



Consulate General of India
Hamburg



Consulate General of India, Hamburg

celebrates

7TH INTERNATIONAL DAY OF YOGA

Monday, 21st June 2021

(11:00 hrs. – 12:00 hrs.)

(An Online / Live Event)

Join us online on Zoom Meet

<https://zoom.us/j/2117547525>

(Meeting ID: 2117547525)

Watch live on our official Facebook & Youtube Channel

<https://www.youtube.com/congendiahamburg>

<https://www.facebook.com/ConsulateGeneralofIndiaHamburgGermany>

“Be with Yoga – Be at Home”



Yoga for Harmony & Peace

Programme	
1100 hrs-1105 hrs.	Message by Mr. John H. Ruolingul, Consul General
1105 hrs-1110 hrs.	Prime Minister's Message on IDY 2021 – to be read by Mr. Gulshan Dhingra, Vice Consul
1110 hrs-1120 hrs.	Yogasans as per Common Yoga Protocol – Video
1120 hrs-1130 hrs.	"Ayurveda and Yoga, its relevance in present World" by Dr. Priyanka Chorge (Ayuryogalaya), Hamburg
1130 hrs-1145 hrs.	"This Yoga Day Immunity is the Priority" by Ms. Ekta Jaiswal, Yoga Teacher (Art of Living), Hamburg
1145 hrs-1200 hrs.	"Raga and Yoga: Patanjali Yoga Sutras and Carnatic Music" by Ms. Bhavana P. (Carnatic Musician & Yoga Instructor), & Mr. Pradyumna Kandadai (Yoga Instructor), Paris

Important: Due to the on-going Covid-19 pandemic and current health protocol and social distancing norms in place, the International Day of Yoga-2021 Celebration will be held at the Consulate premises with the physical presence of Consulate Officials only. The Consulate appreciates your understanding in the prevailing circumstances. We look forward celebrating the next IDY with members of the Indian diaspora and German friends of India.