

**High Commission of India
Nairobi**

Celebrations of 5th International Day of Yoga (IDY-2019) in Nairobi

High Commission of India, assisted by Hindu Council of Kenya and other Kenyan associations promoting Yoga, organized a grand event on 23 June 2019 at Premier Club Ground in Nairobi to celebrate 5th International Day of Yoga (IDY-2019). The event was attended by Hon. Mr. Ababu Namwamba, Chief Administrative Secretary (Minister of State) for Foreign Affairs as Chief Guest, Ambassadors & High Commissioners, representatives from the United Nations, Government officials, media and over 3000 Yoga enthusiasts including Indian diaspora, local community and students.



2. High Commissioner Mr. Rahul Chhabra, in his opening remarks, underscored the importance of yoga for a healthy body and mind. He expressed hope that all participants would start a journey towards healthy lifestyle by adopting the practice of yoga. Chief Administrative Secretary (Minister of State) Hon. Mr. Ababu Namwamba appreciated efforts of High Commission of India in holding a number of events across Kenya to promote the practice of yoga among Kenyans.



3. Yoga Teacher Ms. Yogita Mehta, assisted by skilled yoga practitioners, administered the Common Yoga Protocol to all participants, and also performed advanced Yogic postures.



4. For the first time ever, the High Commission of India, in association with County Governments, is organizing events to celebrate 5th International Day of Yoga across Kenya in several counties - Kisumu, Uasin Gishu, Nakuru, Narok, Homa Bay, Machakos, Trans-Nzoia , Malindi and Mombasa.



[Nairobi, 23 June 2019]