

## Celebration of 5th International Day of Yoga

The 5th International Day of Yoga (IDY) was celebrated by the High Commission of India, Ottawa on June 23, 2019 at an impressive function at one of the most prestigious venues in Ottawa - Infinity Convention Centre.

The event witnessed online registration of 925 guests out of which over 600 attended. All the participants were given complimentary, specially designed T-shirts with the IDY logo, sponsored by a number of local community organizations and institutions & Yoga mats with IDY logo sponsored by an Indian organisation. There was immense enthusiasm amongst the participants.

The programme began with lighting of the ceremonial lamp by the guests of honour followed by playing of National Anthem of India and Canada and screening of PM's message on the occasion of the 5th IDY.

High Commissioner Vikas Swarup, in his welcome remarks, brought out the significance of the 5th IDY and remarked that everyone can do Yoga and Yoga is for everyone. Message of Yoga is one of inner peace and harmony with external world, through physical, mental and spiritual well-being. He thanked all the sponsors for their contribution towards this event.

All major community organizations – Indian Canada Association, Gujarati Cultural Association, Ottawa Telugu Association, Bihar Association of Canada etc, local MPs and several Diplomats took part in the event.

The Yoga session was conducted by members of Isha Yoga group – Mr Ashton Bessette and Ms. Anu Iyer.

Following the yoga practice, all the participants were provided with free refreshments and herbal tea.

The 5th IDY celebration in Ottawa has proved to be a resounding success. This should lead to even greater popularity of Yoga in Canada.

Ottawa

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The team of HCI Ottawa making final preparations for 5<sup>th</sup> IDY 2019



A view of the lobby before arrival of the Yoga enthusiasts



A view of the Yoga enthusiasts at the registration counters and the booths of the sponsors in the lobby



Lighting of traditional ceremonial lamp by the guests of honour.



High Commissioner delivering the welcome remarks



Mr. Chandra Arya delivering his remarks



High Commissioner Vikas Swarup with members of Brahmakumari's



Yoga session in progress

