

#### 4th International Day of Yoga celebrated in Lima

The 4th International Day of Yoga was observed in Lima on 17th June 2018 with a mass participation, expressing peoples' strong love and growing affection for Yoga. Maria Reiche Park in Malecon area of Miraflores overlooking the Pacific Ocean provided a perfect natural setting for Yoga, as it brings out the unity between the individual consciousness and the universal consciousness.



Minister of Health, H.E. Dr. Silvia Pessah Eljay represented the President of the Republic of Peru as the Chief Guest. She was accompanied by Vice Minister of Health Ms. Maria del Carmen. The Mayor of Miraflores Mr. Jorge Muñoz along with Mrs Muñoz joined the event as special guests. Yoga professionals, diplomats, Yoga enthusiasts and the general public participated with great enthusiasm in the celebrations.

Ambassador in his welcoming remarks appreciated the manner in which the people of Peru have embraced Yoga and made this ancient Indian wisdom part of their daily lives. He highlighted the role played by the AYUSH Information Cell and the Cultural Centre at the Embassy in promoting Yoga among the common people of Peru, including those in highlands. He narrated how Yoga has been brought to schools, colleges, universities, hospitals and various voluntary associations and organizations in Peru in the last one year and how Yoga benefited senior citizens, people with psychological disorders and those suffering from different ailments. He also highlighted efforts of the Embassy of India through its AYUSH Information Cell and Cultural Centre in training 31 Yoga professionals who got certified by the Quality Council of India under the auspices of Ministry of AYUSH, Government of India. These newly trained Peruvian Yoga professionals are now facilitating promotion of Yoga in Peru.



Mayor Muñoz expressed his happiness in collaborating with the Embassy to hold the IDY celebrations in the Maria Reiche Park. Health Minister Dr. Pessah, in the context of importance of yoga in public health, mentioned that our future is determined by what we do today. The dignitaries released the Common Yoga Protocol for IDY 2018 translated and published in Spanish and Quechua languages by the AYUSH Information Cell.

Following this, Dr. Aayam Gupta, Yoga expert and Director of Centro Cultural India along with recently trained Yoga professionals conducted the mass demonstration of Common Yoga Protocol. The Yoga session concluded with Shanti Mantras. The celebrations continued with training sessions by the AYUSH certified Yoga professionals.



Yoga enthusiasts and lovers of Yoga along with general public participated in great numbers braving cold and windy weather.

Lima, 17 June 2018