

Embassy of India,

Thimphu

Press Release

Celebration of International Day of Yoga 2024 in Thimphu

The Embassy of India, Thimphu joined the Royal Government of Bhutan to celebrate the International Day of Yoga (IDY) 2024 at Clock Tower Square, Thimphu on 21 June 2024. Theme of the 10th edition of IDY was 'Yoga for Self and Society'. Hon'ble Lyonchhen Dasho Tshering Tobgay, Prime Minister of Bhutan, graced the occasion as the Chief Guest.

2. Over 400 yoga enthusiasts from various sections of the society, including Hon'ble Speaker of the National Assembly, Chairperson of the National Council, Leader of Opposition, Ministers, Members of Parliament of Bhutan, government officials, diplomatic corps, and members of the Indian community joined the IDY celebrations.

3. Hon'ble Prime Minister of Bhutan commended India's role in promoting yoga globally and its contribution to a healthier society. Ambassador of India to Bhutan, Mr. Sudhakar Dalela, highlighted the transformative impact of yoga, emphasizing its benefits in maintaining physical, mental and spiritual well-being, and for attaining harmony and inner peace.

4. The Common Yoga Protocol was conducted by yoga master Dr. Vijay Kumar Singh, followed by a mental well-being exercise protocol conducted by Dungscho Wangmo from National Institute of Traditional Medicine, Thimphu.

5. Hon'ble Lyonchhen and Ambassador Dalela presented the awards to the winners of the yoga asana competition organized by the Embassy and felicitated yoga instructors and volunteers who contributed to the success of IDY 2024 in Bhutan.

6. In the run-up to IDY 2024, the Embassy had organized and over ten special yoga sessions during the month of May and June 2024, in association with Druk School, Lungtenzampa Middle Secondary School, Draktsho Vocational Training Centre for Special Children and Youth, Bhutan Olympics Committee, Desuung Skilling Programme, Central Monastic Body, Royal Thimphu College, Paro College of Education, Punakha Thromde and Project DANTAK.

Thimphu
21 June 2024