MINISTRY OF EXTERNAL AFFAIRS
Government of India

International Day of Yoga
21st June

Yoga for Harmony & Peace

PRE-EVENT REPORT
INTERNATIONAL DAY OF YOGA
INTERNATIONAL DAY OF YOGA 2021: A PRELUDE

International Day of Yoga is celebrated every year on 21st June. Recognizing its universal appeal, on 11 December 2014, the United Nations proclaimed 21 June as the International Day of Yoga. The International Day of Yoga aims to raise awareness worldwide of the many benefits of practicing yoga. The draft resolution establishing the International Day of Yoga was proposed by India and endorsed by a record 175 member states. Every year, International Day of Yoga is celebrated around a different theme. Recognising the importance of yoga in promoting holistic health and also taking into account the impact of the on-going pandemic on the mental and psychological health, this year’s commemoration centres around ‘Yoga for well being’.

Every year, Indian Missions & Posts undertake various activities to commemorate IDY in their host countries. From Curtain Raiser events to contests on social media, Missions & Posts have been leading the charge in raising awareness about Yoga and enhancing its popularity.

This report focuses on the Pre-Event activities hosted by Missions & Posts ahead of the 7th International Day of Yoga. Over 150 Missions & Posts widely amplified these activities across social media platforms like Twitter, Facebook & Instagram. This included posts in 10 local languages including Filipino, French, German, Italian, Japanese, Polish, Portuguese, Romanian, Slovenian & Spanish.

<table>
<thead>
<tr>
<th>DATE</th>
<th>12th June 2021</th>
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<tr>
<td>HASHTAGS</td>
<td>#InternationalDayOfYoga #IDY2021</td>
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Curtain Raiser
India in Malaysia  @MalaysiaIndia  - Jun 2
The 7th International Day of Yoga (IDY) was celebrated in Malaysia to promote wellness. #IDY2021
@MalaysiaIndia @Indiambdiplomacy @PIB_India @IndianEmbassy @ICCR_Delhi

India in Ethiopia  @IndiaInEthiopia  - Jun 6
Yoga Day 2021: The event was held in Addis Ababa, celebration proceeds in different cities. About 100 yoga enthusiasts participated in the work-out. #IDY2021
@IndianEmbassy @ICCR_Delhi

India in Croatia  @India_Croatia  - Jun 7
International Day of Yoga 2021 celebration in Split, Croatia. Bored by @TEC_Split, Indian Embassy in Croatia, @ICCR_Delhi

India in New Zealand  @IndiaNZ  - Jul 2
@ICCR_Delhi: The celebration of International Day of Yoga 2021 is being celebrated with a virtual event. #IDY2021
@ICCR_Delhi @IndianEmbassy @ICCR_Delhi

India in Kyrgyzstan  @IndiaKyrgyz  - May 24
To help you practice yoga from the comfort of your home, the High Commission of India with @Kyrgyzbaltica shared an online video of @GeneralSeychell which will be broadcasted on SBC and the various social media handles of @Kyrgyzbaltica in Kyrgyzstan.

India in Ethiopia  @IndiaInEthiopia  - May 25
The "Run for Yoga" event was conducted in Addis Ababa, celebration proceeds in different cities. About 100 yoga enthusiasts participated in the work-out. #IDY2021
@IndianEmbassy @ICCR_Delhi
La Embajada de la India, en colaboración con los profesores de Yoga de Panamá, está compartiendo clases de Yoga y Ayurveda semanales completamente gratis en su página de Facebook. ¡Únete a las clases!

Hora: Ver agenda

#AmritMahotsav
@MEAIndia

Le ministère de l’Ayush a publié un bulletin d’information électronique pour diffuser le message des activités de la Journée Internationale du Yoga. Une copie du QUATRIÈME NUMERO de la lettre d’information “IDY 2021”, qui transmet le message de la Journée Internationale du Yoga.

India in Portugal @indiainPortugal - Apr 26
ART OF YOGA
Mais uma sessão dedicada ao YOGA DETOX, com novas técnicas para favorecer a eliminação de toxinas, a imunidade e o rejuvenescimento. Seg 26 de Abril | 19h30 - 19h15
Inscrições gratuitas eventbrite.pt/e/bilhetes-art...

