

**Consulate General of India**  
**Shanghai**

**Press release**

**Celebration of 8<sup>th</sup> International Day of Yoga in Eastern China Region**

The 8<sup>th</sup> International Day of Yoga was celebrated with enthusiastic participation of people from all walks of life in Shanghai, Nanjing, Hangzhou and Yiwu. Focusing on the theme of IDY this year i.e., “Yoga for Humanity”, the Consulate General of India in Shanghai organized various offline and online Yoga programmes during the week 18-26 June 2022.

**Shanghai:** A mass yoga programme was held on 26<sup>th</sup> June 2022 to mark the 8<sup>th</sup> IDY. The Yoga session included a practice of ‘yogasanas’ of Common Yoga Protocol (CYP) by Dr. Avinash Mishra, a professional Yoga guru and a demo of advanced Yoga positions by Shri Prasanjit. The programme also featured a video message of spiritual guru Sri Sri Ravishankar and a demo of Rajyoga meditation by Brahma Kumaris Innerspace Shanghai. Delivering the IDY message Consul General Dr. N. Nandakumar said that the traditional belief in India was that Yoga brought peace not only to individual but for the whole world. Quoting Hon’ble Prime Minister of India Shri Narendra Modi, he said that “millions of people with inner peace will create an environment for global peace”. He noted that Yoga is not new to China as yogic practices came to the China along with Buddhism thousands of years ago. He urged Young people to take up Yoga for better health. Consul General also gave away certificates of appreciation to partnering Yoga institutes, community organizations, sponsors and volunteers. The programme was held at Chancery ground at Wanshan Road, Changning.

**Nanjing:** 8<sup>th</sup> IDY was celebrated in Nanjing on 18 June 2022 with a mass Yoga session at sports center of the Nanjing Baima Golf Club. The programme was organized in collaboration with Kumar Yoga, a prominent Yoga institute of the city. Shri Praveen Kumar Yogi conducted the yoga session. Hundreds of local people enthusiastically participated in the programme. Consul General addressed the programme through a video message.

**Hangzhou:** The Consulate in collaboration with Indian Community in Hangzhou organized the 8<sup>th</sup> IDY celebrations on 19<sup>th</sup> June 2022 at Hangzhou International School. Ms. Carmen Zhang, an experienced Yoga practitioner trained in India conducted the Yoga session. Large number of Indian community members, yoga enthusiasts and practitioners took part in the programme. The teachers and students of the Hangzhou International School also joined the IDY celebration.

**Yiwu:** The 8<sup>th</sup> IDY was celebrated in Yiwu on 21 June 2022 with a mass Yoga session at Yiwu International Expo center. The session was conducted by Shri Sudhir, a Indian Yoga guru based in Yiwu. The programme was

organized in collaboration with the Indian Community in Yiwu. People from all walks of life including members of Indian Community, local people and Yoga enthusiasts joined the mass Yoga session.

**Online Yoga programmes:** Apart from the offline mas Yoga sessions, the Consulate had also supported online Yoga programmes organized by Indian Community organizations in Shanghai. The Brahma Kumaris Innerspace Shanghai held an online IDY celebrations with its members on 19<sup>th</sup> June 2022. The Shanghai based Indian community organization, China Indian Community (CIC) organized a three day workshop on “Yoga and Mental Health”. This programme was also live streamed on the Post’s official Facebook page. Consul General took part in both the programmes and spoke about the benefits of Yoga.

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**27 June 2022**