

Embassy of India  
Moscow  
JNCC

8<sup>th</sup> International Day of Yoga Celebrations in Moscow

8th International Day of Yoga was celebrated by Jawaharlal Nehru Cultural Centre (JNCC), Embassy of India, Moscow at the Muzeon Park, one of the most popular parks in the city, on 19 June 2022, with its theme 'Yoga for Humanity'. The event carried special focus as it was the first offline yoga event after the beginning of Covid-19 pandemic situation in Russia and was dedicated to mark the 75 years of India's independence and to the 75 years of diplomatic relations of India and Russia. The event was attended by more than 500 people.

2. As a pre-cursor to the event master classes of Yoga were organised in some of the leading parks in Moscow like Sokolniki Park, Fili Park and Izmailovo Park from 13 to 17 June 2022. Various Russian experts of yoga including Dr Brijesh Gupta Teacher of Indian Culture, JNCC, gave lecture-cum-demonstration in these parks. Russians took part in those classes very enthusiastically to get the benefit of yoga which are universally known. Moscow Government too arranged "Yoga in the parks" from June 1 to August 31, 2022 to promote Yoga on this occasion.

3. On 19 June 2022, International Day of Yoga, was inaugurated by H.E. Ambassador Shri Pavan Kapoor at the Muzeon Park at 10 am by lighting a lamp along with Ms Alexandra Usacheva, Director, Department of International Cooperation and Public Relations, Ministry of Health of Russia and Ms Ekaterina Pronicheva. Chairperson of Moscow City Tourism Committee who shared their thoughts on the importance of yoga especially post covid. Various experts of Yoga including Dr Brijesh Gupta, Teacher of Indian Culture, conducted yoga asanas from the Common Yoga Protocol.

4. The official opening by the Chief Guests was followed by the commencement of the asanas of the common yoga protocol conducted by Dr Brijesh Gupta, Teacher of Indian Culture and various other experts of yoga in Moscow, Participants were given a yoga t-shirt and a mat by Embassy of India. Various musicians of Russia of different percussion music instruments including Tabla Teacher of JNCC, Shri Jignesh Sheth, performed intermittently alongside yoga sessions on varied subjects related to yoga. This was the first time when music was introduced in the International Day of Yoga in Moscow.

5. After the conclusion of the Common Yoga Protocol, a series of simultaneous master classes and lecture demonstrations commenced at two different lawns in the park. JNCC had tied up with some of the leading Ayurveda and meditation experts in Moscow to arrange the event and invited them to conduct special classes on the subjects through the course of the day. These classes also proved to be equally popular with the participants. A group of approx. 10 speakers each from Ayurveda and Meditation expressed their views on the subjects. Many Russians heard them patiently and benefitted themselves with those lectures. These two platforms lasted till evening of the day.

6. Engaging with popular yoga gurus and studios was also instrumental in ensuring that we reached a wide audience during the publicity and outreach phase. JNCC on its social media sites too, gave a wide publicity to the events. Each of these studios/individuals have a large following, including on social media, which helped us with promotional activities. Many of them participated in the pre-cursor event we organised in the park from 13-17 June 2022. This, alongwith a strong publicity plan implemented by the Press & Information wing and JNCC, ensured that we were able to attract a large crowd.

7. To promote yoga further, for the first time, a Guardian Ring was organised on 21 June 2022 at the roof of Hotel Ritz Carleton, a famous place in Moscow, wherein many aspirants of yoga participated and performed yoga asanas to celebrate International Day of Yoga.

8. More than 30 regions of Russia participated in the event. These were : Bryansk, Chuvash Republic, Yaroslavl, Republic of Sakha, Kazan, Kostroma, ALTAIR, Tver, Astrakhan, Nizhny Novgorod, Kuzbas, Novgorod region, Saratov, Murmansk, Udmurt, Smolensk, Irkutsk, Moscow region, Volgograd region, Orenburg, Rostov-on-Don, Leningrad region, Tomsk, Chukotka Autonomous Okrug, Mordovia, Sverdlovsk Oblast, Ekaterinburg, Samara, Pskov, Krasnoyarsk Krai, Lipetsk Region, Khanty Mansi Autonomous Okrug

9. Yoga kits were provided to around 46 regions of Russia to facilitate them doing yoga.

10. On this occasion an 'Amrit Mahotsav Ahaar' was also organised at the Indian restaurants in Moscow from 19-25 June 2022, wherein many Russians as well as Indians had tasted delectable food in these restaurants.

11. A few press clippings are at:

<https://www.aninews.in/videos/world/moscow-celebrates-8th-international-day-yoga/>

<https://www.dnaindia.com/world/video-watch-moscow-celebrates-8th-international-day-of-yoga-2962980>

[https://vk.com/wall-99787198\\_1744](https://vk.com/wall-99787198_1744)

12. The event concluded at 4 pm and the public dispersed to their homes with a positive smile and feedback. People applauded the event and thanked the JNCC, Embassy of India, Moscow for organising this.

\*\*\*\*