

**PRESS RELEASE**  
**7<sup>th</sup> International Day of Yoga 2021**  
June 14, 2021

Swami Vivekananda Cultural Centre, Embassy of India, Seoul kickstarted the 7<sup>th</sup> International Day of Yoga (IDY) celebrations in Seoul by organising the Curtain Raiser today at the iconic Namsan Seoul Tower. Located at the top of Namsan Mountain in the geographical center of the city, the Tower is an iconic Seoul landmark that provides bird's-eye view of the city. The IDY curtain raiser is also a part of the Embassy's Special series under India@75 celebrations.

Yoga is a means to unite mind, body and soul. In these testing times of the pandemic, it is the 'Yogic way of life' that can best help everyone sail through and stay healthy and happy and in a positive state of mind. Given the theme of IDY 2021 "Be With Yoga, Be At Home" the Embassy members gave the message which was livestreamed on social media handles and followed by friends and family from the comforts of their home.

On this occasion, H. E. Sripriya Ranganathan, Ambassador of India to Republic of Korea in her remarks and focused on the importance of Yoga, the ancient tradition of wellness and combination of physical, emotional and spiritual well-being. With today's curtain raiser event Ambassador Ranganathan invited all to participate in the lifelong journey of Yoga.

In these challenging times of global pandemic and restrictions on social gathering, the Cultural Centre is organising a series of Yoga events in different cities across Korea with local partners following COVID-19 protocols and all guidelines of the government during pandemic.

To mark the 7th International Yoga Day, Yoga sessions for Children and youth will be organised in various schools in Seoul along with Wongwang Digital University, Seoul Campus on 19<sup>th</sup> June, and Busan University of Foreign Studies on 21<sup>st</sup> June. The Cultural Centre has also partnered with Gimhae City administration for Yoga demonstration on 20<sup>th</sup> June and at Nami Island on 25<sup>th</sup> June. A Special Yoga Day demonstration and cultural performance will also be held in Seoul on 21<sup>st</sup> June in collaboration with Gandong-gu office and Korea Yoga Association.

These series of yoga sessions organised across Korea will provide participants a unique opportunity to discover various aspects of India's age-old approach to well-being. Recognizing its universal appeal, the United Nations proclaimed 21 June as the International Day of Yoga in December 2014.

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