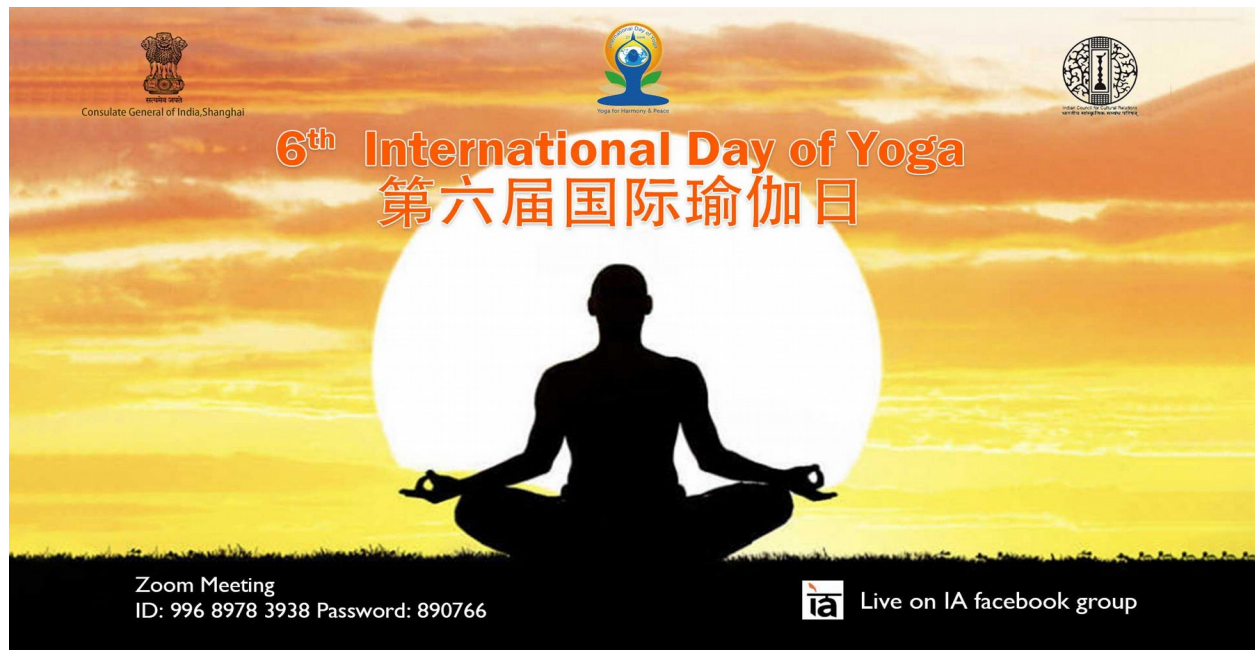


Celebrations of 6th International Day of Yoga

The Consulate General of India, Shanghai organized a series of Yoga events in the Eastern China Region for celebrating 6th International Day of Yoga. The events organised both in online and offline modes, included online Yoga sessions, Interaction with Yoga studios and Yogis, Yoga Photography competition, Video blogging contest - MY-LIFE -MY YOGA', and yoga performances and sessions at Hangzhou, Zhejiang province and Shanghai.



A three day International Online Yoga Conference was organised by Aatm Yog Ashra school of Doctor Yog, under the auspices of CGI Shanghai from 19th - 21st June, 2020. Yoga experts and enthusiasts from all over the world including India and China joined the conference and expressed their views on the India's living cultural heritage of yogic philosophy.





On 21st June, the Indian Community in Hangzhou under the auspices of CGI, Shanghai celebrated the 6th IDY at Shanti Yoga centre , Hangzhou. The celebrations were held both in online and offline mode. Yoga enthusiasts from Indian community as well as foreigners participated in the celebrations.



Further, the CGI , Shanghai in association with Indian Association celebrated the 6th IDY in Shanghai on 27th June, 2020 both in offline and online mode. The celebrations started with the address of the Consul General Anil Kumar Rai followed by the speech of the Prime Minister Shri Narendra Modi on the 6th International Day of Yoga. Speaking on the occasion, the Consul General threw light on the origin of Yoga and various aspects of Patanjali Yoga including the Ashtanga yoga. He also emphasized the importance of meditation in the yogic philosophy and its role in dealing with the current Pandemic.





Later in a Prize distribution ceremony, the Consul General felicitated a Young artist from Shanghai, who won a prize in the Digital and New Age Art category of ICCR Global Art Competition 'United Against Corona-Express Through Art'. Prizes to three best photographs were also given for the 'Yoga Photo Contest' organised by CGI Shanghai for celebrating the 6th IDY.





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