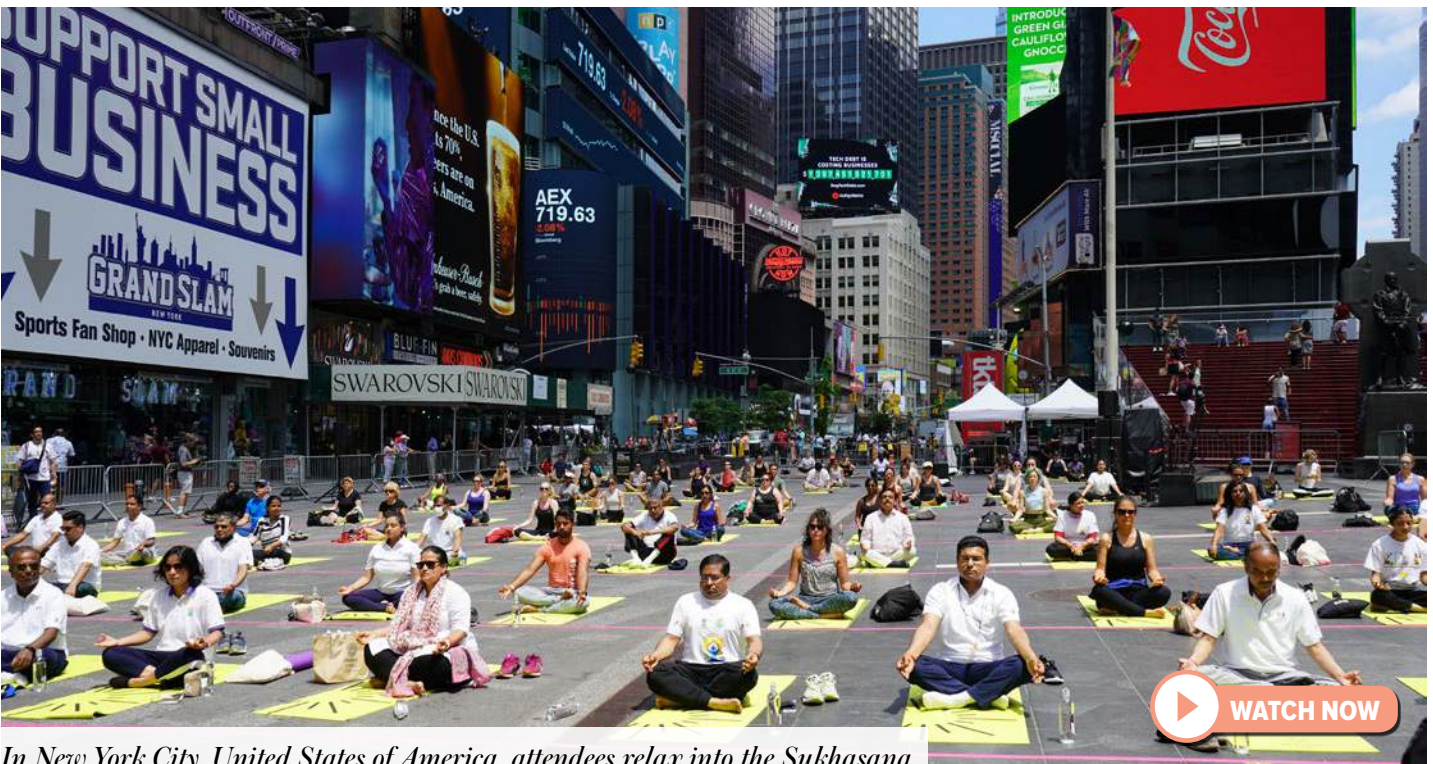




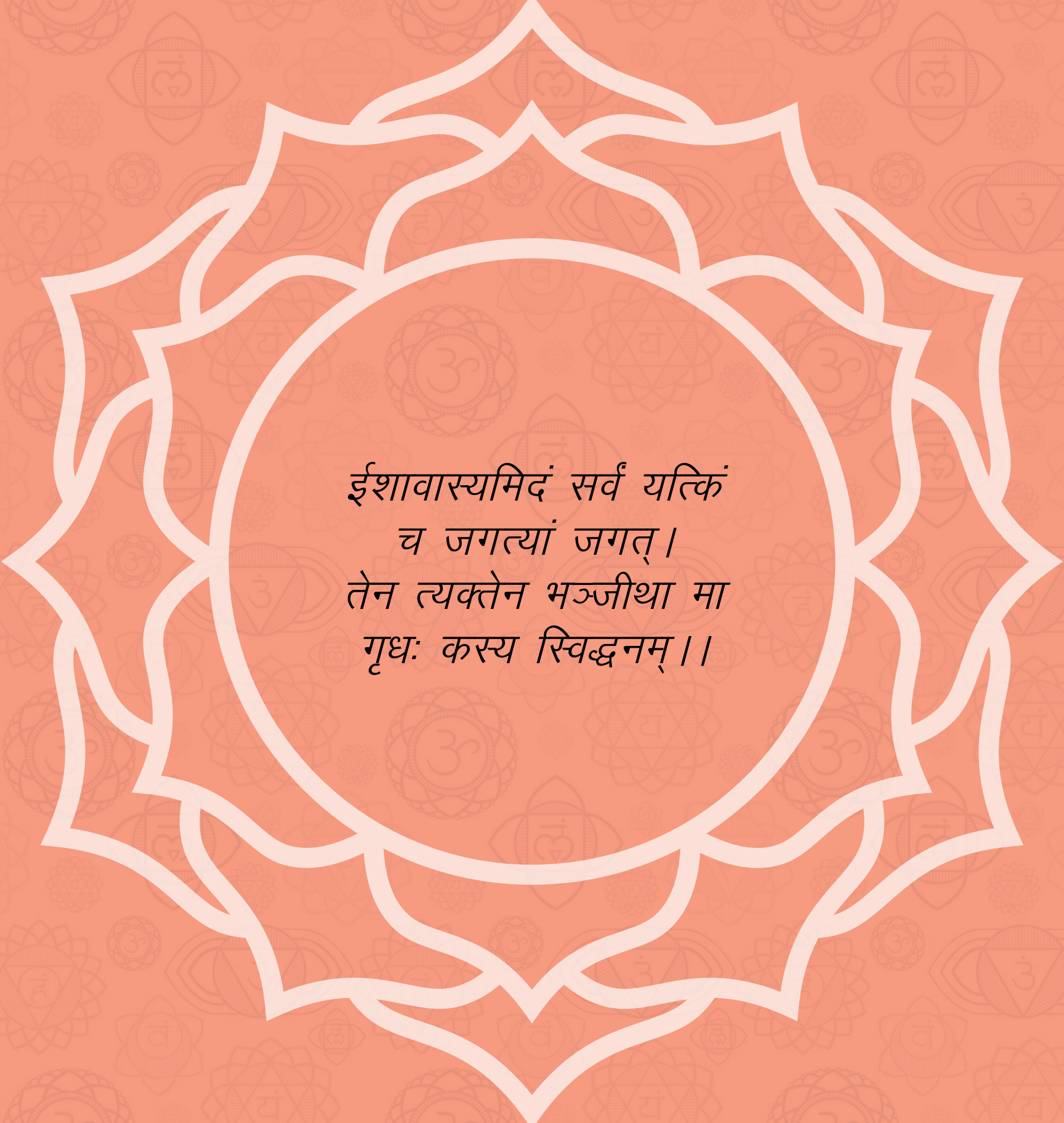
*In Washington D.C., United States of America,
yoga practitioners perform the Anuvittasana
Asana, standing backbend pose*



