

**High Commission of India
Windhoek**

Press Release

2nd International Day of Yoga

The High Commission of India is celebrating the 2nd International Day of Yoga in Namibia on 25 June 2016 at the Parliament Gardens from 10:30 A.M. The event is open to all, including various community organizations, yoga/physical fitness enthusiasts, students, children and media. A yoga expert from India will anchor the session in cooperation with local yoga instructors and organize an open air yoga session during which simple yoga exercises will be performed.

The UN General Assembly (UNGA) had adopted an India-led Resolution on December 11, 2014 declaring June 21 each year as the "International Day of Yoga". There was an overwhelming support for the Resolution with 177 UN member-states co-sponsoring the Resolution, which was a record and unprecedented in the UN history. The First International Day of Yoga was successfully celebrated all over the world last year and several activities were organized to mark this day.

It may be mentioned that the Culture Centre of the High Commission of India holds regular classes at its premises 97 Nelson Mandela Avenue. The classes are free and open to everyone with prior registration.

The Ministry of External Affairs of India has hosted a page dedicated to the International Day of Yoga at <http://mea.gov.in/idy-16.htm>. This page provides important Yoga related news and information including on Common Yoga Protocol. More information on Yoga can be accessed at <https://yoga.ayush.gov.in/>

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