



**Consulate General of India
Perth

Press Release - Celebrations of the 5th International Day of Yoga

In celebration of the 5th International Day of Yoga, the Consulate in association with the Indian Society of Western Australia (ISWA) and the Art of Living Foundation organised a public event on 15th June 2019 in the picturesque gardens of the Government House, the Official Residence of the Governor of Western Australia. Close to 150 Yoga lovers braved the bad weather and participated in the event with great enthusiasm.

In December 2014, United Nations had unanimously adopted a resolution to mark June 21 as the International Day of Yoga (IDY). June 21 is the Summer Solstice, the longest day of the year in the Northern Hemisphere and has special significance in many parts of the world. Since then IDY has been celebrated as a major event in hundreds of cities enhancing awareness about multifaceted benefits of yoga to individuals, families and societies.

Over the last five years the Consulate General of India, in collaboration with Perth-based Yoga associations, has been organizing Yoga practice sessions across cities & towns both in Western Australia and Northern Territory. These events with the broader objectives of "Promoting Health, Happiness, Harmony & Peace through Yoga" have helped in generating much more awareness about the benefits of Yoga. Given the tremendous interest that the celebration of IDY has generated in Perth, this year's celebrations were planned on a larger scale. Around a dozen events are being organised by Yoga organisations and Indian community associations in different suburbs of Perth city, and in cities of Bunbury and Kalgoorlie (in Western Australia) and in Darwin, Northern Territory.

In his address to the gathering, Acting Consul General spoke about the benefits of Yoga and encouraged the participants to contribute towards popularisation of Yoga as part of daily activity for health, happiness, harmony and peace. Special dignitaries at the event included members of Western Australia Parliament Mr. Yaz Mubarakai MLA and Consul General of China. Giving the inaugural address at the IDY, Yaz Mubarakai MLA stated that Yoga was one of India's gift to the world which has gained wide popularity in Australia. He encouraged the attendees to practice Yoga on a daily basis given its established benefits for all round health.

The event included Yoga practice sessions followed by guided meditation and Shanti Prarthna (prayers for world peace). Leading Yoga masters from the Art of Living Foundation conducted Yoga & meditation sessions, as per the standard Common Yoga Protocol of the International Day of Yoga, which were extremely well received by the participants.

The "West Australian" in its special Weekend section carried a news article encouraging the public to join for the Yoga event. A few Pictures of the event are reproduced below.

Perth
18 June 2019



2 The Weekend West
June 15-16, 2019

WEEKEND

BEND AND FLEX

It's time to master the perfect downward dog. Today is the fifth **International Day of Yoga** and, to celebrate, the Consulate General of India - Perth, in association with the Art of Living Foundation and Indian Society of WA, is hosting a free public class in the resplendent surrounds of **Government House Gardens**. It is on from 9.30-11.30am. Bring a yoga mat down to the grass and take part in a mass session, where experienced instructors will guide you through a classic flow. Register via Eventbrite.