



**High Commission of India
Kuala Lumpur**

PRESS RELEASE

**Indian High Commission to celebrate
2nd International Day of Yoga on 19 June 2016**

After the overwhelming response from all walks of life in Malaysia in the celebration of the 1st International Day of Yoga last year, the High Commission of India is organizing the 2nd International Day of Yoga in Cheras Badminton Stadium, Kuala Lumpur this year too on 19th June 2016 (Sunday).

Minister of Health, H.E. Datuk Seri Dr. S. Subramaniam has kindly consented to witness the yoga event, in which 500 yoga enthusiasts from various yoga institutions in Malaysia will participate. The High Commission invites all to witness the event. The yoga demonstration will take place from 8 am to 10 am. Mr. Ajay Kumar Sahoo, yoga teacher, Netaji Subhash Chandra Bose Indian Cultural Center (NSCBICC) will lead the Yoga demonstration. Yoga trainers from Manas Yoga are presenting a Yoga dance at the event.

Major institutions which are collaborating with the Mission are Art of Living, Holistic Arogya, Isha Yoga Foundation and Malaysian Association of Yoga Instructors (MAYI). The event is being sponsored by WIPRO-UNJA Sdn Bhd, Holistic Arogya, Agenda Suria Sdn Bhd, Spice Garden Restaurant and MAYI.

The 1st International Day of Yoga was celebrated by the High Commission on 21st June 2016 at the same venue, in which H.E. Dato' M. Sarvanan, Deputy Minister of Sports & Youth Affairs graced the occasion as the Chief Guest.

21st June of every year is now being celebrated as the International Day of Yoga in all countries around the globe after the United Nations passed a unanimous resolution put forward by Hon'ble Prime Minister of India Shri Narendra Modi in the UN General Assembly in 2014. With the passing of the resolution, the United Nations recognizes that yoga provides holistic approach to the health and well-being of an individual and the world is recognizing the benefits of yoga for humanity.

During his official visit to Malaysia in November 2015, Hon'ble Prime Minister of India released a bi-lingual book (Bahasha Malaysia and English) on yoga, titled, '*Yoga for Holistic Health*', authored by Mr. Ajay Kumar Sahoo, the yoga teacher at NSCBICC, the High Commission's Cultural Wing.

This year also, the International Day of Yoga is being celebrated in Malaysia in a big way. With encouragement of the Indian High Commission, various other Malaysian institutions also plan to celebrate the Yoga Day on 19th June 2016 or as convenient to them in different Malaysian cities. Art of Living is organizing Yoga Day at Penang and Johor, while Isha Yoga Foundation, Malaysia will hold yoga sessions at Kuala Lumpur. Hindu Dharma Maamandram is also organizing a separate event at Dataran Merdeka and GOPIO International-Malaysia Chapter and the Municipal Corporation of Klang are co-hosting a function in Klang, Selangor.

Two Malaysians, i.e. Ms. Jivanti Murugaiyan, Assistant Director in the Pharmacy Division of Hospital Orang Asli Gombak and Ms. Chan Nga Fun, a yoga instructor at the United Overseas Bank Sports Club have been invited by Indian Ministry of AYUSH to participate in the “International Conference on Yoga for Body & Beyond” to be held in New Delhi on 22-23 June 2016.

Mr. Louis Lim Chia Jui, founder & Yoga Teacher at Melaka-based Yoga Sadhana, says, “I witnessed the greatness of Yoga Day held in New Delhi on 21 June last year. I was overwhelmed by the sheer enormity of the event. It was an excellent learning experience. A lot of thought was put into organizing such a massive event that involved nearly 40,000 yoga enthusiasts from 152 foreign countries, and I am honoured to have been a part of this Guinness World Record. The conference in India provided me with a lot of useful insight and I am able to now turn this experience into my day-to-day Yoga teaching routine in Malaysia.”

Mr. Manisekaran of Malaysia Yoga Society, a yoga practitioner for 35 years now, says he started doing yoga as a small boy. “It changed my life. I had read some books on yoga that gave me theoretical knowledge, but wholehearted practice of the techniques, as described in the books, gave me vast experiential knowledge,” he adds. Manisekaran also had the privilege of addressing the delegates at the Delhi conference last year. He says, “Last year marked a revival of yoga worldwide, led by India. The greater surprise for the delegates (in the Delhi conference) was that yoga is accepted by all Malaysians irrespective of cultural or religious differences. I thank the High Commission of India in Malaysia for such high-quality friendship and cooperation with the sole intent of providing all Malaysians, irrespective of differences in race or religion, the true understanding of yoga.”

India and Malaysia have strong ongoing collaboration on yoga and other forms of traditional medicine. India has deputed an Ayurveda doctor and two therapists under the Indian Technical & Economic Cooperation (ITEC) programme, who are working at Cheras and Port Dickson Hospitals. Very soon, a Siddha doctor from India will be joining Sungai Buloh Hospital. The Ministry of External Affairs under the ITEC programme and the Ministry of AYUSH are also offering scholarships for various training programmes in yoga and other fields of traditional medicine that Malaysians can avail of.