

Embassy of India

Astana

Press Release

The 10th International Day of Yoga 2024 was celebrated on 21 June 2024 Astana at the iconic Palace of Peace & Reconciliation. H.E. Mr. Maulen Sagathanuly Ashimbayev, Chairperson of the Senate of Parliament graced the occasion as the Chief Guest while senior dignitaries H.E. Mr. Alibek Bakaev, Deputy Minister of Foreign Affairs, Mr. Nurlan Nurkenov, Deputy Mayor of Astana City. Ms. Michaela Friberg-Storey, UN Resident Coordinator in Kazakhstan also joined the Yoga celebrations. Ambassador of India, HE Dr. T V Nagendra Prasad led the celebrations on the occasion. The event witnessed enthusiastic participation from around 1500 yoga practitioners, including Embassy officials, Indian community members, Kazakh friends of India and Kazakh media representatives.

Emphasising this year's theme of "Yoga for Self and Society", Ambassador Nagendra Prasad highlighted how Yoga not only enhances physical health but also contributes to the social well-being. He also mentioned about increasing number of Yoga practitioners over the years due to IDY celebrations & its effectiveness in maintaining health. He expressed gratitude to Kazakh partners which included teams of various Kazakh Ministries, Palace of Peace and Reconciliation, Astana Mayor's Office and Astana Security and Police Services, for their tremendous support to the Embassy of India and Swami Vivekananda Cultural Centre in organizing the event on a grand scale. Ambassador also thanked Yoga Masters and volunteers their valuable contribution.

H.E. Mr. Maulen Ashimbayev, in his address, underscored that Kazakhstan and India have long-standing friendly ties. Mr. Ashimbayev, who himself is a Yoga practitioner, explained how yoga serves as a bridge that unite peoples and lead to happiness and harmony. In his remarks, Mr. Maulen Ashimbayev appreciated the contribution of two yoga teachers of Astana, namely, Mr. Sundarapandian of Indian diaspora and Mr. Sungat Iskakov, a prominent Kazakh Yoga expert

UN Resident Coordinator in Kazakhstan, Ms. Michaela Friberg-Storey in her speech highlighted Yoga's inclusion in the UNESCO list of Intangible Art and mentioned about 'mYoga' Mobile App which was developed jointly by the Government of India and WHO.

The Common Yoga Protocol was practiced by participants who were well guided by experts of Yoga Family Astana. In addition, before the formal event, 108 Surya Namaskars were also practiced by the yoga enthusiasts. The celebration concluded with the recognition of Yoga practitioners from Yoga Family Astana for their dedicated contribution to the promotion of Yoga in Kazakhstan, felicitated by the Ambassador Prasad and Mrs. Padmavathi

21 June 2024







