



सत्यमेव जयते

भारत का राजदूतावास, बहरीन

Embassy of India, Bahrain

PRESS RELEASE

22 June, 2023

International Day of Yoga 2023

The Embassy of India, Bahrain celebrated the 9th International Day of Yoga (IDY) this year on 21 June, 2023 with the theme 'Yoga for Vasudhaiva Kutumbakam'. Several events were held throughout the month of June to celebrate Yoga.

2. Embassy with the support of Bahrain Authority for Culture and Antiquities (BACA) and in association with Art of Living Bahrain and other Indian community associations, organized a yoga session at the UNESCO World Heritage Site, Qal'at Al Bahrain/Bahrain Fort on 21 June, 2023. The event saw participation of hundreds of yoga enthusiasts from different nationalities in Bahrain. The session which included the Common Yoga Protocol was led by Mr. Mahmood Al Oraibi and Mrs. Shilpa Abhyanka from Art of Living Bahrain.

3. Qal'at Al Bahrian archaeological site symbolizes the close civilizational relations between India and Bahrain, as an ancient port of trade between the two civilizations. The fort museum exhibits numerous artefacts that feature civilizational history of Bahrain of Dilmun era, including its relation with Indus Valley Civilisation.

4. A morning yoga session was also organized at the Embassy premises to kick off the celebration of 9th International Day of Yoga on 21 June, 2023. Events as a run up to the International Day of Yoga also included a curtain raiser on 03 June, 2023, a yoga conclave 'Manthan' under the patronage of Indian Embassy and yoga events on 21 June, 2023 in schools and other entities.

5. 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."

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











