

Celebration of 6th International Day of Yoga

The High Commission of India in Kuala Lumpur celebrated the 6th International Day of Yoga (IDY) at the Netaji Subash Chandra Bose Indian Cultural Centre, Kuala Lumpur on Sunday, 21 June 2020. A large number of yoga enthusiasts of all ages and from every walk of life participated in the programme through live web streaming.

2. The event commenced at 0800 hrs with the screening of video message on International Day of Yoga by Prime Minister Shri Narendra Modi. The programme continued with the screening of a video message by High Commissioner Shri Mridul Kumar on the occasion of International Yoga Day celebration in Malaysia. In his message, High Commissioner noted that idea of International Day of Yoga, on 21 June, was mooted by PM Modi and accepted by the United Nation in 2015; since then the entire humanity has been practicing the arts and science of Yoga. He acknowledged the exponential growth in popularity of Yoga in Malaysia. He also mentioned about the iconic event organized at Batu cave in 2019, where around 15,000 yoga enthusiasts from all walk of life joined High Commission of India in celebration of International Yoga Day. He also shared information about yoga video blogging contest organized by Ministry of Ayush, Government of India. He noted that due to COVID-19 pandemic, this year, High Commission of India is celebrating International Yoga Day through live web streaming. Mentioning the theme of this year International Yoga Day “Yoga for Health-Yoga at Home’ and he welcomed all yoga lovers to do Yoga at home under the able guidance of Yoga experts on digital platform. A special video “spirit of Yoga” by Indian Council of Cultural Centre was also screened.

3. A guided yoga session based on the Common Yoga Protocol was performed by the participants. They demonstrated 23 Yoga asanas in 45 minutes. The session was led by Shri Khemchand B Gupta, Teacher of Indian Cultural Centre at the High Commission of India, along with other yoga volunteers. Yoga lovers from all walk of life participated in the yoga session through live streaming.

4. Following Yoga demonstration, High Commissioner Shri Mridul Kumar presented certificate of appreciation to senior yoga participants, who guided public by displaying yoga asanas at the event.

21 June 2020
