

6th INTERNATIONAL DAY OF YOGA

June 21, 2020

Indian Cultural Centre, Embassy of India, Seoul in collaboration with Indian Cultural Centre, Centre in Busan organized 6th International Day of Yoga on 21st June 2020 via Video Conference. Official partners in this event also included Seodaemun-gu in Seoul with partnership with cities like Gimhae and Miryang, along with Wonkwang Digital University, Korea Yoga Association and India Yoga Centre in Busan.

Given the context of the current Covid-19 pandemic including restrictions on the movement of people and a slowdown in our daily activities, this year in Seoul the celebrations were organized on a digital platform, connecting with people from comforts of their homes truly following the theme of this year's International Day of Yoga - "Yoga at Home, Yoga with Family".

Yoga is an ancient Indian practice for physical, mental and spiritual wellbeing. Strongly rooted in ancient Indian philosophy, it means to 'unite' signifying union of the mind, body and soul to the universe. In recognition of its universal appeal, the United Nations proclaimed June 21, as the International Day of Yoga in December 2014 and it was added in the UNESCO's list of "Intangible cultural heritage of humanity" in 2016. This International Day of Yoga endeavours to create awareness about the benefits and practice of yoga.

Amb. Sripriya Ranganathan, Ambassador of India to Republic of Korea in her welcome remarks highlighted how Yoga is an invaluable ancient Indian practice with numerous benefits to both physical and mental health. During these unprecedented times of pandemic, when not only individuals, nations but the whole of humanity is going through a period of crisis, it is through Yoga that we can stay healthy and happy in a positive way by following health-building and stress relieving aspects of Yoga which are highly relevant today. It provides solutions for physical and mental health.

During the session Mr. Heo Seong-gon, Mayor of Gimhae City, Mr. Park Il-ho, Mayor of Miryang City, Mr. Jeong Deok-min, Honorary Consul General also gave their congratulatory remarks and appreciated the efforts of the Indian Cultural Centre to have organized this event on a digital platform to raise awareness about the many benefits of practicing Yoga.

Prime Minister of India, Shri Narendra Modi in his video message said that, "this is the day of unity as yoga binds everyone together. It is a day of universal brotherhood. As the theme of International Day of Yoga this year is 'Yoga at home, Yoga with family', we will stay away from all social gatherings and do yoga with our family. When family members come together in practising yoga, it spreads energy in the entire house". According to Prime Minister, "the world is taking the need to practice yoga more seriously in the wake of Covid-19 as it boosts immunity and enhances our quest for a healthier planet".

All the participants present on this occasion practiced the common Yoga Protocol on their digital screens from their respective homes along with families. This online celebration of International Day of Yoga also witnessed exclusive Yoga drill by the children from Indian Cultural Centre in Busan.

The session was moderated by Dr. Sonu Trivedi, Director of the Swami Vivekananda Cultural Centre, Embassy of India, Seoul. She emphasized how adopting social distancing measures in this year's International Day of Yoga celebration worldwide along with Common Yoga Protocol practiced by all in a non-congregative manner introduces people to the intriguing world of Yoga, particularly when the whole humanity is under crisis.

This online event also include a LIVE Quiz for participants and three lucky draw winners were also announced by H. E. Sripriya Ranganathan, Ambassador of India during the event. It witnessed participation by a large number of fan and followers of Yoga from Seoul, Busan, Gimhae, Miryang, Jeju and other parts of Republic of Korea including India.