

High Commission of India Lusaka

Press Release

Celebration of the 9th International Day of Yoga 2023

As part of celebrations of the 9th International Day of Yoga 2023 held under the theme “Yoga for Vasudhaiva Kutumbakam”, High Commission organised following five events :

- (i) University of Zambia (20th June 2023)
- (ii) Indian School of Lusaka (20th June 2023)
- (ii) Mahatma Gandhi School (20th June 2023)
- (iv) Chancery Premises of the High Commission (21st June 2023)
- (iii) Copperbelt University, Kitwe (21st June 2023)

2. All Yoga events witnessed full fervor and enthusiasm of the yoga practitioners. Yoga sessions based on Common Yoga Protocol demonstrating various asans/postures were conducted by Yoga instructors during the events.



(IDY 2023 celebration at the High Commission on 21st June 2023)

3. Hon'ble Chama Fumba, Permanent Secretary, Ministry of Youth, Sport and Arts was the guest of Honour for the Yoga event at Chancery Premises on 21st June 2023. He highlighted various benefits of Yoga and urged people to practice it for physical, mental and emotional well-being. He emphasised the need to incorporate Yoga in the arts to build a more inclusive and supportive community

that prioritises personal growth and well being. He also stressed that practising Yoga can help artists and performers tap into their inner creativity and find new sources of inspiration.



(IDY 2023 celebration at Copperbelt University, Kitwe on 21st June 2023)

4. High Commissioner Shri Ashok Kumar highlighted multiple benefits of Yoga and urged everyone to embrace it for a physical and mental wellbeing. High Commissioner highlighted visionary leadership of Hon'ble Prime Minister of India Shri Narendra Modi Ji to elevate Yoga to the global centre stage. He mentioned that High Commission has been making efforts to popularise Yoga in Zambia and will continue its efforts to promote peaceful and healthy life through Yoga. High Commissioner emphasized on Yoga by quoting Hon'ble Prime Minister of India Shri Narendra Modi Ji's words " Through Yoga, we experience our inner strength, which is so strong that no problem of the world, no negativity can shatter us. Yoga shows us the path from stress to strength and from negativity to creativity. Yoga takes us from depression to ecstasy and from ecstasy to blessing". About 200 yoga enthusiasts, bureaucrats, diplomatic corps members and members from Indian diaspora participated in the event.



(IDY 2023 celebration at University of Zambia, Lusaka on 20th June 2023)

5. Hon'ble Lawrence Mwanza, District Commissioner, Kitwe graced the Yoga event at Copoerbelt University, Kitwe organised on 21st June 2023. Prof. Paul Chisale, Acting Vice Chancellor, Cooperbelt University, Deputy Vice- Chancellor, Academia, Registrar, Deans and students among others attended the event. Hon'ble Lawrence Mwanza, District Commissioner, Kitwe commended the Yoga Day Celebrations in higher education institution viz Copperbelt University, which he said would raise awareness of the value and advantages of Yoga. He also highlighted the therapeutic benefits of Yoga particularly for the students overburdend of academic work. Acting Vice Chancellor Prof. Paul Chisale said that benefits of Yoga is immense which could improve almost every aspect of health. He mentioned that Yoga can reduce dependency on medicine and doctors and its regular practice and promotion can drastically reduce national budgets on health and well-being. He also thanked the High Commission for organising Yoga event at the Copperbelt University and expressed desire to hold similar event on a larger scale next year. More than 150 persons including academia, students and members of Indian community based in Kitwe attended the event.



(IDY 2023 celebration at Indian School of Lusaka on 20th June 2023)

6. Participants of all ages enthusiastically attended the yoga events. More than 200 and 150 participants, respectively, attended Yoga event at the University of Zambia and Indian School of Lusaka, whereas about 70 students attended the event at the Mahatma Gandhi School.



(IDY 2023 celebration at Mahatma Gandhi School, Lusaka on 20th June 2023)