

Nairobi PE Participates in the 7th International Day of Yoga



20 June 2021, Nairobi - Nairobi PE personnel joined the online celebration of the 7th International Day of Yoga on 20 June 2021 with the theme, “Yoga for Wellness.”

The Indian High Commission in Nairobi hosted the online session which was made available through their official Facebook page.

Indian High Commissioner Virander Paul shared that a yoga demonstration was held at the shores of Lake Victoria with Kenyan CAS Foreign Affairs Ababu Namwamba and Governor of Busia County Sospeter Ojaamong to spread awareness of yoga and its benefits for physical and mental wellness.

United Nations Office in Nairobi Director-General Zainab Hawa Bangura relayed in her video message that yoga is a healthy outlet to keep fit and also cope with anxiety especially during the COVID-19 pandemic.

Recognizing its universal appeal, the United Nations proclaimed 21 June 2014 as the International Day of Yoga. The World Health Organization mentions yoga as a means to improve health in its Global Action Plan on Physical Activity 2018-2030.

Post encouraged its personnel and their families to join in the virtual event in their homes as part of its GAD and wellness program, and in solidarity with the 7th International Day of Yoga celebration.

