

PRESS RELEASE

2ND INTERNATIONAL DAY OF YOGA CELEBRATIONS

The Consulate General of India, Hamburg celebrated the 2nd International Day of Yoga today on the 25th of June 2016 (Saturday) in Hamburg. The celebrations were a part of the global commemoration efforts of International Day of Yoga initiated by Government of India.

The United Nations General Assembly declared June 21st as the International Day of Yoga on Dec 11, 2014. Addressing the UN General Assembly on 27 September 2014, the Prime Minister of India, Mr. 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 fulfilment; 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. By changing our lifestyle and creating consciousness, it can help us deal with climate change. Let us work towards adopting an International Day of Yoga."

The Consulate General of India, Hamburg motivated by the success of first International Day of Yoga in Hamburg was poised with its second edition to create awareness on authentic Yoga and its benefits and to reach out to maximum number of people across all age groups in Northern Germany. The Embassy had taken the initiative to host free Yoga demonstrations in collaboration with well-known and active Hamburg based namely: Art of Living, Isha Foundation, Anivasi Bharthi.

Above 150 Yoga enthusiasts and curious first timers in and around Hamburg participated in the celebration of the 2nd International Day of Yoga. The participation included a few members of the Diplomatic Community in Hamburg.

A few photographs of the events are attached.

Hamburg
June 25, 2016































































