

High Commission of India
Brunei Darussalam

Press Release

6th International Day of Yoga being organized by High Commission of India,
Brunei Darussalam

The High Commission of India will be celebrating the 6th International Day of Yoga (IDY) 2020 on Sunday, 21 June 2020.

Keeping in view the existing restrictions on large gatherings and requirement of social distancing due to COVID-19 pandemic, the event will be held at 7.30 am over virtual meeting platforms such as Google Meet (<https://tinyurl.com.6thIDY2020>), Youtube Live and Facebook live pages of High Commission of India, Brunei Darussalam.

All yoga practitioners in Brunei Darussalam are cordially invited to join the IDY 2020 **ONLINE** on one of the above mentioned virtual meeting platforms. It will be appreciated if a picture or screenshot of your participation in the IDY 2020 could be shared with us on our email hoc.brunei@mea.gov.in or attadmn.brunei@mea.gov.in.

For the purpose of demonstrating the yoga exercises, a small group of yoga practitioners have been invited to join the session in person at India House. The yoga session will be preceded by screening of a message from Hon'ble Prime Minister of India, H E Mr. Narendra Modi, brief remarks by High Commissioner, H E Mr. Ajaneesh Kumar and a talk on "Ayurveda and Immunity" on virtual platform by Dr. Nisha Manikantan.

In addition to the above, the High Commission will also be organizing the following programmes in cooperation with the Malayali Association, Brunei and the Indian Association of Belait:

1. The Malayali Association of Brunei will be organizing an essay writing competition for children aged 12-18 years and poster making completion for children aged below 12 years. The last date for submission of entries is 19 June 2020. A cash prize of B\$ 150, 100 and 50 will be awarded to the first, second and third winner in each category respectively.

2. The Indian Association of Belait will be commemorating the IDY 2020 on 28 June at 8 am at IAB Hall through a virtual yoga session. IAB Committee members and selected members will be invited to participate in this programme, which will be conducted as per guidelines and regulations set by the Ministry of Health, Government of Brunei Darussalam. This session will be online live on Zoom, Say Namaste, Facebook and Youtube pages of the Indian Association of Belait. In addition, the Indian Association of Belait will also be organizing an online Yoga Day Family Quiz in two rounds: (1) preliminary round which will be held on 3 days i.e. on 18-20 June; and (2) final round will be held on 28 June from 10.30 am to 11.30 am. Link for the same will be available on 18 June.

(3) The Ministry of AYUSH, Government of India and the Indian Council for Cultural Relations are jointly organizing an online Video Blogging Contest, “My Life – My Yoga”, the details for which are available at the following link:

<https://www.mylifemyyoga2020.com/home>

The last date for submitting the yoga video for My Life My Yoga blog contest is 21 June.

All yoga practitioners in Brunei Darussalam are requested to participate in the various events enumerated above to make the 6th International Day of Yoga a grand success.

13 June 2020

