



सत्यमेव जयते

भारत का राजदूतावास, बहरीन

Embassy of India, Bahrain

PRESS RELEASE

21 June, 2024

Embassy of India, Bahrain celebrated the 10th edition of International Day of Yoga

The Embassy of India, Bahrain celebrated the 10th International Day of Yoga (IDY) this year on 21 June, 2024 with the theme “Yoga for Self and Society”.

2. Embassy with the support of General Sports Authority, Kingdom of Bahrain organized a yoga session at Khalifa Sports City Stadium, Bahrain on 21 June, 2024. The event held with Ambassador H.E. Mr. Vinod K. Jacob as Chief Guest saw the participation of hundreds of yoga enthusiasts in Bahrain. Embassy encouraged all yoga enthusiasts in Bahrain to participate in the Prime Minister’s Awards for Yoga and Yoga with Family Video Contest organized by Ministry of AYUSH, Government of India and Indian Council for Cultural Relations.

3. A Curtain Raiser event was organized at the Embassy premises to kick off the celebration of 10th IDY on 31 May, 2024. During the session, officials of the Embassy was joined by students from Yoga classes held at the Embassy, Yoga instructors in Bahrain and Physical Education teachers from schools in Bahrain. As part of embracing wellness together and spreading the awareness & benefits of Yoga, Embassy of India commenced the Weekly Yoga classes on 09 March 2024.

4. Recognizing its universal appeal, on 11 December 2014, the United Nations proclaimed 21 June as the International Day of Yoga by resolution 69/131, proposed by India, and endorsed by a record 175 member states. The proposal was first introduced by Hon'ble Prime Minister Shri Narendra Modi in his address during the opening of the 69th session of the General Assembly, in which he said: "Yoga is an invaluable gift from our ancient tradition. Yoga embodies unity of mind and body, thought and action ... a holistic approach [that] is valuable to our health and our well-being."

5. The Embassy takes this opportunity to express gratitude to the Leadership, General Sports Authority, Government and friendly people of the Kingdom of Bahrain for the support and facilitation in holding these events.







