Embassy Of India

Djibouti

*****

International Yoga Day 2021 (IDY 2021)

In view of the worldwide pandemic Covid -19 this year, the Embassy of India, Djibouti decided to celebrate the 7th International Day of Yoga (IDY) on digital platforms. This was also in keeping with the guidelines issued by the Government of India to avoid mass gathering and practice social distancing as safety measures during celebration of the International Yoga Day.

The Mission 0rganised a series of events from June 19th – June 22, 2021 to celebrate International Yoga Day. On 19th June 2021 the Mission conducted an online Quiz Contest on Yoga and Ayurveda. The quiz entailed 40 questions with prizes and certificates for Winners. Around 20 people participated in the Quiz.

The Mission on June 20, 2021 in collaboration with Srimad Ramchandra Mission Dharampur(SRMD)organized a FB-Live workshop in French language. SRMD is an India based organization to promote health and wellness through yoga. The course for the workshop incorporated traditional yoga practices for stress and anxiety release and its science. The session was also covered by local social media portals with wider outreach.

On 21th June, 2021 the Mission organized a physical session of Yoga with a local French teacher Mr.Thomas Pironneau and his spouse Mrs. Sylvie Pironneau who were joined by few local Djiboutian. The session was conducted in french language and it comprised of few breathing technique and basic Asanas which are covered under the Standard Yoga Protocol of the Ministry of Ayush. The programme was conducted Live on various social media portal of the Mission like Facebook, Instagram, Youtube etc. A local media outlet Djib-Liv also uploaded the programme on their social media handles.

The Mission along with Yoga also focused on Ayurveda which is an important part of holistic living. The Mission invited an eminent Djiboutian Scientist Dr. Moussa Omar Youssouf, to give a talk on importance of healthy lifestyles through Yoga and Ayurveda. A number of Ayurvedic spices, fruits, herbs and vegetables were displayed and the benefits & usage of these items were explained by him. The programme was shot at the Event Hall of the Mission. He also demonstrated the making of an immunity booster kadha by using the ingredients from the items displayed. The programme was uploaded Live on various social media platforms of the Mission on June 21, 2021.

H.E. Mr. Ashok Kumar also delivered a Live message on 7th International Day of Yoga. He recalled the efforts of the Hon'ble Prime Minister Shri Narendra Modi in carrying forward the ancient Indian practice of wellness through Yoga and Ayurveda at the center stage of the world. The consistent effort on behalf of the Government of India resulted in United Nation declaring June 21st as International Day of Yoga. He also urged the people to adopt a healthy lifestyle through the virtues of Yoga and Ayurveda.

The Mission organized a Live telecast of programme by ICCR "UBUNTU" at the Event Hall on June 21- 22, 2021. A message from Isha foundation by Sadhguru Yogi & Mystic Founder, advising all to incorporate Yoga and its numerous health benefits into their lives for their well-being, well-being of the nation and for the well-being of humanity was also displayed. The programme was attended by officials from the Mission.

The Mission also reached out to local print and electronic media as part of outreach activity to popularize Yoga and Ayurveda.

***