Participants perform the Baddha Konasana, the cobbler pose in Chicago, Illinois, United States of America

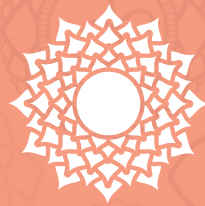


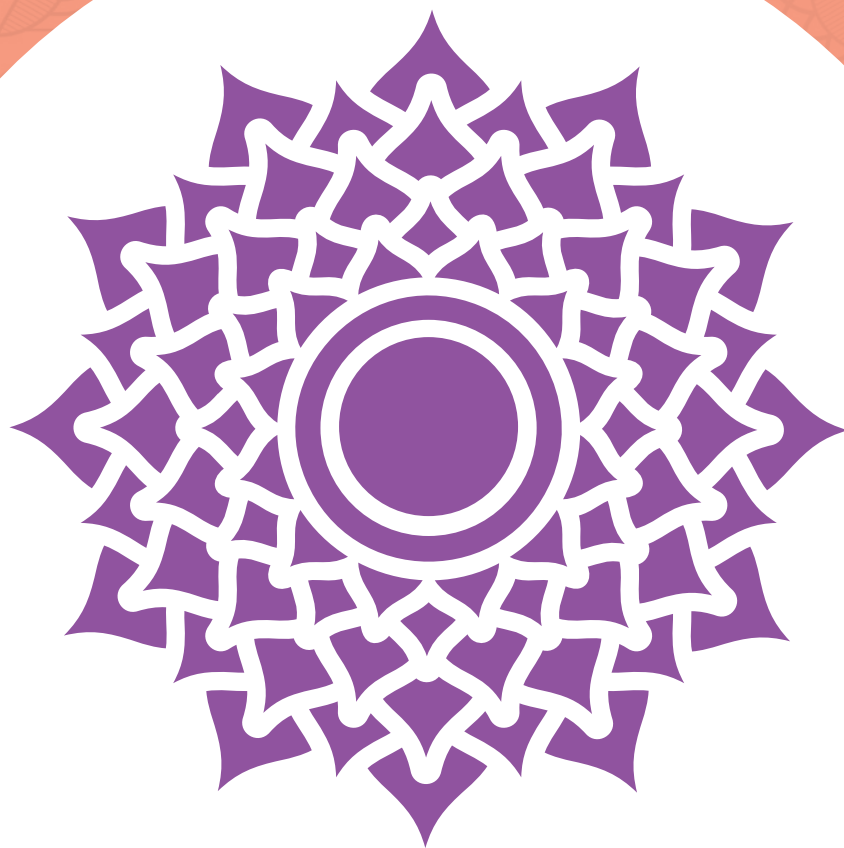
In New York City, United States of America, attendees relax into the Sukhasana



ईशावास्यमिदं सर्वं यत्किं
च जगत्यां जगत् ।
तेन त्यक्तेन भञ्जीथा मा
गृधः कस्य स्विद्धनम् ॥

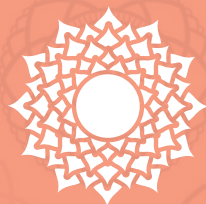
*Everything in this changing world
is transitory and is pervaded by the
Divine. Enjoy the material world
with detachment. Do not covet,
for wealth remains with no one.*

