

Embassy Of India

Djibouti

Press Release

International Yoga Day 2020

In view of the worldwide pandemic Covid -19 this year, the Embassy of India, Djibouti decided to celebrate the 6th 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.

2. IDY 2020 was celebrated by the Mission on 27th June 2020 owing to public holiday in Djibouti. A Facebook live session was organized at 9:30 a.m. The Facebook Live session first displayed the video message of the Hon'ble Prime Minister Shri Narendra Modi on International Day of Yoga. Djibouti is a small place and this year the Mission could not find any trained Yoga Teacher/Instructor to conduct the IDY event. Therefore, the Mission practiced with Mr. Karambir, an official of the Mission who performed a live session of yoga with basic Asanas covered under the Standard Yoga Protocol of the Ministry of Ayush. He also explained the method to practice various Asanas and Pranyams and their benefits in maintaining a health mind and body including developing immunity to fight diseases including COVID -19.

3. It may be worth mentioning that Mr. karambir Malik, India-based official had himself got affected by COVID -19. However, he recovered within 3-4 days of being affected due to the strong immune system developed in his body with regular practice of yoga. Therefore, his was a case in point about the known benefits of yoga.

4. The Mission also organized an Online Quiz Contest on Yoga as a part of International Yoga Day celebration and it was conducted at 11:00 a.m. on 27th June 2020.

5. The Mission also shared widely on its social media platforms and the website, 'My Life My Yoga', a Video Blogging Contest by the Ministry of AYUSH; PM's message on IDY and animated Yoga Videos; Ayurveda's immunity boosting instructions; and selected articles on yoga, among other things.

6. Conducting International Day of Yoga session through Facebook Live was widely appreciated, shared and viewed by social media users.

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27th June 2020