

## CONSULATE GENERAL OF INDIA, SHANGHAI

### PRESS RELEASE

#### Celebration of the 9<sup>th</sup> International Day of Yoga at NDB

The Consulate General of India in Shanghai and the New development Bank (NDB) jointly celebrated the 9<sup>th</sup> International Day of Yoga (IDY) at the NDB Headquarters in Shanghai on 15.06.23. The celebration witnessed enthusiastic participation from more than 40 employees of NDB hailing from different countries.

Addressing the gathering at the event, the Consul General thanked the participants who had gathered to celebrate the 9<sup>th</sup> IDY and expressed his heart felt gratitude to her Excellency Mrs. Dilma Rousseff, President of NDB for her support in organising the event. The Consul General reminded the participants that it was Indian Prime Minister Sh. Narendra Modi who had made a proposal for celebrating 21<sup>st</sup> June as International Day of yoga during his address in United Nations General Assembly in September 2014 with an objective of bringing the benefits of Yoga to people throughout the world. Sustainable living, a concept which is so often talked about in Govt meeting rooms, in Corporate rooms and Institutions like these, is an inherent part of Yoga. The Consul General concluded his speech by quoting a particular phrase from the United Nations web page on IDY which states that “the practice of Yoga brings joy, health, peace from within and rebuilds essential connection with us, between an individual’s inner consciousness and the external world.”

The yoga session was conducted by yoga master Shri Sudhir who emphasized on the benefits of various asanas that were performed under his guidance as per the Common Yoga Protocol. He also highlighted the importance of breathing while performing yogic asanas and how it helps relax body and mind.

In his vote of thanks, Shri Ashwani Muthoo, Director General in NDB noted that it was the first time that the IDY was being celebrated in NDB and called on all the participants to carry on the celebration in years ahead.

16<sup>th</sup> June, 2023  
Shanghai