

**High Commission of India  
Windhoek**

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**Press Release**

**Celebration of International Day of Yoga 2024 in Windhoek**

The 10<sup>th</sup> International Day of Yoga (IDY) was celebrated in Windhoek with enthusiasm on 22 June 2024. Yoga practitioners and enthusiasts as well as dignitaries, members of diplomatic corps and residents of Windhoek gathered in hundreds at the United Athletic Field, Olympia, to propagate the message and benefits of Yoga for wellbeing and healthy living of people.

Organized by the High Commission of India in association with several partners, this year's IDY has "Yoga for Self and Society" as its overarching theme. High Commissioner Mandarapu Subbarayudu explained as to how Yoga serves as a bridge between the individual and society and how it has become a global movement with more and more people from all cultures across all continents embracing it. An ancient Indian practice, Yoga offers a holistic approach to improve overall health. It connects us with ourselves and our deepest feelings. Our ability to concentrate is enhanced through yoga and meditation.

The United Nations General Assembly (UNGA) had adopted the resolution in December 2014 with a record 177 co-sponsoring nations to observe 21 June every year as the International Day of Yoga. Addressing the UNGA in September of that year, Prime Minister Shri Narendra Modi had said, "Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature".

Since the year 2015, the International Day of Yoga is being observed every year around the world, including in Namibia, with great enthusiasm. UNESCO recognized Yoga as World's Intangible Cultural Heritage.

On 22<sup>nd</sup> June in Windhoek, the participants performed together some simple Yoga postures in accordance with the Common Yoga Protocol, under the guidance of Yoga teachers.

IDY was also celebrated at other places of Namibia, including Okahandja. A number of special workshops and demonstrations focusing on various aspects of wellness have been held at the High Commission of India under the guidance of Yoga expert Dr. Anurita Misra. Free Yoga classes are being offered at the High Commission and those interested are welcome to join.

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Windhoek  
22 June 2024