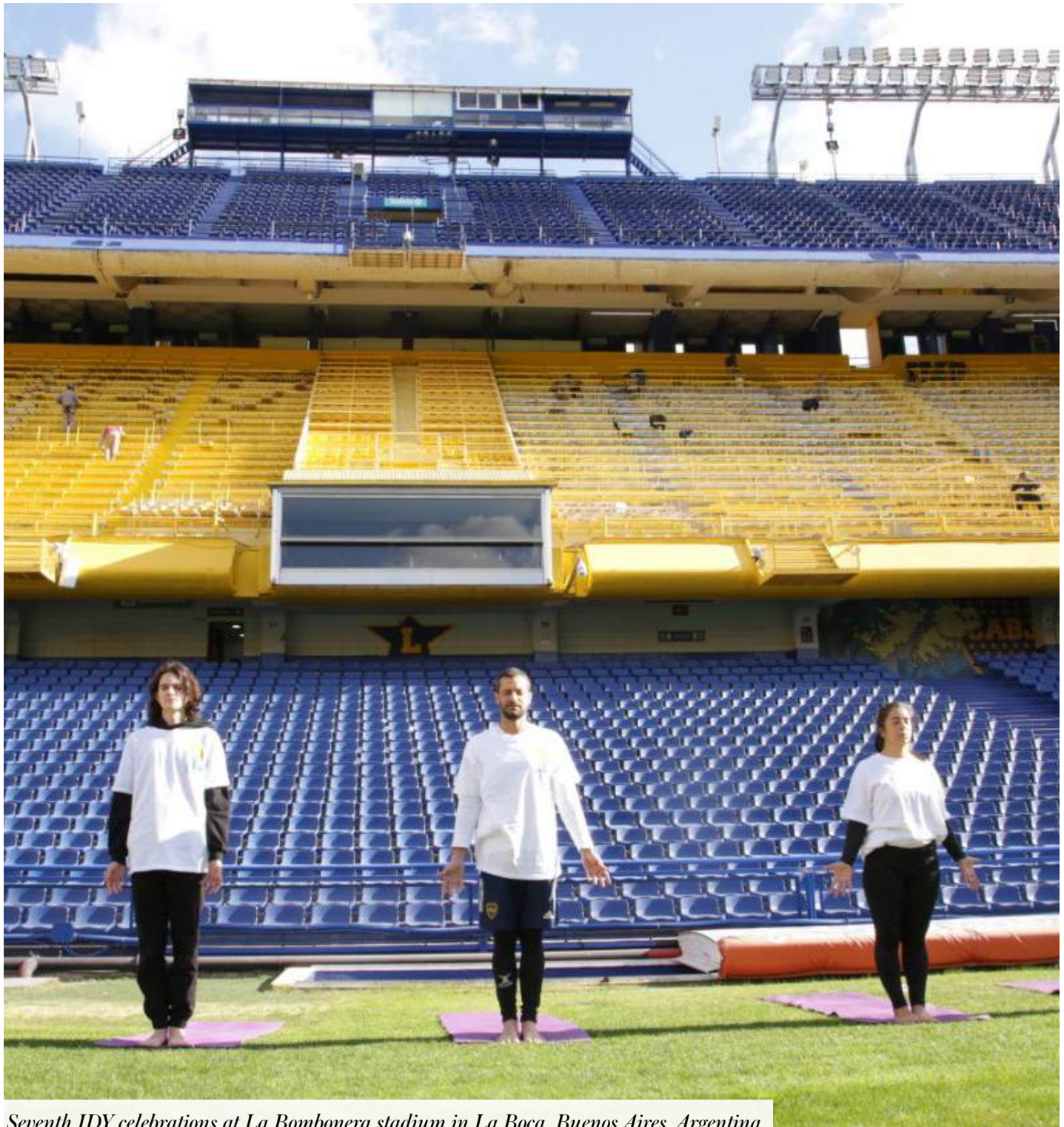




सहस्रार चक्र
Crown Chakra

SOUTH AMERICA





Seventh IDY celebrations at La Bombonera stadium in La Boca, Buenos Aires, Argentina



Meditation session in São Paulo, Brazil

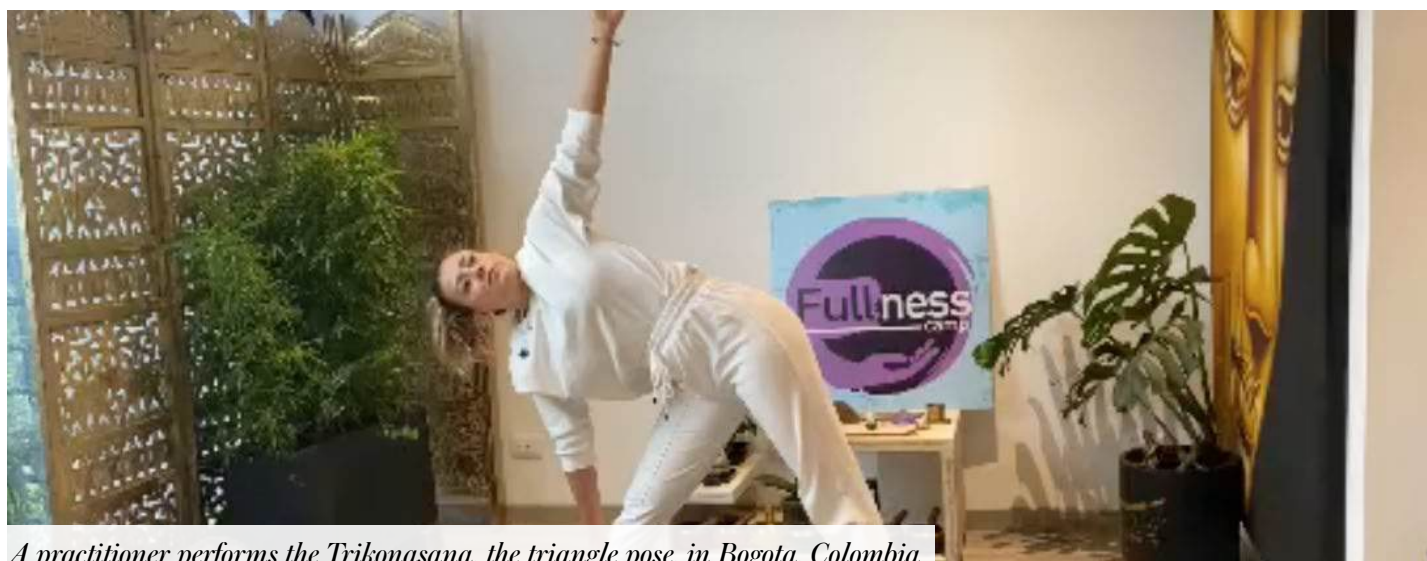


Enthusiasts perform the Ardha Matsyendrasana, the seated twist pose in São Paulo, Brazil

