

INTERNATIONAL
YOGA DAYTHE
DAILY **tribune**

Yoga, a global phenomenon

Millions celebrate International Day of Yoga across the world



TDT|Manama

The International Day of Yoga will be celebrated today in Kingdom with great enthusiasm and fervour. Yoga has been gaining popularity in Bahrain over the years which is visible with the presence of a large number of yoga studios, yoga practitioners and yoga enthusiasts here.

The Indian Embassy in Bahrain in association with Bahrain's Ministry of Youth and Sports Affairs is celebrating the fourth International Day of Yoga today at Isa Sports City Halls (opposite National Stadium), Isa Town at 6.30 pm. The event will include a yoga practice session comprising simple and

easy yoga postures, which can be performed even by persons not familiar with yoga.

Declaration of 21 June as International Day of Yoga by the UN General Assembly in 2014 has propelled the popularity and propagation of yoga to a great extent. WHO has also recognised yoga as one of several traditional therapeutic systems. The practice of yoga leads to the union of individual consciousness with that of the universal consciousness, indicating a perfect harmony between the mind and body, man and nature. Yoga helps in relieving the stress of modern day life.

In his message marking the day, Indian Ambassador to Bahrain Alok Kumar

Sinha said enthusiastic participation by hundreds of people has made the International Day of Yoga a major event in Bahrain in the previous years. "The success and wider participation has been made possible through the invaluable support of the leadership of the Kingdom, His Majesty King Hamad bin Isa Al Khalifa, His Royal Highness Prince Khalifa bin Salman Al Khalifa, the Prime Minister and His Royal Highness Prince Salman bin Hamad Al Khalifa, Crown Prince, Deputy Supreme Commander and First Deputy Prime Minister," he added.

Celebrations

Indian Prime Minister Narendra Modi will join thousands of volunteers, performing yoga asanas in the lawns of Forest Research Institute, Dehradun, located in the lap of the Himalayas. A series of yoga related events are being organised across the world to mark the occasion. Modi had earlier participated in



Alok Kumar Sinha along with others performs yoga on board INS Kochi

Yoga celebrations at Rajpath in New Delhi in 2015, the Capitol Complex in Chandigarh in 2016, and the Ramabai Ambedkar Sabha Sthal in Lucknow in 2017.

Greeting Yoga enthusiasts across the world on the occasion, Narendra Modi said that yoga is one of the most precious gifts given by the ancient Indian sages to humankind.

"Yoga is not just a set of exercises that keeps the body fit. It is a passport to health assurance, a key to fitness and wellness. Nor is yoga only what you practice in the morning. Doing your day-to-day activities with diligence and complete awareness is a form of yoga as well," the Prime Minister said.

"In a world of excess, yoga promises restraint and balance. In a world suffering from mental stress, yoga promises calm. In a distracted world, yoga helps focus. In a world of fear, yoga promises hope, strength and courage," the Prime Minister added.

In the run-up to International Yoga Day, the Prime Minister

In an increasingly stressful life, Yoga provides the positive energy that keeps tensions away and gives us strength to perform our duties. The practice of Yoga facilitates mind and body coordination, emotional equanimity and intellectual clarity.

MR SINHA

has also taken to social media to share the intricacies of various yoga asanas. He has also shared pictures of people performing yoga, at various locations across the world.

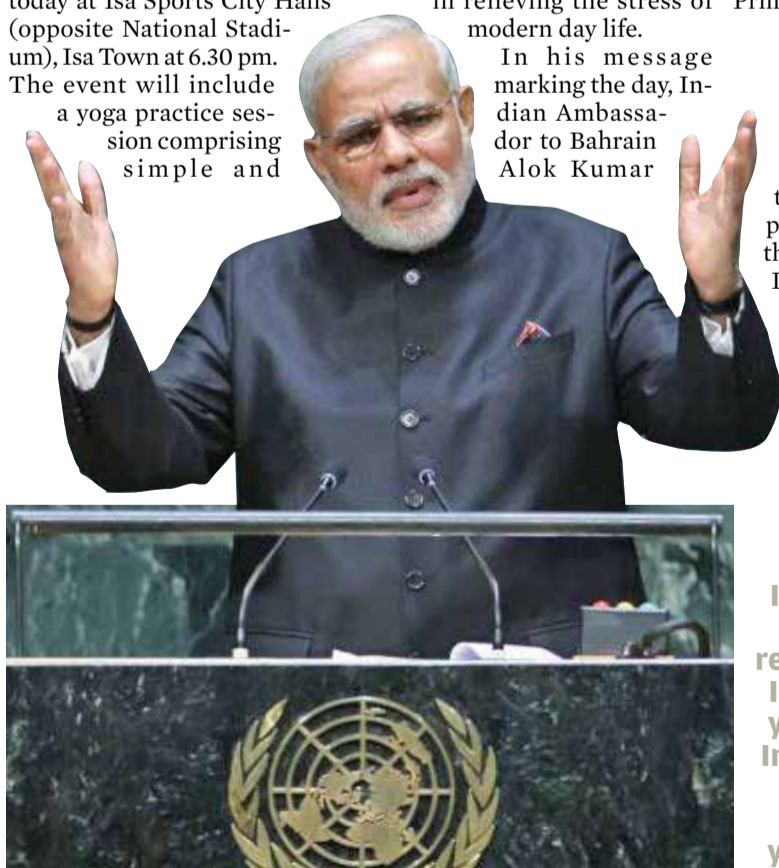
Awards

Vishwas Mandalik, Nasik and The Yoga Institute, Mumbai are

the recipients of the Prime Minister's Award for outstanding contribution for promotion and development of yoga for the year 2018. The selection was done from among 186 nominations received under different categories.

Vishwas Mandalik acquired in-depth knowledge of authentic Patanjali & Hatha Yoga, Bhagwad Gita and Upanishad by study and research of ancient scriptures for over last 55 years. In 1978, he set up first branch of Yoga Vidya Dham, and as of today there are 160 centres in India.

The Yoga Institute - established in 1918 by Yogendraji, has completed its 100 years serving the society, touching the lives of over 10 million people during its journey. It has produced more than 50,000 yoga teachers and has over 500 publications to its credit. The yoga institute has contributed to the promotion and development of holistic yoga for over 10 decades, and served every section of the society both locally and globally.



Modi address the UN general assembly on June 21, 2014, marking the first International Day of Yoga

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