Contacto artedeviver@artedeviver.pt

Dr. Elisa Ganser
University of Zurich
Dance in Yoga/Yoga in Dance in Premodern India
1 June 2021, h.16.30
To register for the webinar: https://bit.ly/ArtofLiving
Internationaler Tag des Yoga 2021: Im Vorfeld des #IDY2021 praktizieren Sie Yoga bequem von zu Hause aus. "Sei mit Yoga, sei zu Hause" Lernen Sie die grundlegenden Asanas: Ep7-Virbhadrasana 2 Sehen Sie dies hier: youtube.com/watch?v=H-VjFr...
#bewithyogabehome
@MEAIndia @ICCR_Delhi

Yog Deep with Gayathri Ramesh - Virbhadrasana- 2 Asanas ...
Yog Deep with Gayathri Ramesh - Asanas Unravelled "Yoga Deep", as the title indicates throws a light on asanas in ...
www.youtube.com

India in Poland
@IndianPoland

Journée internationale du yoga 2021: à l’approche de la Journée #IDY2021, pratiquez le yoga depuis le confort de votre maison. "Soyez avec le yoga, soyez chez vous" Apprenez les asanas fondamentaux:
Ep7-Virbhadrasana 2: youtube.com/watch?v=H-VjFr...
#bewithyogabehome
@ICCR_Delhi

3:48 PM · Jun 9, 2021 · Twitter Web App
India in Mali (Embassy of India, Bamako)

Yoga in Segou, Mali

in the run-up to the 7th International Day of Yoga on 21 June 2021, Yoga enthusiasts and members of Sathiya Cultural Group of Segou are spreading the message of holistic well-being through the sustained practice of Yoga. #IDY2021 #IndiaAT75 #IndiMaliOusti #ArtiGelindoMolienne

Indian Council For Cultural Relations
Ministry of External Affairs, Government of India
Ministry of AVUSH, Government of India

India in New Zealand (High Commission of India, Wellington)

#IDY2021 #YogaDay #InternationalYogaDay #MyLifeMyYoga #IndiainNewZealand #NewZealand #Indiansinnewzealand

High Commission of India has organized a Yoga event at the New Zealand Parliament grounds on the occasion of International Day of Yoga 2021, on 7th June 2021. A group of Yoga teachers along with Bharatanatyam students of Natraj School performed Yoga and Dance fusion postures to connect Indian classical dance with Yoga techniques. Yoga postures led by Mr. Ravi Mistry, The Art of Living and Bharatanatyam postures led by Ms. Prabha Ravi, Founder, Natraj School of Dance.

India in Japan (Embassy of India, Tokyo)

A Yoga Symposium for VCC Yoga Class students was organized on 5th June as part of celebrations for the 7th International Day of Yoga. Representatives of each class made presentations on the benefits of yoga in the VCC Multi-function Room. COVID-19 prevention measures were in place during the event.

(IDY, June 2021)

India in Croatia (Embassy of India, Zagreb)

#IDY2021 celebration in Sumartin, Brac led by Indian Technical and Economic Cooperation - ITEC alumni Mrs. Izabella Maric, Ministry of AVUSH, Government of India, Indian Council For Cultural Relations

VerbAsana Yoga

International Day of Yoga 2021 on the island of Brac, Sumartin as part of our 4-days Verbasa yoga retreat 😊

#InternationalDayofYoga2021 #EmbassyofIndia #GovernmentofIndia #Verbasa #YogaRetreat #Island Brac #Croatia

Embajada de la India en Guatemala, El Salvador and Honduras

Yoga en la playa del famoso Lago de Atitlán

Como previa al Día Internacional del Yoga 2021, la Embajada de la India, con el apoyo del Centro Eagle’s Nest, organizaron una Sesión de Yoga en el icónico Lago de Atitlán.

La sesión fue guiada por la Srita. Taya, quien aprendió Ashtanga Yoga en Mysore, India.

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Yoga on the shore of famous Lake Atitlán

As a run-up to #IDY2021, the Embassy of India, in collaboration with Eagle’s Nest Centre, organized a Yoga session on the shore of famous Lake Atitlán.

