High Commission of India

Lilongwe (Malawi)

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**Press Release**

**Celebration of 3rd International Day of Yoga in Malawi on June 18 & 25, 2017**

The High Commission of India, Lilongwe celebrated the 3rd International Day of Yoga at Indian Sports Club in Blantyre on Sunday, 18 June 2017 & at Indian Country Club in Lilongwe on Sunday, 25 June 2017. The IDY event at Blantyre was attended by about 70-80 people. Guest of Honour at Blantyre was the Deputy Mayor of Malawi and Head of Chancery led the event there.

The main IDY event was organized at Indian Country Club, Lilongwe on June 25, 2017. Hon’ble Mr. Samuel Tembenu, Minister of Justice & Constitutional Affairs of the Republic of Malawi graced the occasion as Chief Guest. H.E. Ms. Mia Seppo, Resident Representative of UN in Malawi was also present during the IDY Celebration.

The celebrations commenced with remarks of the High Commissioner of India, Mr. Suresh Kumar Menon who conveyed Yoga as Indian Cultural Heritage to the global community. Guest of Honour Minister Tembenu also congratulated High Commissioner for hosting the International Yoga Day in Lilongwe and reaching out to wider audiences of Malawi nationals & International community. UN Resident Coordinator in Malawi spoke about the holistic health benefits of Yoga.

The High Commission had organized the online Yoga Quiz on 20 & 21/06/2017 and the winners were distributed prizes by Guest of Honour on the occasion.

The Yoga Protocol demonstration was led by Mr. N. Vyas, Yoga Practitioner & Coordinator, along with Mrs. Kalpana Vyas, Deepali Deshmukh and Nishigandha. There were about 300 yoga enthusiasts from Indian, Malawian, Diplomatic community and the Government of Malawi, who participated in the event at Indian Country Club, Lilongwe. The event generated a lot of goodwill, publicity and the media covered the story.

***June 26, 2017***

***Lilongwe***

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