

**High Commission of India  
Windhoek**

**Press Release**

**5th UN International Day of Yoga : Yoga for Peace and Harmony**

The 5th UN International Day of Yoga (IDY) was celebrated with great enthusiasm in Windhoek on 15th June. In the largest Yoga gathering here so far, a big number of Yoga practitioners and laypersons alike gathered at United Athletic Field, Olympia, to know the benefits of yoga for health and well-being and also to follow a simple Common Yoga Protocol.

At this event organized by High Commission of India, those present included Hon. Christine Hoebes, Deputy Minister of International Relations and Cooperation; Diplomatic Corps, senior Government officials, students from Immanuel Shifidi Secondary School, Katutura; and IDY Ambassador and Ms. Glamworld Namibia Ms. Minsozi Kompeli.

High Commissioner Prashant Agrawal underlined the benefits of Yoga for the health and well-being of individuals and communities.

A number of Yoga and health organizations of Namibia joined the event. All guests together performed some simple Yoga exercises as part of a Common Yoga Protocol, under the guidance of well-known Yoga teachers.

A special feature of the event was its eco-friendliness. Any single use plastic was minimized.

Besides Windhoek, IDY events are also being held in Walvis Bay and Otjiwarongo.

High Commission also wishes to convey its sincere thanks to all volunteers for their valuable support. Selected photos of the event are enclosed.

***Windhoek,  
June 15, 2019***