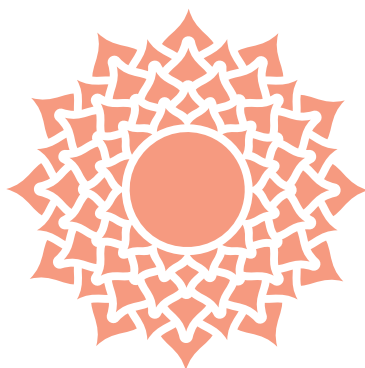


Participants perform the backward bend pose in Santiago, Chile

In Bogota, Colombia, a practitioner begins with the Padmasana, the lotus pose



A practitioner performs the Trikonasana, the triangle pose, in Bogota, Colombia





Participants showcase an array of asanas in Georgetown, Guyana

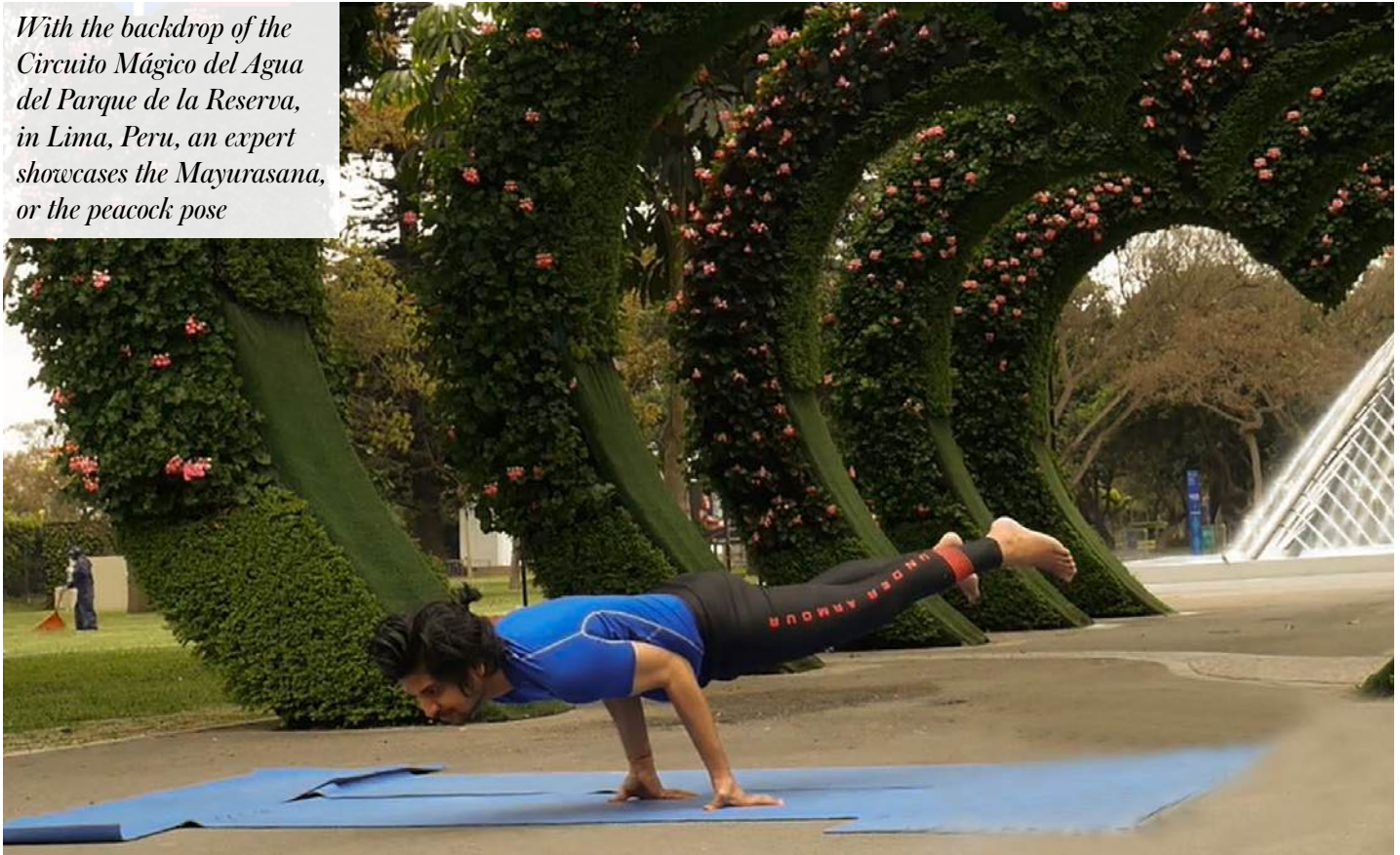


Yoga practitioners perform the Padmasana or lotus pose in Georgetown, Guyana



Tadasana in progress in Georgetown, Guyana

With the backdrop of the Circuito Mágico del Agua del Parque de la Reserva, in Lima, Peru, an expert showcases the Mayurasana, or the peacock pose



Yoga enthusiasts at the Huaca Huantille, an archaeological site in Magdalena del Mar, Lima, Peru

