

# China, Nepal celebrate Yoga Day

## AGENCIES

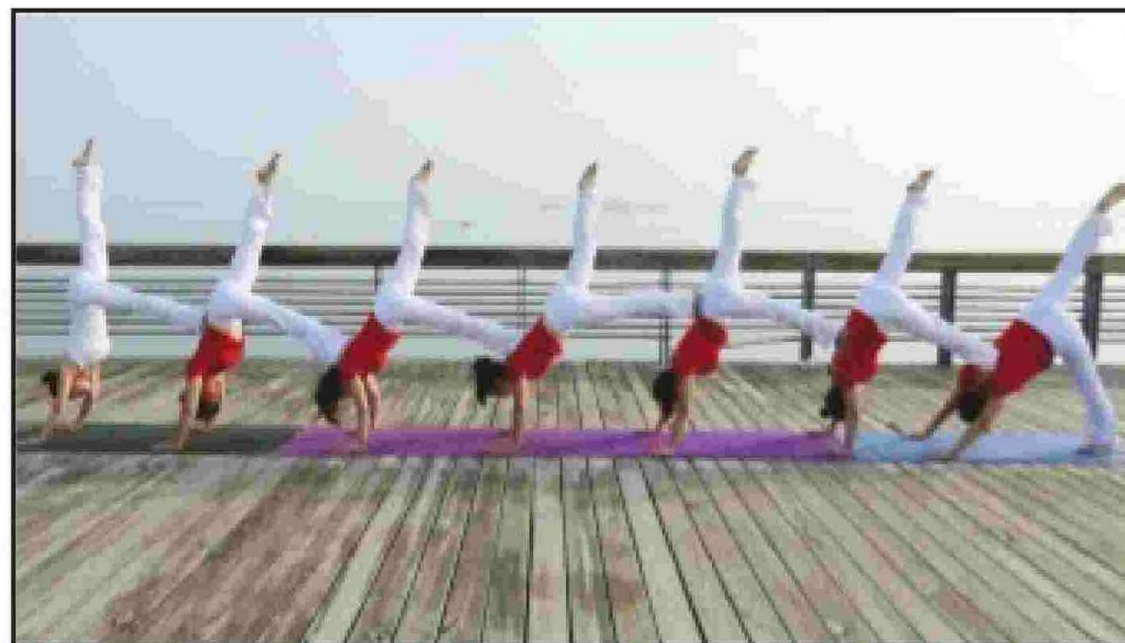
BEIJING, 21 JUNE

The fourth International Yoga day was celebrated with enthusiasm in China and Nepal on Thursday.

Yoga has now become a bridge between India and China to bring the people of the two countries together, Indian envoy Gautam Bambawale said as he along with large number of Chinese yoga enthusiasts participated in a colourful yoga event here.

Bambawale, other diplomats, staff of the embassy, yoga teachers and students of China's Yogi Yoga centre took part in the event. Over 500 yoga lovers turned up to take part in over hour-long special yoga workout at the old Indian Embassy premises.

Every year large number of people participate in Yoga Day events in China since UN General Assembly declared 21 June as International Day of Yoga.



Participants in a yoga session to mark International Yoga Day in China's Anhui province on Thursday

AFP

"I would say tens of thousands took part in China. But millions will be doing in their way either individually or in smaller groups," Bambawale said.

The day is celebrated in 25 to 30 cities in different parts of China with larger turnouts, he said.

"Delighted that yoga has become so popular in China. It helps in providing a bridge between India and China and

bringing people of the two countries together," he said.

"We always stressed that apart from government-to-government ties, people-to-people relations, friendship between people are important to strengthen India-China relations. Yoga is exactly doing that," he said.

According to a report from Kathmandu, a special mass yoga demonstration was held in the premises of Nepal Police

Training Academy in the capital where people from different walks of life participated despite rainfall since early morning.

Deputy Prime Minister and Defence Minister Ishwor Pokharel, along with yoga enthusiasts, performed yoga postures in an hour-long event. The event was jointly hosted by the Nepali government and a yoga foundation, Xinhua news agency reported.

Addressing the event, the Minister said the discipline of yoga helps to maintain a healthy and beautiful life.

"Yoga not just connects humanity with spirituality but also connects human beings with each other. It contributes in seeking truth and knowing self," Pokharel said.

On the occasion, the participants performed various yoga postures following the instruction of yoga gurus. School students also participated in yoga demonstrations.