

Embassy of India
Seoul

Celebration of 9th International Day of Yoga in the Republic of Korea

Press Release

The Embassy of India, Seoul and the Korea Yoga Association held a **Joint Press Conference** on 05 June 2023 at the Swami Vivekananda Culture Center (SVCC) of the Embassy on the celebrations of the upcoming 9th International Day of Yoga in the Republic of Korea. In year 2014, the United Nations General Assembly, at the initiative of Prime Minister of India Shri Narendra Modi, adopted a unanimous resolution that declared June 21 as the International Day of Yoga and recognized Yoga as a holistic approach to health and well-being.

2. In his remarks, the Ambassador of India to ROK, Mr. Amit Kumar referred to Yoga as the ancient heritage from India, which embodies unity of mind and body, as well as thought and action. He underlined that it is a holistic approach that is valuable to our health and our well-being. Yoga is a way to discover the sense of oneness with yourself, the world and nature.

3. The importance of Yoga is well recognized in tackling the rise of lifestyle diseases and stress globally. During the COVID-19 pandemic, the practice of Yoga also helped address issues relating to mental anxiety and mental health. Yoga today is therefore a strong aspect of preventive health care frameworks. Swami Vivekananda Culture Center (SVCC), Embassy of India, Seoul has, through their Indian yoga expert and instructor, been conducting outreach activities with schools and organizing workshops in association with Korean schools and cultural organizations.

4. Mr. Yoon Woo-geun, President, Korea Yoga Association highlighted that when Prime Minister Modi proposed the International Day of Yoga at the UN General Assembly, the Secretary-General at that time was Mr. Ban Ki-moon, which adds greater significance to the event for both countries. Noting the significance of this year's celebration, which marks the 50th anniversary of India-ROK diplomatic ties, President Yoon expressed his

heartfelt wish for further deepening of friendship, exchanges, and cooperation between India and the Republic of Korea through the practice of Yoga.

5. With the Press Conference coinciding with the 'World Environment Day', Ambassador Kumar highlighted Prime Minister Narendra Modi's global initiative Mission LiFE, or Lifestyle for Environment, which encourages individuals and communities to adopt eco-friendly habits in their day to day life and make conscious choices that reduce harmful impact on the planet Earth.

6. Ambassador also mentioned the importance of the UN International Year of Millets being celebrated in 2023, which also contributes to our collective efforts to promote healthy and sustainable living.

7. The International Day of Yoga events are being held in cities of Gurye (10 June), Seoul (17 June), Jeju (21 June), Busan (23 June) and Gwangju (24 June) with the support of Korean yoga organizations and other partner groups.

8. This year's International Day of Yoga celebrations are even more special as India and the Republic of Korea, two friendly countries with millennia old civilizational connect, commemorate 50 years of establishment of their diplomatic relations in 2023.

9. Ms. Chung Ae-rie, a renowned Korean actress and avid practitioner of Yoga, and Mr. Kim Tae-hoon, a well-known columnist and TV panelist were appointed as the Brand Ambassadors for the 9th International Day of Yoga.

10. Ms. Won Jeong-hye, prominent yoga instructor and researcher and Ms. Joy Kim, CEO of Nabi Joy Co. Ltd., one of the major sponsors for the Yoga event in Seoul also addressed the media.

June 5, 2023
Seoul