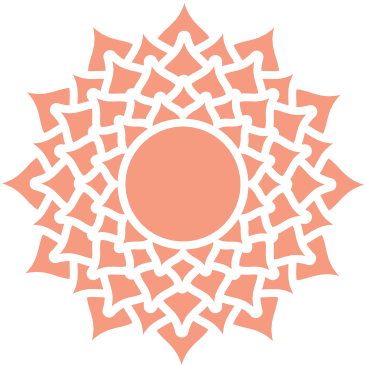


In Port of Spain, Trinidad and Tobago





IDY 2021 celebrations in Paramaribo, Suriname

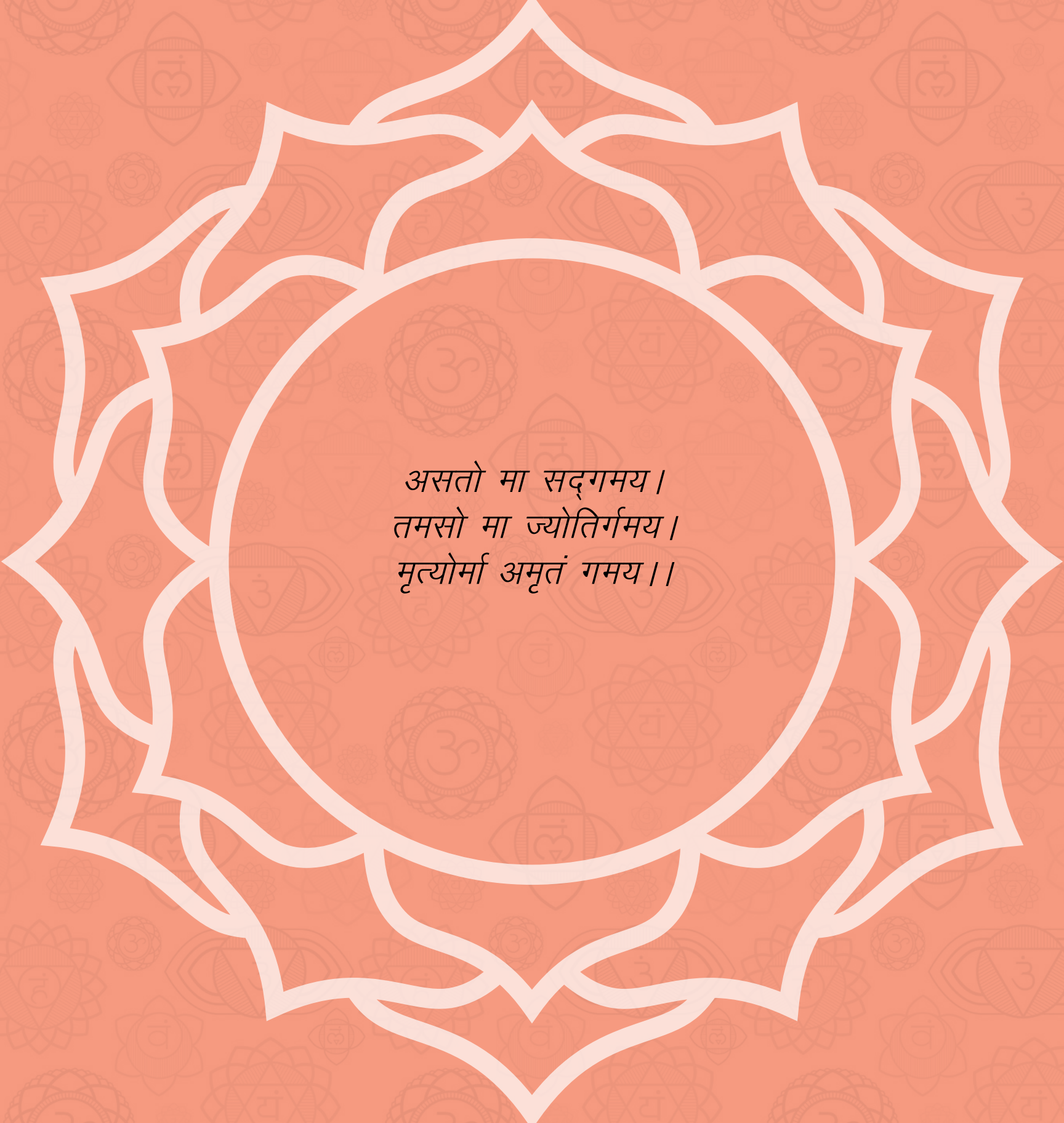




Participants perform the Hasta Uttanasana, the raised arms pose, in Caracas, Venezuela

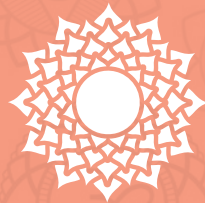


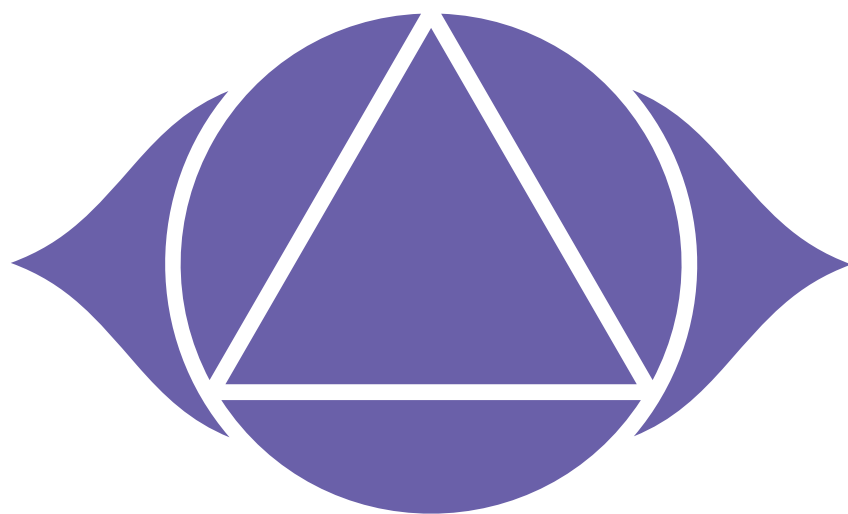
Stretching into the Urdhva Dhanurasana, the wheel pose in Caracas, Venezuela



असतो मा सद्गमय ।
तमसो मा ज्योतिर्गमय ।
मृत्योर्मा अमृतं गमय ॥

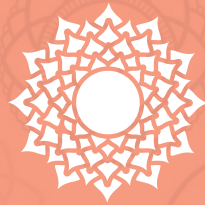
*Lead me from untruth to Truth.
Lead me from darkness to Light.
Lead me from death to Immortality*





अजना चक्र
Ajna Chakra

SOCIAL MEDIA SPACE



M-Yoga App was launched by WHO in collaboration with GoI





Narendra Modi ✓
@narendramodi

M-Yoga App is an effort to further popularise Yoga. It will also help realise our collective vision of 'One World, One Health.'

