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Celebration of 6th International Day of Yoga (IDY) 2020 in Brunei Darussalam

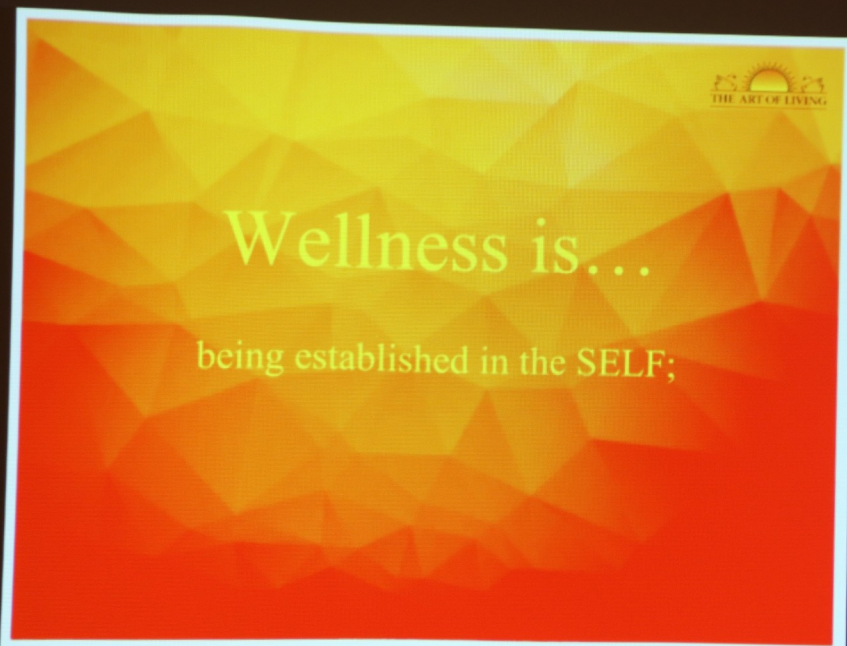


The 6th International Day of Yoga (IDY) 2020 was celebrated at India House on Sunday, 21 June 2020. A small number of around 42 practitioners of yoga joined the session at India House for the purpose of demonstrating the Yogic exercises and a large number of yoga enthusiasts joined the session virtually.





The event started with a brief message by High Commissioner, HE Ajaneesh Kumar. This was followed by a message from Hon'ble Prime Minister of India, HE Narendra Modi on the occasion and a short film on Yoga compiled by the Indian Council for Cultural Relations (ICCR).



Dr. Nisha Manikantan, Ayurvedic Doctor, dietitian, wellness and lifestyle adviser, teacher and trainer on health related issues spoke on the importance of an Ayurvedic diet to boost immunity in the context of the COVID-19 pandemic.



This was followed by a Yoga session based on the common yoga protocol conducted by Shri Ram Lavat Prajapati, Teacher of Indian Culture (TIC) in the High Commission of India, Brunei Darussalam.







In view of the restrictions on public gatherings and the requirements for social distancing due to the COVID-19 pandemic, the event, for the first time, was held virtually on online platforms such as Google Meet, Facebook Live and YouTube Live.



The event was covered by local media and clips of the event were also uploaded on Instagram handle of the Mission. The High Commission, in collaboration with Indian associations, organised Essay Writing Competition, Poster Making Competition and a Yoga Day Family Quiz Competition to commemorate the 6th IDY.





The High Commission also organised a video blogging competition 'My Life My Yoga', on behalf of the Ministry of AYUSH, Government of India with participation from all sections of the society.





Brunei Darussalam, 21 June 2020