

Embassy of India
Thimphu

Press Release: **Celebration of the 8th International Day of Yoga, 21 June 2022,
Clock Tower Square, Thimphu**

The Embassy of India organized the main event of the celebrations of the 8th International Day of Yoga at the Clock Tower Square, Thimphu on 21 June 2022 in collaboration with our Bhutanese friends and fellow Indians.

2. The Yoga Session on the 8th International Day of Yoga (IDY) was conducted by Shri KVSSN Murthy, Yoga Guru of the Culture Centre of the Embassy of India from 8 am onwards. Different Yoga Asanas and Yoga postures of the Common Yoga Protocol were demonstrated by Shri Murthy and followed by almost 300 individual Yoga participants from all quarters of the capital city. The IDY participants included Bhutanese Yoga teachers and their students, local Yoga practitioners, Indian nationals resident in Thimphu and members of IMTRA, Druk Punjab National Bank and Project Dantak (BRO) Headquarters.

3. Speaking at the event, Ambassador Ruchira Kamboj mentioned that ancient Indian scriptures stated that “योगः कर्मसु कौशलम् which means “**efficiency in action is Yoga**”. She added that over a billion people across the globe see Yoga as an enhancer of their physical, mental, spiritual and intellectual wellbeing. Resident Representative of UNDP Bhutan Azusa Kubota stated that she is a fan and believer in the ancient Indian practice of Yoga.

4. Ambassador distributed prizes to the winners of the Embassy of India’s IDY Jingle competition and to the winning students of the Yoga competition held at Lungtenzampa Middle Secondary School this morning. Ambassador also gave away the prizes to the winners of the #IDY2022 jingle competition as well.

5. The theme of the 8th International Day of Yoga is ‘Yoga for Humanity’ and the Embassy had held a Curtain Raiser event of IDY at the Lungtenzampa Middle Secondary School followed by another Yoga session at the RENEW-Gawaling Happy Home, Wangsisina on 9 June 2022.

6. Following the passage of the UN General Assembly Resolution A/Res/69/131, which was adopted by acclamation in December 2014 with a record number of 177 co-sponsoring member states including Bhutan, 21 June is celebrated as the International Day of Yoga every year.

21 June 2022

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Azadi Ka
Amrit Mahotsav

International Day of Yoga
21 June

The Indian Council for
Cultural Relations

Embassy of India
Thimphu, Bhutan

'Yoga for Humanity'

8th International day of
YOGA
21st June 2022
Venue: Thimphu Clock Tower Square
(8 am onwards)