

**Embassy of India
Hanoi**

PRESS RELEASE

8TH INTERNATIONAL DAY OF YOGA – YOGA FOR HUMANITY

The 8th International Day of Yoga (IDY) will be celebrated on 21 June 2022. On that day and in its run up, the Embassy and the Consulate General of India will be partnering with various cities/provinces of Vietnam to mark this important occasion. The theme for the International Day of Yoga this year is “Yoga for Humanity”.

2. Yoga is a five-thousand-year-old tradition from ancient India that combines physical, mental and spiritual pursuits to achieve harmony of the body and the mind. In recognition of its universal benefits and popularity, on 11 December 2014, the United Nations General Assembly declared 21 June every year to be marked as the International Day of Yoga (IDY). The declaration came after the call for the adoption of 21 June as the International Day of Yoga by the Prime Minister of India, Shri Narendra Modi during his address to the UN General Assembly on 27 September 2014.

3. Vietnam has always been an important partner of India to promote and celebrate the International Day of Yoga since its inception. The immense popularity of Yoga in Vietnam provides a strong cultural and people-to-people connection between our two countries.

4. For the past nearly two years, due to the global pandemic situation, the Embassy of India had been mostly promoting Yoga and Yoga-related activities online. In 2020, when Vietnam was successful in containment of COVID-19, a large-scale event was organised by the Embassy in collaboration with the Quang Ninh People’s Committee to mark the 6th International Day of Yoga at the UNESCO world heritage site at Ha Long Bay. In 2021, however, the International Day of Yoga was fully celebrated online.



(Celebration of the 6th IDY in Ha Long Bay, Quang Ninh on 21 June 2020)

5. This year, as the pandemic situation normalizes, the Embassy is shifting back to celebrating the International Day of Yoga in physical mode. Our first “curtain raiser” event this year under the theme “Yoga for Humanity” was held on 29 May 2022 in partnership with the Vietnam Buddhist Sangha at the famous Tam Chuc Pagoda in Ha Nam province. The Embassy will soon be organizing the 8th International Day of Yoga events in eight more cities/provinces of Vietnam, including Hanoi, Da Nang, Vinh Phuc, Thanh Hoa, Quang Ninh, Lao Cai, Thua Thien-Hue and Quang Nam. In Hanoi, the Embassy has planned to celebrate the 8th IDY on Saturday, 18 June at the King Ly Thai To Statue Square in Hoan Kiem to enable large number of Yoga enthusiasts to take part in the IDY celebrations.



(Celebration of the 8th IDY in Tam Chuc Pagoda, Ha Nam on 29 May 2022)

6. Separately, our Consulate General in HCM City will be organizing International Day of Yoga events in 15 southern cities/provinces including HCM City, Can Tho, Khanh Hoa, Binh Thuan, Ninh Thuan, Dak Nong, Dong Thap, Dak Lak, Phu Yen, Tien Giang, Soc Trang, Ba Ria-Vung Tau, Dong Nai, Binh Dinh and An Giang.

7. The 8th IDY celebrations hold added significance for both India and Vietnam. This year, India is celebrating 75th anniversary of its independence known as “Azadi Ka Amrit Mahotsav”. At the same time, India and Vietnam are marking the 50th anniversary of establishment of diplomatic relations.

8. On the occasion of 8th IDY, in a letter to Prime Minister of Vietnam His Excellency Pham Minh Chinh, Prime Minister of India Shri Narendra Modi has noted that in a world beset by various challenges, over a billion people see Yoga as an enhancer of their physical, mental, spiritual and intellectual well-being. Prime Minister Modi also thanked Prime Minister Chinh for the whole-hearted support extended by the Government of Vietnam in celebrating the International Day of Yoga in Vietnam over the last eight years. He sought Vietnam's continued support in making the 8th International Day of Yoga a grand success, expressing confidence that Yoga will contribute to creating a healthier and peaceful planet.

9. This year, Vietnam has been chosen by the Government of India as one of the countries falling in the Global Yoga Ring or the Guardian Ring program under which India's national television broadcaster, *Doordarshan* will be carrying out live telecast of events, based on their time zones, from all over the world to India throughout the day. For this, our Embassy has joined hands with Quang Ninh province to organise this mega event at the iconic Ha Long Bay.

10. For more information on 8th IDY celebrations in Vietnam, kindly visit the Embassy's website (<http://indembassyhanoi.gov.in>) and Facebook page (www.facebook.com/IndiaInVietnam), as also the Facebook page of our Swami Vivekananda Culture Centre (SVCC) in Hanoi (<https://www.facebook.com/IndianCultureInVietnam/>).

11. The Embassy of India is deeply thankful to the Ministry of Culture, Sports and Tourism of Vietnam and all the municipal/provincial authorities for their active support and contribution to organize the events to mark the 8th International Day of Yoga in their respective cities/provinces. We would also like to extend our sincere appreciation to the Vietnam Buddhist Sangha, Bao Viet and all the Vietnamese organisations engaged in promotion of Yoga and International Day of Yoga celebrations in Vietnam. Our heartfelt thanks also go to all our friends from the media for disseminating information of 8th IDY celebrations in Vietnam and contributing to the success of these events.

Hanoi
13 June 2022