



Embassy of India
Kabul

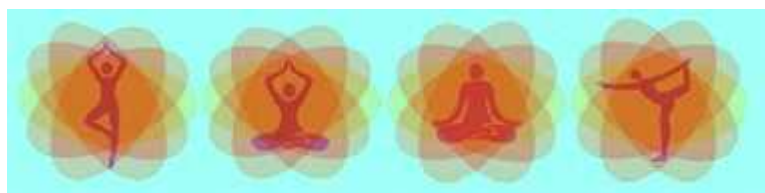
‘Save the date’

“Second International Day of Yoga” – June 21, 2016



ABOUT THE IDY LOGO

- *Folding of both hands in the logo symbolise Yoga, the union, which reflects the union of individual consciousness with that of universal consciousness, a perfect harmony between mind & body, man & nature; a holistic approach to health & well being.*
- *The brown leaves symbolise the Earth element, the green leaves symbolise the Nature, blue symbolises the Water element, brightness symbolises the Fire element and the Sun symbolise the source of energy and inspiration.*
- *The logo reflects harmony and peace for humanity, which is the essence of Yoga.*



YOGA for Harmony and Peace

International Day of Yoga:

The United Nations General Assembly declared June 21 as the International Day of Yoga on December 11, 2014. Addressing the UN General Assembly on 27 September, 2014, the Prime Minister of India, Mr. Narendra Modi



said: "Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help us deal with climate change. Let us work towards adopting an International Day of Yoga." On December 11, India's Permanent Representative introduced the draft resolution in UNGA. The draft text received broad support from 177 Member States, including USA, and the draft text was adopted without a vote. Hence, June 21, 2015 was the first International Day of Yoga celebrated all over the world. In the same vein, Embassy of India, Kabul is planning to celebrate IDY 2016 on 21 June, 2016 and organise a series of events.

For joining yoga classes, please contact with your full details:

amboffice.kabul@gmail.com



UPCOMING EVENTS:

Second International Day of Yoga on June 21, 2016. Join us at the Embassy of India premises at 7.00 A.M. Invitation follows with more details.

Past Events:

The Embassy has been conducting and training Yoga aspirants, including Indians, Afghans and expatriates since January 2015.

