

Embassy of India

Bangkok

PRESS RELEASE

Yoga is part of India's intangible cultural heritage. It is now being practised by people across the world following the designation of 21st June as the International Day of Yoga by the United Nations in September 2014. The Embassy of India in Bangkok has been organizing IDY every year since 2015. The theme of the International Day of Yoga this year is "Yoga for Humanity".

This IDY, the world rose to Yoga as the sun marched from East to West. People from all parts of the world joined the Guardian Ring of Yoga, which was telecast live from more than 75 countries on Doordarshan, the official broadcaster of India. From Tokyo to New York, people stood united by the Guardian Ring of Yoga for Humanity. The landmark event was organized as part of the Azadi Ka Amrit Mahotsav i.e 75 years of India's Independence.

In Thailand too, around 150 people participated in the Guardian Ring of Yoga organized by the Embassy of India, Bangkok and Swami Vivekananda Cultural Centre, Bangkok at the iconic Wat Mahathat, Ayutthaya Historical Park Phra Si Nakhon Si Ayutthaya on 21 June 2022. Yoga enthusiasts from all walks of life participated in the mass yoga session at Ayutthaya.

The Ambassador of India Ms. Suchitra Durai delivered her welcome remarks. Mrs. Sarunbhat Pramothaka, Vice Governor of Phra Nakhon Si Ayutthaya Province, was the Chief Guest and in her remarks she highlighted the importance of yoga in our lives. Representatives from the Ministry of Culture, celebrity Ms. Ann Mitchai and other distinguished dignitaries, members of Indian diaspora, students of Rajabhat University, Ayutthaya, members of the academia & media participated in the event. The mass Yoga Session was conducted by Mr. Sanjeev Chaturvedi, yoga expert along with other yoga volunteers.

21 June, 2022

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