

High Commission of India

Kuala Lumpur

8th International Day of Yoga Celebrations (IDY) at Batu Caves, Malaysia

High Commission of India, Kuala Lumpur commemorated the 8th International Day of Yoga at the Iconic Batu Caves Temple Premises, on Tuesday, 21st June 2022.

2. The celebration at Batu Caves was part of the Guardian Ring live telecast, organised by the Government of India to showcase the yoga day celebrations from across the world. The celebration held today was also the first event out of the 75 events planned in various locations of Malaysia over the next one month. The events are being held in partnership with 47 organisations which include Community Associations, Business Associations, Educational institutions and NGOs in Malaysia.

3. H.E.Ms.Karima El Korri, UN Resident Coordinator for Malaysia, Singapore & Brunei Darussalam was the chief guest on the occasion. In her keynote address, Ms.Karima emphasized that the International Day of Yoga aims to raise awareness worldwide of the many benefits of practising Yoga. She also stressed on the importance of individuals making healthier choices and following lifestyle patterns that foster good health.

4. The event was presided over by H.E Shri. B.N. Reddy, High Commissioner of India to Malaysia, who in his welcome address, shared that this year's IDY celebrations are being held in conjunction with AzadiKaAmritMahotsav, which is a Government of India's initiative to commemorate 75 years of India's Independence and the glorious history of its people, culture and achievements. He also emphasised the importance of practising Yoga in day-to-day life, for a better and healthy lifestyle.

5. A 40-minute yoga session was conducted as per the Common Yoga Protocol (CYP). The session was led by Ms. Zida Reijnders and Ms. Priya Tee from Malaysia Association of Yoga Instructor (MAYI). The yoga asanas demonstrated were well received.

6. The event was attended by over 800 yoga enthusiasts from all walks of life which included dignitaries from the Diplomatic Corps, Sri Maha Mariamman Temple Devasthanam, members of the Community and Business Associations, Yoga Institutions, International and Local Schools, members of media.

21 June 2022

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