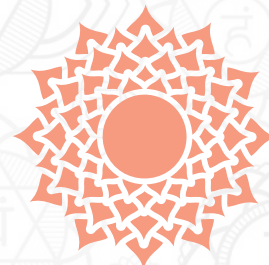


2:21 PM · Jun 21, 2021 · Twitter Media Studio



Tedros Adhanom Ghebreyesus ✓
@DrTedros

Happy [#InternationalDayOfYoga](#)! @WHO is very happy to launch a new mYoga App, together with the Government of [#India](#), to help you do yoga at your convenience, especially during [#COVID19](#). Thank you so much, for your support, Prime Minister [@narendramodi](#)! Let's [#BeActive](#)!





India in Afghanistan
@IndianEmbKabul

Yoga in the lap of Hindu Kush mountains!
The 7th #InternationalDayOfYoga celebrated
@IndianEmbKabul. Focus of this year's theme
#YogaForWellness for physical and mental well-being.
#IDY2021
@MEAIndia
@PMOIndia
@IndianDiplomacy



India in Australia
@HCICanberra

@HCICanberra celebrated the 7th International Day of
Yoga today. Some glimpses of the celebrations:
#BeWithYogaBeAtHome #IDY2021 #YogaDay2021
#YogaForAll #YogaForWellness
@AkashvaniAIR



India in Bangladesh
@Ihdhaka

Team @ihcdhaka celebrated the 7th
#InternationalDayOfYoga on the theme
#YogaForWellness
with great enthusiasm today, 21 June 2021
Hybrid celebrations began with a Virtual #Yoga session
today morning #IDY2021
#YogaDay2021 #AzadiKaAmritMahotsav



India in Belgium
@IndEmbassyBru

@IndEmbassyBru celebrates India@75 &
#InternationalDayofYoga2021 at the serene environs
of @pairdaiza Belgium
Joined by thousands of enthusiastic participants from
home.
#BeWithYogaBeAtHome
Live telecast on rtplay.be
Watch at: fb.watch/6ePpy3ZIL8/

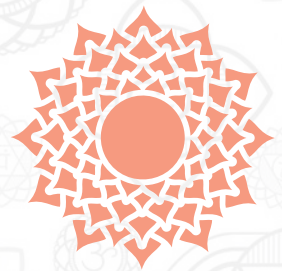


India In Brazil
@indiaibrazil · Jun 22

Glimpses of celebrations of #InternationalDayOfYoga
in Brasilia (21 June 2021)

The event was streamed live on Embassy Facebook
(facebook.com/story.php?stor...) and YouTube (youtube.com
/watch?v=I1Dnuj...) accounts.

#BeWithYogaBeAtHome #YogaForAll #YogaForHealth
#YogaForWellness #YogaDay





@India in Cameroon
@heliyaounde

Celebrations of 7th International Day of Yoga in Cameroon. H.E. Mr. Felix Mbayu, Minister Delegate to the Minister of External Relations and in-charge of Commonwealth was the Chief Guest on the occasion.
@MEAIndia @IndianDiplomacy @iccr_hq @PMOIndia #IDY2021 #BeWithYogaBeAtHome



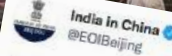
India in Canada
@HCL Ottawa

7th #InternationalDayOfYoga 2021 celebrated across Canada with great enthusiasm. Yoga practiced at Ken Ross Park Longfields Drive, Nepean
#YogaForWellness @moayush
#IDY2021 @iccr_hq
@MEAIndia @IndianDiplomacy



India in Indonesia
@IndianEmbJkt

Celebration of 7th #InternationalDayOfYoga on 20.06.21. Special thanks to Ibu Suryati, Deputy Secretary, @KEMENPORA, PPYNI, @ArtOfLivingID, YogaFit & Bpk Anjasmara PRASETYA for making the event a success. #YogaForWellness #indiaat75 @DDIndialive @DDNational @DDNewsLive



India in China
@EOI Beijing

Early start on a beautiful day. 🌞
#IDY2021 main event kicks off at India House premises.
#BeWithYoga #YogaForWellness #YogaForAll



India in Frankfurt
@CGIFrankfurt

#Cologne witnessed #YogaForWellness as Indian community joined hands with CGI Frankfurt to celebrate #IDY2021 near the #Rhine in Germany.
@iccr_hq @MEAIndia @MinOfCultureGol @IndianDiplomacy @moayush @eoiberlin



India in Eswatini
@IndieEswatini

Participants being taken thru the Common Yoga Protocol for #IDY2021 #YogaForWellness camp organised today at Eswatini.
@IndianDiplomacy @iccr_hq @moayush @EswatiniGovern1





India in Kenya
@IndiainKenya

7th International Day of Yoga #IDY2021 was celebrated today at the High Commission of India, Nairobi in an online format through live streaming on social media platforms.

Thank you everyone for joining in.

#yogaforwellness #BeWithYogaBeAtHome
@iccr_hq @MEAIndia



India in Russia
@IndEmbMoscow

Highlights of the celebration of the 7th #InternationalDayofYoga at the Indian Embassy in Moscow.

Full video - youtube.com/watch?app=desk...

