

Press Release: **8<sup>th</sup> IDY celebrations at RENEW - Gawaling Happy Home**

Today, Ambassador Ruchira Kamboj and officials of the Embassy of India visited RENEW Gawaling Happy Home, Wangsisina in connection with the celebrations of the 8<sup>th</sup> International Day of Yoga centered on the theme 'Yoga for Humanity'.

2. The Indian Ambassador was received at Gawaling by Ms. Tshering Dolkar, Executive Director, RENEW which also supervises the operations of the Gawaling Happy Home.

3. The residents of the Happy Home undertook a Yoga session led by Shri KVSSN Murthy, Yoga Guru of the Cultural Centre of the Embassy including a number of Yoga asanas and different poses of the *Surya Namaskar* (Sun Salutation).

4. Yoga Guru Shri Murthy also conducted a Yoga competition amongst the Happy Home residents and participants who demonstrated the best Yoga asanas were awarded the following prizes:-

1<sup>st</sup> Prize: Ms. Choden (Best in Bhujanagaasana) - Nu 20,000-

2<sup>nd</sup> prize: Ms. Sangay Choden (2<sup>nd</sup> best in Bhujangasana) - Nu 15,000-

3<sup>rd</sup> prize: Ms. Zangden (Best in Vrukshasana) - Nu 10,000-

5. Following the passage of the UN General Assembly Resolution A/Res/69/131, which was adopted by acclamation in December 2014 with a record number of 177 co-sponsoring member states including Bhutan, 21 June is celebrated as the International Day of Yoga every year.

9 June 2022