

**Consulate General of India
Phuentsholing**

Press Release on Celebration of 9th International Yoga Day at Phuentsholing, Bhutan

The Consulate General of India at Phuentsholing celebrated the 9th International Day of Yoga (IDY) on the theme ‘Yoga for Vasudhaiva Kutumbakam’ on 21st June, 2023 at the Multi Sports Complex, Gaki Lam, Phuentsholing.

The event was attended by Hon’ble Thrompon, Dasho Uttar Kumar Rai as the Chief Guest. Other dignitaries included Sr. Dungpa, Phuentsholing and SSP, Phuentsholing. Around 200 people, including officers of the Royal Government, IMTRAT and Project DANTAK; members of Indian community and yoga enthusiasts participated in the event. The event started with lighting of a lamp.

Welcoming the participants, the Consul General of India, Shri Prashant Kumar Das spoke about the relevance of practicing Yoga as a holistic approach to life and also defined the meaning of “Vasudhaiva Kutumbakam” and its relation to yoga. Thrompon, Phuentsholing spoke about the benefits of Yoga and stressed everyone to adopt yoga in their everyday life.

The Common Yoga Protocol was conducted by a trained Yoga Teacher. Prizes were distributed to winners of the drawing competition from Sonamgang Primary School.

In the run-up to IDY 2023, the Consulate had organized several curtain raiser events during the month of June 2023 at Phuentsholing and Samtse. These included guided meditation sessions at College of Science & Technology, Phuentsholing, Phuentsholing Middle Secondary School and Samtse College of Education; and also drawing competitions on the theme of Yoga in Phuentsholing Higher Secondary School and Sonamgang Primary School in Phuentsholing.

The Celebration of the 9th International Yoga Day at Phuentsholing received positive response and enthusiasm from all participants.

Phuentsholing
21 June, 2023