#YogaForWellness
#YogaForAll
#BeWithYogaBeAtHome

@PMOIndia @DrSJaisankar @MEAIndia
@IndianDiplomacy @MinOfCultureGol @moayush



India in Nepal
@IndiainNepal

@IndiainNepal celebrated #IDY2021 today virtually. The theme this year amidst Covid19 was #BeWithYogaBeAtHome encouraging people to practice #YogaForWellness at home! It was part of the ongoing celebration of #India@75

#AzaadikaAmritMahotsav!
@MEAIndia @PMOIndia



India in Jo'burg
@IndiainJoburg

7th #InternationalYogaDay was celebrated today at Marlboro Gardens Secondary School, Johannesburg. Thanks all for participating in the event.

#YogaForWellness #IDY2021 #AmritMahotsav
@MEAIndia @IndianDiplomacy @moayush @iccr_hq
@hci_pretoria @officialpnwv



India in Poland and Lithuania
@IndiainPoland

Glimpses from the International Day of Yoga 2021 celebrations in Warsaw and Wrocław

#yogaforwellness
#bewithyogabewithfamily
#BeWithYogaBeAtHome
#IDY2021

@MEAIndia
@IndianDiplomacy
@moayush



India in Thailand
@IndiainThailand

7th International Day of Yoga was celebrated in hybrid mode in Thailand, in multiple locations in Bangkok as well as in Ubon Ratchathani, Rayong, Songkla, Chiangmai, Pattaya & Phuket. 1/2

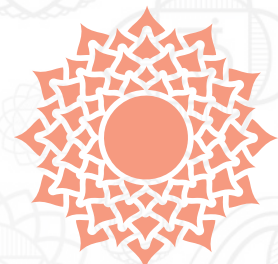
#IDY2021
#BeWithYogaBeAtHome
#YogaForWellness
@PMOIndia @MEAIndia
@moayush @iccr_hq

















India in Panama

June 22 · 🌐

7 ° #InternationalDayOfYoga celebrado por el Ministerio de Relaciones Exteriores de Panamá por primera vez.

Ministry of External Affairs, Government of India Indian Council For Cultural Relations Ministry of AYUSH, Government of India Cancillería de Panamá



India in France (Consulate General of India, St. Denis, Reunion Island)

June 21 · 🌐

Some moments from the Afternoon session of #InternationalDayOfYoga Celebration in Saint Denis, Reunion Island

#AmritMahotsav #YogaDay
#YogaForWellness
#YogaForAll
#BeWithYogaBeAtHome
#IDY2021



India In Turkey (Consulate General of India, Istanbul)

June 22 · 🌐

CGI Istanbul had an excellent collaboration with Istanbul Büyükşehir Belediyesi led by H.E. Mr. Ekrem İmamoğlu and I.B.B. Spor A.Ş. for organising 7th International Day of Yoga. The Art of Living ,Turkey assisted with yoga practice. Our sincere gratitude to all for strong support

#Yogaforwellness #yogaday2021
#YogaForAll
#YogaByTheBosphorous
Ministry of External Affairs, Government of India
Indian Council For Cultural Relations Ministry of AYUSH, Government of India
Press Information Bureau - PIB, Government of India
India in Turkey (Embassy of India, Ankara)

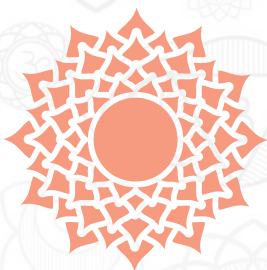


India In Palau

June 22 · 🌐

IDY fervour in Palau!

Glimpses of #InternationalDayOfYoga celebrations from the beautiful city of Koror in Palau.
#IDY2021 #YogaForWellness
Ministry of AYUSH, Government of India
Indian Council For Cultural Relations





indiannewyork • Follow
Liberty State Park

indiannewyork • Pictures speak a thousand words!
India in New York in collaboration with Federation of Indian Associations NY NJ celebrated 7th #InternationalDayofYoga at Liberty State Park, New Jersey.
#yoga #yogapractice #yogaforwellness #yogaforeverybody #yogainspiration #azadikaamritmahotsav #idy2021 @meaindia @ministryofayush @ministryofayush @ddnational @iccr_delhi @narendramodi @federationofindianassociations

21w

1pavi_330 Send on pic ❤️ @yogainspiration
21w Reply



eoimadrid • Follow

eoimadrid • Destacados de la 7ª edición del Día Internacional del Yoga en #Palma #Mallorca

Más de 100 participantes en el icónico @esbaldarmuseu

Gracias a Sra. María Teresa Suárez Genovard, Consejera Ejecutiva de Presidencia @conselldemca y Francisco Ducros, Regidor de Deportes @ajuntpalma por su presencia y el apoyo

También agradezco los maestros del yoga por la colaboración

#IDY2021
#InternationalDayOfYoga
#YogaForWellness
#IDY2021

21w

yogaprana Happy Internacional Day Yoga



47 likes



indiaindenmark • Follow

indiaindenmark • The 7th International Day of Yoga was celebrated with great enthusiasm in Copenhagen on 20 June 2020 in hybrid mode. The main event was held at the Embassy premises with select Danish and Indian dignitaries participating in person and thousands of yoga enthusiasts joining through live streaming.



46 likes

JUNE 21



indiaiceland • Follow

indiaiceland • Highlights from the celebration of the 7th International Day of Yoga, 2021 in Iceland. #DY2021 #YogaforWellness #BeWithYogaBeAtHome

