

Press Release
Consulate General of India, Hong Kong

1st UN International Day of Yoga turns out to be Yoga's biggest gathering in Hong Kong

The 1st UN International Day of Yoga befittingly turned out to be the biggest yoga event in Hong Kong so far. Torrential rains lashing the city this morning did not dampen the enthusiasm of people, as more than 2,000 Hong Kongers gathered at the Sun Yat Sen Memorial Park to know the benefits of yoga for health and well-being and also to follow a simple Common Yoga Protocol.

2. Hon. Secretary for Development Mr. Paul Chan was the guest of honour, along with Ms. Jasmine Wang, Yoga Ambassador and renowned TV anchor on One TV. India's Consul General Prashant Agrawal, who underlined the benefits of Yoga for the health and wellbeing of individuals and communities, presented sets of Yoga books to Secretary Chan and Yoga Ambassador. Being a UN event, those enthusiastically joining the event included Consuls General, Honorary Consuls and representatives of Nigeria, Bangladesh, Iran, Venezuela, Tonga, Philippines, Nepal, Israel, Sweden, Mexico and Dr. Darwin CHEN SBS JP, Vice President (Culture) of UNESCO Hong Kong Association. About 30 Yoga and health organizations of Hong Kong supported the event and were present. All guests joined together to perform some simple Yoga exercises and meditation under a common Yoga Protocol, in the guidance of well-known Yoga teachers. This was followed by a number of free modules and classes offered to participants. An exhibition on Yoga was also organized on-site for participants. A large media contingent was present to cover the event, which was also webcast live around the world. Select photos of the event are enclosed.

3. In addition to this main programme, many events, workshops, and film screenings are being organized throughout the day by many Yoga institutions, which includes a 'Yoga on the Beach' event at Repulse Bay at 5 PM. In Macau too, University of Macau and Yoga institutes organized IDY celebrations.

4. The United Nations General Assembly had adopted the resolution last year with a record 177 co-sponsoring nations to observe 21 June every year as the International Day of Yoga.

5. For further information, please contact Ms. Hema Rana at: (+852) 53659736 , Email: culture@cghk.gov.in

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