The Yoga session was led by Ms. Taya who learned Ashtanga Yoga in Mysore, India.

India in Kashmir (Embassy of India, Kashmir)

Save The World! DO YOGA! 2021! A yoga program at the iconic Kashmir Temple, Pahalgam Join us in celebrating IDY 2021 on 21 June. #IDY2021 #YogaDay
Q: The famous Russian yoga teacher Eugenie Peterson is also known as:
   a. India Devi
   b. Devika Rani
   c. India Rani
   d. Kamla Devi

12 likes
IndiainBahrain 9 Days to go
#InternationalDayOfYoga2021
Test your knowledge about Yoga.
#IDY2021
#BeWithYogaBeAtHome
#YogaInBahrain

Here is a wonderful opportunity to test your knowledge of Yoga!

The Ministry of Ayush presents
A Quiz Competition
on the occasion of 7th IDY
To play the quiz and for other details, click on the link given in the caption!
An e-certificate will be awarded on the successful completion of the quiz.

3 likes
India_in_Kenya On the occasion of the 7th #IDY, a Quiz Competition on Yoga is being run by the Ministry of Ayush.

To take the quiz, click here quiz.mogov.in/quiz/internati...

Last date: 21 June 2021.
Successful participants to receive e-certificate!

4 likes
ConsulateGeneralofIndiaPerth As a part of celebrations of 7th International Day of Yoga, the Consulate would be organising contest on Uploading your Yogasana Video. Participation open for all age groups. Video should not exceed 3 minutes. Interested participants from WA and NT can submit their entries to cons.perth@mea.gov.in latest by 14 June 2021.

Two winners will be given Certificate.

14 likes
HCOffice.Kingston Yoga with the Soldiers!

As a run-up to #IDY2021, the High Commission of India hosted a Yoga session for Military Cadets at the Jamaica Defence Force Monarche Training Camp.
The Cadets belonged to Jamaica, Antigua & Barbuda, Barbados, St Kitts & Nevis, Guyana, Suriname and Uganda. #IndiaAt75

All COVID-19 Protocols were implemented during the session. @meatindia
As part of preparations for celebration of 7th edition of International Day of Yoga, yoga instructor Dr. Raghunath conducted yoga sessions for Consulate staff. They helped them reduce stress & relax after long day of work. #indy2021 @meaindia @ministryofyouth @ndiplomacy @india_in_uae @iccr_delhi @ranglaan

International Day of Yoga 21 June 2021

Which is the Ultimate Purushartha?

a. Dharma
b. Kama
c. Artha
d. Moksha

Be with Yoga Be at Home #YogaInBahrain

#InternationalDayOfYoga #InternationalDayOfYoga2021 #beWithyogaBeAtHome #7thIDY #Indiaat75
#yogaquestionoftheday @meaindia @ministryofyouth @ndiplomacy @iccr_delhi @indianembjkt
Yoga @ Iconic Locations

Missions/Posts organized Yoga sessions at some iconic places of the host country. Here are the glimpses.
Yoga bringing people closer in India's extended neighbourhood. Master class in Namangan - the city of flowers in #Uzbekistan. Ambassador @Manishprabhat06 addressing yoga learners from Namangan Women's Association. @MEAIndia @ICCR_Delhi @IndianDiplomacy @MinOfCultureGoi

India in Guatemala @IndiaInGuate - Jun 8
Yoga en la playa del famoso Lago de Atitlán

Como previa al #IDY2021, @IndiaInGuate, con el apoyo del Centro de Yoga Eagle's Nest, organizaron una Sesión de Yoga en el icónico Lago de Atitlán.

La sesión fue guiada por la Srita. Taya, quien aprendió Ashtang Yoga en Mysore, India.
India in Bhutan • @Indiainbhutan • Jun 8
Chainga Dorji leads #Yoga at Chele La!

@PMBhutan @FM8hutan

India in New Zealand • @IndiainNZ • Jun 8
Organized a Yoga event at @NZParliament to celebrate #IDY2021, on 7 June 21. Displayed Yoga & Dance fusion postures to connect Indian classical dance with Yoga techniques.