21w

riti_sharma03 @chandan_prakash_25

21w Reply



29 likes

JUNE 22

indiainlaos • Follow

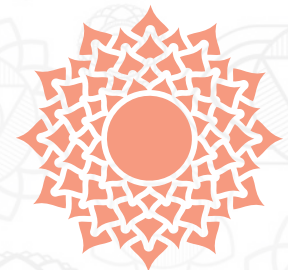
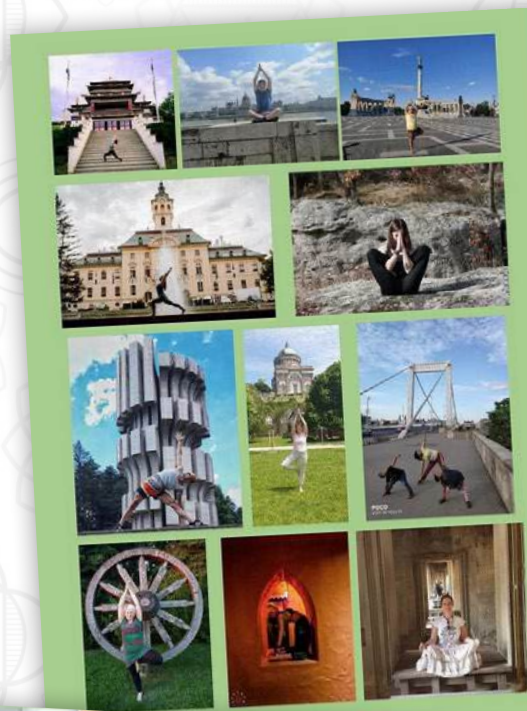
indiainlaos • ສະບາຍທຸກຄົນເດຍໄດ້ມີເກົາຕາຍກຳເໜີ້ສະເໜີ ສະຫຼອງວັນໄຍົດສາກົນຄັ້ງທີ 7, ໂດຍການຮ່ວມມືກັບ Indian Yoga Studio, ປະເທດລາວ. ພະຍະທຳ ບຸນແນມ ຈວງຫອມ ເອກອັກຄະລັດຖະກູດແຫ່ງ ສປປ ລາວ ປະຈຳ ປະເທດອິນເດຍ, ແລະ ຜູ້ເຂົ້າຮ່ວມຫລາຍກວ່າ 30 ຄົນໄດ້ເຂົ້າຮ່ວມງານດັ່ງກ່າວແບບ ອອນລາຍ. #YogaForWellness #IDY2021 #BeWithYogaBeAtHome

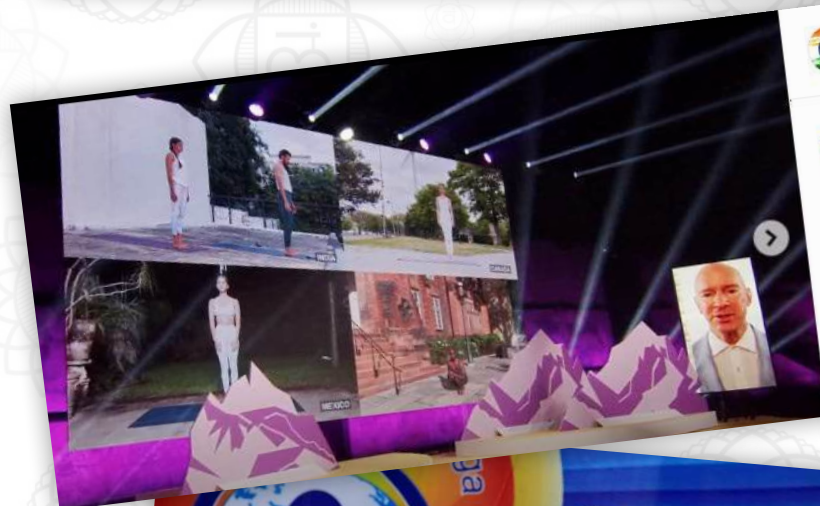
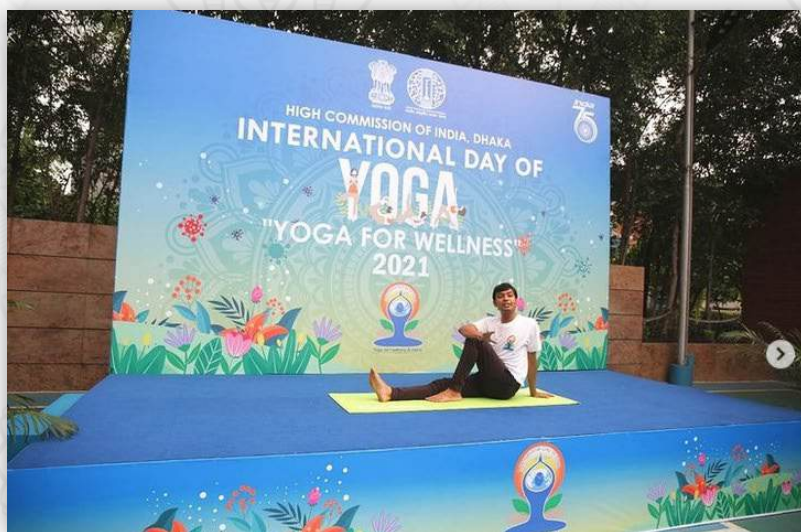


5 likes

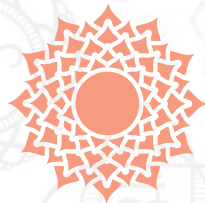
JUNE 21



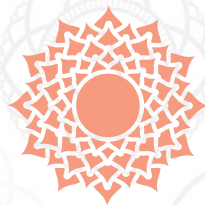




सं गच्छध्वं स वदध्वं सं वो मनांसि जानताम् ।
देवा भागं यथा पूर्वं संजानाना उपासते ॥
समानो मन्त्रः समितिः समानी ।
समानं मनः सह चित्तमेषाम् ॥
समानं मन्त्रमभिमन्त्रये वः ।
समानेन वो हविषा जुहोमि ॥
समानी व आकूतिः समाना हृदयानि वः ।
समानमस्तु वो मनो यथा वः सुसहासति ॥



*May we walk together, speak together and
may our minds contain similar purpose.
Just as deities since ancient times cordially accept
only the oblations set aside for them,
may our fundamental thoughts and consultations be harmonious.
May our hearts and minds be similar.
May we have the same prayers and offer the same oblations.
May our decisions, our emotions be harmonious.
May our minds experience harmony and joy.*





A Public Diplomacy initiative of

MINISTRY OF EXTERNAL AFFAIRS
GOVERNMENT OF INDIA