

**Embassy Of India
Djibouti**

**Press Release
8th International Day of Yoga 2022 (IDY 2022)**

The Mission organized a series of events to celebrate 8th International Day of Yoga in Djibouti. As Djibouti is extremely hot and humid in summers, outdoor activity is not possible and hence indoor sessions were organized with diverse participants at different locations.

2. The Curtain Raiser event for celebration of IDY was organized on 28th May at Kempinski Hotel. The participants were largely the crew members from INS Talwar which made a port call in Djibouti. Members from Indian Diaspora along with Mission officials joined the Yoga Session. Around 80 people participated in the event.



3. The mission organized a "Yoga Session" on 7th June 2022 at Center for Women Empowerment & Vocational Training (CASAF) Balbala. Ms. Estelle Poisseroux conducted the Yoga Session with 30 women. This was the first yoga session conducted at the center and its planning to make yoga session a regular activity.



4. Djibouti Indian Women Association organized a special Session of Surya Namaskar to celebrate IDY 2022 at the Event Hall of the Mission on 18th June 2022. The session was conducted by the spouse of the Ambassador Ms. Malini Chandramouli.



5. On 19th June the Mission Conducted a Yoga Session at Ville Camille Yoga Center with expats. Col. Thomas Pironneau conducted the yoga Session which was also joined by Ambassador and Mission Officials.



6. An in-house Yoga session was organized by the Mission for all Mission staff and their families at the event hall of the embassy on 21st June 2022.



7. The Mission organized a special Yoga Session at Italian Military Support Base on 21st June 2022. Around 35 Military cadets joined the yoga session conducted by Yoga Trainor Ms. Estelle Poisseroux. The participants tried Yoga for the first time and found it very rejuvenating



8. The Mission in collaboration with Srimad Ramchandra Mission Dharampur(SRMD)organized a special 5-day yoga session online seriesin French language. SRMD is an India based organization to promote health and wellness through yoga and is registered with the Ministry of Ayush. The session was also covered by local social media portal Djib – Liv TV with wider outreach. The Link are as follows:

<https://www.facebook.com/DjibLive/videos/758931875461570>

<https://www.facebook.com/DjibLive/videos/732377728010622>

<https://www.facebook.com/DjibLive/videos/732377728010622>

<https://www.facebook.com/DjibLive/videos/710161756880829>