@MukteshPardesha @MEAIndia @ICCR_Delhi @moayush @IndianDiplomacy @indiandiplomats @narendramodi @ArtofLiving
CALLING FOR PUBLIC PARTICIPATION VIA CONTEST

India in Belgium 🇧🇪 @BelgiumEU - Jun 7
Are you a yoga enthusiast? Gear up to celebrate International Day of Yoga with the ‘Be With Yoga, Be At Home’ Video Contest. Share your 1-minute video of practicing yoga asana & raise awareness among people. Visit mygov.in/be-yoga-b... @moayush @shradhasnik

India in Belgium 🇧🇪 @BelgiumEU - Jun 7
As part of celebrations of the 7th International Day of Yoga (IDY), please participate in Yoga Video contest. The best three videos will be awarded. @MEAIndia @IndianDiplomacy @ICCR_Delhi

India in Ukraine 🇺🇦 @IndinUkraine - May 27
The Embassy in association with IUSA & ICCR announces award winning ‘Yoga Photo Contest’ and ‘Yoga Video Contest’ at national level. This would mark the beginning of celebrations of IDY 2021 in Ukraine. @ICCR_Delhi @MEAIndia @tourneyski @moayush

India in Cambodia 🇰🇭 @Ginembcom - Jun 9
Send 2 inspirational #yoga photos of yourself for a chance to win prizes from Ambassador @BaanYinUK Email: yoga emploi@online.com.kh Deadline: 11 June
For more info, visit twindp.gov.kh/gallery/id=101...
@ICCR_Delhi @moayush @MEAIndia 🇮🇩 Educación 🇰🇭 @justlivingIDY2021

India in Switzerland & Liechtenstein 🇨🇭 @IndiaInSwitzerland - Jun 8
International Day of Yoga 2021
To commemorate IDY 2021, Embassy of India invites you to participate in a Yoga Photo/Video Contest. Send your entries by June 15.
#beWithYogaBeAtHome
@MEAIndia
@IndianDiplomacy
@ICCR_Delhi @Indianemb @MinOFCultureGol

7th INTERNATIONAL DAY OF YOGA 2021
“Be with Yoga, Be at Home”
Boost your Immunity - Practice Yoga at Home
Online Yoga photo / video contest

Embassy of India in Liechtenstein (represented at the Embassy of Switzerland)

Home and Yoga photos/videos can be submitted from 1st to 15th June.
Here is the first quiz on International Day of Yoga. Send your answers latest by 17th June, 2021. Names of the winners will be announced on 18th June, 2021.

ONLINE YOGA QUIZ

Embassy of India in Warsaw preparing for the celebrations of the International Day of Yoga 2021 presents

YOGA QUIZ - PART I

EN

1. Name Yoga in the year of its first mention in the Vedas?
2. Name of Lord Yoga?
3. Which one of the following stimulates the chakras of body?
   a) Svaroharini 
   b) Vritti 
   c) Brahma
4. Which one of the following stimulates the mind?
   a) Hatha 
   b) Pranayama 
   c) Swadhisthana
5. What is the first step in Yoga?
   a) Pranayama 
   b) Chanting 
   c) Meditation

PL

1. Co najpierw w roku, kiedy wizualizacja pojawiła się w Veda?
2. Nazwa Świętego Indyjskiego?
3. Jakie z poniższych działa karmią słońce?
   a) Svaroharini 
   b) Vritti 
   c) Brahma
4. Jakie z poniższych działa karmią umysł?
   a) Hatha 
   b) Pranayama 
   c) Swadhisthana
5. Jaka jest pierwsza krok w Yoga?
   a) Pranayama 
   b) Chanting 
   c) Meditation

India in Kazakhstan @indenbastana - Jun 8

The quiz on International Day of Yoga closes on 17.06.2021, so participate now and stand a chance to win cash prizes:
1st: KZT 20000
2nd: KZT 15000
3rd: KZT 10000
Consolation Prizes (3) KZT 2000

Links:
For English: flexiquiz.com/SC/N/quiz_on...
For Kazakh: flexiquiz.com/SC/N/quiz_on...
India in Phuentsholing ✠ @IndiainBhutanCG - Jun 5
CGI, Phuentsholing is organizing a National Quiz Competition for Bhutanese Nationals on the occasion of 7th International Day of Yoga, 2021. The multiple choice questions for the Yoga Quiz are given in the link below: forms.gle/Ff1EoMRjvXKpjb8...

