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**PRESS RELEASE**

Subject: **Celebrations of first International Day of Yoga (IDY) at the Embassy premises on 21 June 2015**

The Embassy organised the celebrations of the First International Day of Yoga (IDY) at its premises with participation of over 600 Kuwaiti and Indian nationals from 6-8 A.M. H.E. Sheikh Nasser Sabha Al-Ahmad Al-Sabah, Minister of Amiri Diwan attended the function as Chief Guest and expressed his deep appreciation over the large participation of people to mark the IDY.

2. The event commenced with Indian Prime Minister’s Narendra Modi’s message on the occasion, followed by the video presentation on Common Yogic Protocol. The participating organizations viz, Art of Living, Harmony House and Isha Foundation and the Indian Doctors Forum presented talks on the occasion. The Art of Living yoga experts gave live demonstrations on breathing exercises and Yoga asanas on the stage while members of Harmony House presented the essence of Raja Yoga and meditation. Simultaneously, some participants joined in Yoga asanas in the nearby Consular hall specially arranged for this purpose. The three Yoga foundations and the Indian Doctors Forum set up stalls in the Embassy for distribution of books and pamphlets relating to Yoga and its health benefits.

3. To create greater awareness and generate interest in Yoga, Al-Rai, a prominent local Arabic newspaper, published a one full-page supplement on 21 June 2015. Other prominent Arabic newspapers in Kuwait, Al-Qabas, Al-Nahar, Al-Anba also published articles to increase publicity of International Day of Yoga 2015 to the awareness about the First International Day of Yoga in 2015. Prominent English dailies in Kuwait viz, Kuwait Times, Arab Times and the weekly newspaper, The Times Kuwait also published articles on International Day of Yoga for creating wide awareness in the country.

4. Selected photographs of the event are enclosed.

**22 June 2015**