



**Consulate General of India
Bali**

Press Release - Celebration of the 10th International Day of Yoga in Bali

In the occasion of the celebration of the 75 years India-Indonesia diplomatic relation, the Consulate General of India and Swami Vivekananda Cultural Centre (SVCC) Bali in collaboration with Yogmantra Bali organised the celebration of the 10th International Day of Yoga on 21 June 2024 in Lapangan Puputan Badung (I Gusti Ngurah Made Agung), Denpasar. With theme of Yoga for Self and Society, the programme was attended by more than 700 people from local government officials including Head of Bali Tourism Department Mr. Tjok Bagus Pemayun, members of Indian community, business personalities, yoga enthusiasts, media personnel, academicians.

On 11 December 2014, a resolution designating June 21 as the "International Day of Yoga" was unanimously adopted by the 193 members of UNGA, with a record 177 co-sponsoring nations, including Indonesia. The UNGA acknowledged in its resolution that yoga offers a comprehensive approach to health and well-being and that there should be a greater public awareness campaign on the advantages of yoga practice for global health.

Welcoming the participants joining the celebration, Consul General Dr. Shashank Vikram highlighted the immense benefits of Yoga and how the International Day of Yoga has become part of the global calendar. As many as 30 pre-IDY events were organised in various prominent places in eight regencies and city in Bali including Soekarno Park in Tabanan and Buleleng Regency to promote Yoga and spread its benefits to all people of Bali. A curtain raiser to start the 10th International Day of Yoga was held on 14 June, just a week before the main event in the iconic and enthralling Nusa Dharma Island which was attended and enjoyed by more than 400 yoga experts and yoga enthusiasts in the Province.

Ms Prajkta Bansode, the founder of Yogmantra Bali while addressing the audience mentioned that Yoga originated in ancient India, has become a global phenomenon with numerous benefits, including focus, balance, and resilience. Yoga is not just a physical exercise but a mental, emotional, and spiritual journey, connecting the body to the soul. She also invited people to join hands and hearts in celebrating yoga's timeless wisdom for self-discovery, healing, and growth.

The yoga session was led by Yoga teachers from Yogmantra Bali as per the standard Common Yoga Protocol comprising day-to-day Yoga practice for the masses to reap all the benefits of Yoga. Afterwards, the programme continued with meditation session conducted by Director of SVCC Bali Mr. Naveen Meghwal. Meditation has been shown to offer many benefits for mental, physical, and spiritual health.

The event came to its end by distribution of certificates of appreciation to the representatives of Yoga communities, institutes, and schools in Bali for their immense efforts to disseminate Yoga in Bali. The most awaited announcement of a number of exciting door prizes sponsored by Yogmantra Bali also became one of the event's highlights at the end of the programme, including return tickets to India and Yoga Teacher Training Courses.


