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PRESS RELEASE

Celebrations of the 10th International Day of Yoga in Myanmar

Embassy of India in Myanmar organised the 10th International Day of Yoga (IDY) at Thuwunna National Indoor Stadium today, which saw the participation of over 600 Yoga enthusiasts including prominent Myanmar nationals, government officials, members of diplomatic corps and members of the Indian diaspora. Ambassador of India to Myanmar H.E. Mr Abhay Thakur addressed the gathering, emphasizing yoga's vital role in fostering health and well-being and expressed his gratitude to all participants, volunteers, and supporters for their enthusiastic involvement and commitment to promoting Yoga as a means to foster harmony and peace within oneself and in the world at large. Under the IDY theme of "Yoga for Self and Society," participants engaged in various Yoga postures, breathing exercises, and meditation techniques guided by experienced instructors.

2. Yoga, an ancient practice from India, is globally recognized for its holistic benefits to the mind, body, and spirit. The International Day of Yoga (IDY), celebrated worldwide on 21 June, underscores its universal appeal and profound significance. In 2014, the UNGA had adopted the IDY resolution by consensus. Today, 10 years later, IDY has grown into a truly international occasion, promoting peace and wellness across borders.

3. The Embassy of India in Yangon, through its cultural centre SVCC, has been engaged in promoting yoga across Myanmar. To mark the 10th IDY, the Embassy of India organised 17 special sessions of Yoga across Myanmar during the period 1-21 June 2024, including eight in Yangon, five in Mandalay, two in Nay Pyi Taw, one in Bagan and one in Sittwe. The IDY events were successfully held at iconic locations across Myanmar including People's Park, Kandawgyi Lake and Thuwunna National Indoor Stadium in Yangon; Mandalay Hill, U Bein Bridge and Mandalay Palace in Mandalay; Uppatasanti Pagoda & Maravijaya Complex in Nay Pyi Taw; and the Bagan World Heritage Site. Various IDY events have also been organised by the Indian community organisations across Myanmar, including in Mawlamyine (Mon State), Zeyawaddy & Kyauktaga (Bago Region), Pathein (Ayeyarwady Region), and at various locations in Yangon Region. Over 3000 people embraced yoga through these events. H.E. U Than Swe, Deputy Prime Minister and Minister of Foreign Affairs attended the Yoga session at Uppatasanti Pagoda on 17 June 2024. Chief Minister of Yangon H.E. U Soe Thein attended the IDY celebrations at Thuwunna National Indoor Stadium today.

4. Celebrations of the 10th International Day of Yoga in Myanmar was an occasion for participants to reaffirm their commitment to incorporating Yoga into daily life for a healthier and more harmonious world, in line with this year's Theme 'Yoga for Self and Society'.

21 June 2024
Yangon