

## Press Release

### Yoga Day in Pakistan

The High Commission of India in Islamabad celebrated the fourth International Day of Yoga (IDY) on 21 June [Thursday] as a festival of health and well-being. The morning event at the High Commission premises saw over 100 guests, including members of the diplomatic community and Pakistani citizens from different walks of life. High Commissioner Ajay Bisaria welcomed the guests, describing the genesis of the UN's IDY and the immense benefits of the practice of yoga. This was followed by guided yoga and meditation sessions led by Air Adviser Group Captain J.T. Kurien and the High Commissioner. Earlier, the mass yoga day demonstration led by the Prime Minister of India at Dehradun was webcast live, with High Commission staff joining in the group exercises. Reports have also come in of yoga day celebrations in different cities of Pakistan, including Karachi and Lahore.

