

**Embassy of India  
Abu Dhabi**

**Press Note**

The Embassy celebrated the 7<sup>th</sup> International Day of Yoga in Abu Dhabi themed 'Yoga for Wellness' on 19 June 2021 at the Lawns of Ritz Carlton with iconic Sheikh Zayed Grand Mosque in the background. The first of its kind in person event amidst the ongoing Covid-19 pandemic was attended by more than 100 Yoga enthusiasts. H.E. Sheikh Nahyan bin Mubarak Al Nahyan, UAE's Minister of Tolerance & Coexistence was the Chief Guest for the event and he spoke at length about the importance of Yoga in everyday life.

Sheikh Nahyan while congratulating the Embassy for having successfully organised the event stated that it was indeed 'a new beginning and a ray of hope'. He stressed on the need to remain vigilant and follow all health protocols to ensure safety for all. While elaborating on the multiple benefits of Yoga he said that it is easily accessible to all, and could be done almost anywhere without any special equipment and that it best symbolised Tolerance and Coexistence.

All the participants and the supporting staff of the event strictly adhered to the safety norms laid down by the Abu Dhabi Government. Everyone present at the event had already received 2 doses of Covid -19 vaccine and had tested negative on RT-PCR test less than 48 hours ago. In addition, the participants wore masks at all times and maintained a safe distance of 2 metres.

Ambassador Pavan Kapoor thanked Sheikh Nahyan for his continued support for yoga, for India and for the Indian community in the UAE. He appreciated UAE's successful vaccination drive and strict compliance of Covid-19 protocols that made a limited public event possible after a long time. He expressed his sincere gratitude to the UAE authorities for the continued support to annual Yoga events since its inception in 2014. Ambassador explained the salience of the theme 'Yoga for wellness' chosen for 7<sup>th</sup> International Day of Yoga reflecting on the importance of holistic health in pandemic times. He added that the ancient sciences of Ayurveda and Yoga had made India proud and were especially relevant now as we observe India@75 or 'Azadi ka Amrit Mahotsav' to mark 75 years of India's independence.

The event which was also broadcast live across Embassy's social media handles witnessed various facets of Yoga including laughter Yoga and various 'Asanas' demonstrated by Yoga Gurus and experts, with an active participation of the attendees. An Ayurvedic kit consisting of Ayurvedic products of daily use was also gifted to all the guests.