

**Consulate General of India  
Phuentsholing**

**Press Release on Celebration of 8<sup>th</sup> International Yoga Day at Phuentsholing, Bhutan**

The Consulate General of India at Phuentsholing successfully organized a Mega Yoga Session to celebrate the 8<sup>th</sup> International Day of Yoga at Multi Sports Complex, Gaki Lam, Phuentsholing on 21<sup>st</sup> June, 2022, an event of mass gathering in an open space after a gap of two years due to Covid-19 pandemic. This is also the first big event in Phuentsholing under “Azadi ka Amrit Mahotsav” celebrations commemorating 75 Years of India’s Independence.

2. Hon’ble Thrompon, Dasho Uttar Kumar Rai was the Chief Guest on the occasion and Aum Kinlay Tshering, Chairperson of Southern Covid-19 Task Force, attended the event as a Special Guest. Other dignitaries included Sr. Dungpa, Director (Law & Order), SSP and SP, Phuentsholing. Around 125-130 people including officials from the Royal Government of Bhutan, Bhutanese friends, local yoga enthusiasts, members of Indian community, personnel from DANTAK, IMTRAT, AFCONS participated in the event. The event started with lighting of a lamp. They performed a guided Common Yoga Protocol with a local yoga teacher.

3. In his welcome address, Consul General mentioned about the meaning of Yoga and its benefits. He also emphasized the importance of Ashtang Yoga (8 pillars of Yoga) on the occasion of 8<sup>th</sup> International Yoga Day and how self-discipline, proper diet and conduct, practice of asanas/postures, pranayama and meditation can elevate human beings to attain their highest potential so that they can develop a sense of selflessness and altruism to serve humanity - which is also the theme of this year’s International Day of Yoga i.e. “Yoga for Humanity”.

4. The Celebration of the 8<sup>th</sup> International Yoga Day at Phuentsholing received positive response and enthusiasm from all participants.

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