The Honorable Prime Minister of India Mr. Narendra Modi had urged the world community to adopt an International Day of Yoga, during his address to the 69th session of UN General Assembly on September 27, 2014. On December 11, 2014, the 193 member UNGA approved the proposal by consensus with a record 177 co-sponsoring countries a resolution to establish 21st June as "International Day of Yoga". In its resolution, the UNGA recognised that Yoga provides a holistic approach to health and well-being and wider dissemination of information about the benefits of practicing Yoga for the health of the world population. Yoga, a 6,000 year-old physical, mental and spiritual practice having its origin in India, aims to transform body and mind. Yoga also brings harmony in all walks of life and thus, is known for disease prevention, health promotion and management of many lifestyle-related disorders.

2. The first International Day of Yoga (IDY) will be celebrated all over the world on 21 June 2015. In Namibia, the High Commission of India will celebrate the first IDY at the University of Namibia, Windhoek (UNAM) on 21st June 2015 from 0800 hrs. To 1000 hrs. The event will include Practice Session of Basic Yoga Postures, Screening of documentary films on Yogic Practices & their Historicity, Short lectures on Yoga and Demonstration of simple Yoga Asanas (postures) by Yoga experts etc.

For more information, please see our Facebook page at https://www.facebook.com/IndiaInNamibia

Windhoek
June 05, 2015