



## 2<sup>nd</sup> International Day of Yoga

### Special message from Prime Minister Malcolm Turnbull

On the occasion of the 2<sup>nd</sup> International Day of Yoga, Hon Malcolm Turnbull, Prime Minister of Australia has sent a special message complimenting Prime Minister Shri Narendra Modi for his leadership on International Day of Yoga and commending his vision for supporting global peace and well-being. Prime Minister Turnbull describes the ancient practice of yoga as one of India's gifts to the world and acknowledges its aim to develop resilience, thoughtfulness, respect and harmony, towards each other and the world.

Prime Minister Turnbull's message was read out by High Commissioner of India Mr. Navdeep Suri at a special programme organized at the historic Old Parliament building in Canberra on Sunday, June 19 and marked the start of a week-long celebration of Yoga in all major cities of Australia.

Over 250 Australians and members of the Australian Indian community braved the winter chill to assemble at the Old Parliament building for a Mass Yoga Practice conducted by Yoga Australia teachers from the Australian Capital Territory. Light refreshments were served after the completion of the first session. This was followed by interactive sessions on Yoga namely, a session on Posture (Asana) Techniques by Yoga Australia, on Breathing techniques (Pranayama) by the Art of Living Foundation and on Meditation by the Brahma Kumaris. Participants at the event represented a wide cross section including Ms. Gai Brodtmann MP, Federal Member for Canberra, senior government officials, diplomats, professionals, students, yoga enthusiasts from various schools as well as members of the Indian community in Canberra.

High Commissioner Mr. Navdeep Suri welcomed the large and diverse group of participants and said, "Your presence here on this cold Sunday morning is testimony to the growing popularity and acceptance of Yoga and its effectiveness in addressing a broad range of 21<sup>st</sup> century ailments ranging from hypertension and diabetes to stress and anxiety. By participating in the 2<sup>nd</sup> International Day of Yoga, we have all become contributors to an unprecedented global effort to promote Yoga beyond its ancient origins in India and to transform it into a universal gift that can benefit humanity at large."

In the run up to the 2<sup>nd</sup> International Day of Yoga, lectures and demonstrations were held at the High Commission of India, Canberra on 5<sup>th</sup> June, 2016 by Ms. Shikha Sachar, (MDNIY) and Ms. Panna Patel of Brahma Kumaris, Australia. Mr. Harit Wadhawan from the Art Of Living Foundation and Mr. Alan Goode, Director of Yoga Mandir, ACT gave talks related to Yoga on 11<sup>th</sup> and 12<sup>th</sup> June, 2016. In addition, numerous Yoga institutes have offered free Yoga Classes to mark the Second International Day of Yoga.

On June 21, a high-level event will be held at the prestigious Australian National University on the theme 'Yoga: More than the Physical'.

Australian Yoga groups have conveyed strong appreciation of the Government of India's initiative to promote Yoga and have contributed enthusiastically to the 2<sup>nd</sup> IDY events.