

Embassy of India Paramaribo

PRESS RELEASE

Embassy of India celebrates the 10th International Day of Yoga

Today, 21st June 2024, the Embassy of India in Paramaribo celebrated the 10th International Day of Yoga at the Arya Diwakar Hall in Paramaribo. Hon'ble Deputy Chairman of the National Assembly Dr. Dewanchandrebhose Sharman was the Chief Guest for the event. Chairman of Arya Dewaker also graced the occasion.

Charge d' Affaires S. Ramji, welcoming the guests spoke about the significance of the Day and the usefulness of yoga as a means for achieving holistic health. He encourage everyone to incorporate it into their daily routines and requested the participants to spread the message of yoga training given at the Swami Vivekananda Cultural Center (SVCC) under the Embassy of India in Paramaribo. He also highlighted the theme of Yoga for 2024 which was 'Yoga for Self and Society'.

The event featured a one-hour session of the common yoga protocol, which was skillfully demonstrated by Director (SVCC) Dr. Somveer Arya, along with Ms. Gaitrie Phagoe and Pandit Ashish Mathura. The session saw an enthusiastic participation of around 250 people from different walks of life and of all ages, keen to embrace the benefits of yoga. The Chief Guest H.E. Dr. Dew Sharman, Deputy Speaker of the National Assembly of Suriname in his remarks explained the meaning of Yog in Dutch and also elaborated on the ultimate stages of yogic practice. Shri Indersingh Gangabishoensingh, Chairman of Arya Dewaker also addressed the gathering and welcomed the initiative to celebrate the event at the Arya Dewaker Hall. He also spoke about benefits and importance of Yoga and said that we should practice more for the benefit of our health. He announced that the Arya Dewaker would like to organize a yoga session once a month and requested the Embassy to collaborate.

Adding a soothing cultural touch to the event Ms Bhagwandin Shanita & Ms. Shannon Chotoe (Student of Dance School Satrangi) performed Bharatnatyam and Kathak, which greatly enhanced the overall experience. The Embassy's celebration of the International Day of Yoga highlighted the growing popularity of yoga, fostering a sense of community and well-being among the participants.

Certificates of appreciation and thanks were handed out to the sponsors M/s Kalpataru Projects International Limited for sponsoring T-Shirts, Yogh Hospitality for sponsoring juice and water and to the yoga teachers who contributed to the success of the event.

In the run up to IDY 2024, several curtain raiser events were organized by the Embassy across Suriname with the active participation and support of numerous community

organizations. The programme concluded with a Vote of thanks by Dr. Somveer Arya, Director of SVCC.

A few photographs of the event are enclosed.

Paramaribo 21 June 2024







































