

**Consulate General of India
Phuentsholing**

**Press Release on Celebration of 10th International Day of Yoga at Phuentsholing,
Bhutan**

The Consulate General of India in Phuentsholing celebrated the 10th International Day of Yoga (IDY) on the theme '**Yoga for Self and Society**' on 21st June, 2024 at the Multi Sports Complex, Gaki Lam, Phuentsholing.

The event was attended by Lt. Col. Sonam Tobgay, Officer Commanding, Royal Bhutan Police, Phuentsholing as the Chief Guest. More than 250 people, including officers/officials of the Royal Government of Bhutan, Royal Bhutan Police, IMTRAT and Project DANTAK; members of Bhutan India Friendship Association (BIFA), members of Indian community and yoga enthusiasts participated in the event.

Welcoming the participants, the Consul General of India, Shri G. Ajith Kumar spoke about the relevance of practicing Yoga as a holistic approach to a healthy life and also defined the meaning of '**Yoga for Self and Society**' and its relation to yoga.

The Common Yoga Protocol was conducted by a trained Yoga Teacher Shri Amit Dhanuka. In the run-up to IDY 2024, the Consulate had organized several curtain raiser events during the month of May & June 2024 at Phuentsholing and Gelephu. These included guided Yoga and meditation sessions at College of Science & Technology, Rinchending, Phuentsholing Rigzar Higher Secondary School, Lotsel Gyatsho Academy, Gelephu, Phuentsholing Regional Desuups office and also drawing & Essay competitions at Lotsel Gyatsho Academy, Gelephu.

The Celebration of the 10th International Day of Yoga at Phuentsholing received positive response and enthusiasm from all participants.

Phuentsholing
21 June, 2024