



PRESS RELEASE

CONSULATE GENERAL OF INDIA Vancouver Celebrates



Third International Day of Yoga 2017

On

Saturday, June 24, 2017 | 08:30 AM - 12:00 Noon

(Langara College, 100 West 49th Avenue, Vancouver B.C., Canada V5Y 2Z6)

“Yoga is an invaluable gift of ancient Indian tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature and a holistic approach to health and well-being. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. By changing our lifestyle and creating consciousness, it can help us to deal with climate change”.

- Honorable Prime Minister of India Shri Narendra Modi Ji at the 69th session of United Nations General Assembly (UNGA) on September 27, 2014

On December 11, 2014, the 193 member UNGA approved the proposal by consensus with a record 177 co-sponsoring countries a resolution to establish 21 June as "International Day of Yoga". In its resolution, the UNGA recognised that Yoga provides a holistic approach to health and well-being and wider dissemination of information about the benefits of practicing Yoga for the health of the world population. Yoga also brings harmony in all walks of life and thus, is known for disease prevention, health promotion and management of many lifestyle related disorders.

2. Millions of people in India and across the globe participated in the first and second International Day of Yoga celebrations. As many as 192 United Nation Member States participated in the 2nd International Day of Yoga.

3. **CGI Vancouver will celebrate the 3rd UNIDY in partnership with Langara College on Saturday, 24th June 2017 at the Langara College, 100 West 49th Avenue, Vancouver B.C., Canada V5Y 2Z6.**

4. The programme will commence at 0830 hrs and end at 1200 hrs. Apart from the demonstration of Asanas under Common Yoga Protocol by some renowned Yoga Gurus of Vancouver, the Programme will also include presentations by Langara College and India Tourism and a Quiz Section on Yoga.

5. The event is free for all but as the space is limited all are cordially requested to register themselves by sending a mail at indiacom@telus.net. First Come First Serve rule will apply. Participants are requested to bring their own Yoga mats and refillable water bottles.