



PRESS RELEASE

*The 2nd International Day of Yoga (IDY) 2016
on Sunday 19 June 2016 from 10 00 to 1100 hrs
at the Germain Comarmond Stadium, Bambous and Cultural Programme on
Tuesday 21 June, 2016 to mark the Second International Yoga and the
International Music Day.*



High Commission of India in Mauritius has been organizing a series of events to commemorate the second **International Day of Yoga (IDY) 2016**. Over the past month, hundreds of enthusiastic Mauritian Yoga practitioners have participated in a series of workshops and seminars organized by the High Commission in collaboration with local socio-cultural organizations on specific aspects of Yoga, such as diet, breathing exercises, meditation, Yogasutras, prevention and treatment of non-communicable diseases, and sustainable environmental practices. (Details at www.facebook.com/indiaingmauritius)

The High Commission of India, in collaboration with Ministry of Health and Quality of Life of Mauritius, Ministry of Youth & Sports of Mauritius and The Mahatma Gandhi Institute, the Indian Women's Association and Indian Public Sector companies based in Mauritius, will be organizing a grand commemorative event at Stade Germain Comarmond, Bambous, Riviere Noire District, Mauritius on Sunday 19th June 2016 from 1000 to 1100 hrs. Hon'ble Prime Minister of Mauritius, The Rt. Hon. Sir Anerood Jugnauth has kindly consented to grace the occasion. In addition, Hon'ble Ministers of Health and Quality of Life and Youth and Sports have confirmed their kind convenience to be present on the occasion. The High Commission is also approaching many senior dignitaries, Government representatives, Heads of Diplomatic Corps, business and industry leaders, heads of socio-cultural organizations, school and university students to be part of the celebrations. This event will also include a few cultural presentations and mass Yoga exercises performed under the guidance of trained Yoga teachers.

The High Commission, in collaboration with the Mahatma Gandhi Institute, and the Art of Living Foundation will also be organizing a cultural programme on Tuesday 21 June, 2016 to commemorate the Second International Day of Yoga and the International Music Day. This will be held at the Indira Gandhi Centre for Indian Culture (IGCIC), Phoenix from 1400 Hrs. to 1500 Hrs. The High Commission is approaching high dignitaries in Mauritius to grace this occasion.

Access is free to all – All are cordially invited to join at these