Consulate General of India, Phuentsholing
Presents
"National Quiz Competition on Yoga"
(Bhutanese Nationals Only)

India in Kenya 🌍 @IndiainKenya - Jun 4
On the occasion of the 7th #IDY, a Quiz Competition on Yoga is being run by the Ministry of Ayush.

To take the quiz, click here quiz.mygov.in/quiz/internatl...

Last date: 21 June 2021.

Successful participants to receive e-certificate!

#InternationalDayOfYoga 🌍
#IDY2021

India in Peru & Bolivia 🌎 @RealIndia - Jun 9
#IDY2021 ¿Cuánto sabes de yoga?
Participa del Concurso Quiz de Yoga y gana atractivos premios.

español forms.gle/ihHCwL6x2rAWUf...
Inglés forms.gle/ee5E8kW4sh6WqS5mP...

#India475
#AazadiKaAmritMahotsav

@PMOIndia @IndianDiplomacy @meaindia1
@ICCR_Delhi

Embajada de la India en Lima invita a todos los residentes en Perú y Bolivia a participar en un concurso Quiz de Yoga y a ganar atractivos premios.

Del 03 junio a 18 junio, 2021
Los resultados serán anunciados el 21 junio.

3 premios en efectivo para los ganadores & 3 premios consolación.

#IDY2021 #BeWithYogaBeAtHome #INDIA@75
ONLINE YOGA SERIES & CLASSES

India in Damascus
@eisdmaquius · Jun 2
In the run up to 7th #InternationalDayofYoga on 21st June 2021, @eisdmaquius along with Yoga lovers in Syria, has started a campaign on the theme “Be with Yoga, Be at Home”, by sharing yoga videos & experiences of Syrian Yoga professionals trained in India.
@ICCR_Delhi @moayush

India in Indonesia
@IndianEmbKtv · Jun 5
As a countdown to #IDY 2021 with weekly Yoga Introduction video. Art of Living, PPYNI, and Yoga Fit presents session 1/6 - Sthira Sukham Steady & at ease with Ilda Silva Hendarta from PPYNI. #InternationalDayofYoga #India@75

India in Shanghai
@IndiaInShanghai · Jun 7
First day of online #Yoga classes at @IndiaInShanghai. Classes will continue till 25th June 2021. All are welcome to join. #IDY2021 #BewithYogaBeAtHome #AmritMahotsav @EOBeijing @ICCR_Delhi @IndianDipMKMC

India in Canada
@HCL_Ottawa · Jun 10
Yoga Series brought by @HCL_Ottawa. Today’s Session by @ishafoundation on the theme: Yoga for Respiratory Health at 6 pm EDT. Click the link to join: isha.us/canada-yoga-june9
@SadhguruIV
#AzadiKaAmritMahotsav
India@75
#InternationalDayofYoga

Respiratory Health
Wed, June 9
6 PM EST
Learn a powerful yogic process specifically designed to support the respiratory system, enhance lung capacity and boost immunity.
isha.us/canada-yoga-june9
Do yoga to stay healthy! CVP-#IDY21 Setu Bandhasana (Bridge Posture) Setu means Bridge in Sanskrit and bandha meaning bound. For live yoga videos check out our cultural center Gandhi Center The Hague on Facebook @gandhicentrelive. Join us on June 19 for #IDY2021

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India in Vladivostok @cgivladivostok · Jun 12
As we are stepping closer towards #IDY2021, a special master class on Yoga was conducted on the #ДеньРоссии in Artyom City, Primorye. #InternationalDayofYoga @IndEmbMoscow @RusEmbIndia

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India in Oman (Embassy of India, Muscat) @indemb_M... · Jun 5
Students and Parents learning #Yoga with full enthusiasm under ‘Yog Utsav’ program organized by ISC-Sanskrit Wing in their morning session today.

#InternationalDayofYoga
#IDY2021
#BewithYogaBeatHome