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### **Celebration of 7th International Day of Yoga in Sao Paulo**

The 7th International Day of Yoga (IDY) was celebrated by the Consulate General of India, Sao Paulo and Swami Vivekananda Cultural Centre (SVCC) through a hybrid event on 20 June 2021. As the pandemic-related restrictions on public functions are still in place in Brazil, the celebration at the Cultural Centre was restricted to small group of Yoga students. The entire event was transmitted Live on the social media platforms of the Consulate and SVCC, Sao Paulo and hundreds of people joined the celebration from their homes, truly adopting this year's theme of #BeWithYogaBeAtHome and #YogaFor Wellness.

2. Consul General, Mr. Amit Kumar Mishra delivered opening remarks for the event highlighting the growing relevance of Yoga across the globe, and the continuous rise in the popularity of Yoga in Brazil since the celebration of first International Day of Yoga in 2015. Consul General also mentioned that Indian Council for Cultural Relations was working with the Yoga Certification Board of India to formulate guidelines to enable Indian Embassies/Consulates & Cultural Centers do the work of Certification of Yoga Professionals, adding that the new initiative is aimed at bringing quality and uniformity in teaching of Yoga across the world.

3. The Cultural Centre invited Prof. Marcos Rojo, Yoga Guru and Founder of *Instituto de Estudos e Pesquisa em Yoga* (IEPY), the well-known Yoga School from Brazil, to join the celebrations of 7<sup>th</sup> International Day of Yoga and demonstrate the Common Yoga Protocol with his students. Prof. Rojo led the small group of students to perform live demonstration of the Common Yoga Protocol during the event. In his remarks, Prof. Rojo highlighted on the importance of Yoga in the current context of COVID-19, and encouraged everyone to practice Yoga and include it in their daily life.

4. The highlight of the celebration of 7<sup>th</sup> International Day of Yoga 2021 was the webinar titled '**Meditation & Yoga: Connecting Body and Mind**'. The webinar was organized in collaboration with Kaivalyadham Yoga Institute, Lonavla, India and *Instituto de Estudos e Pesquisa em Yoga* (IEPY) School, Brazil. The panel of speakers for the event included wellness and Yoga experts from India and Brazil. Ambassador of India to Brazil, Mr. Suresh

Reddy gave the opening remarks for the webinar and spoke about the theme of IDY2021 'Yoga for Wellness'.

5. Shri. Subodh Tiwari, CEO, Kaivalyadham Yoga Institute, who also joined the webinar elaborated on how Yoga has a larger dimension than just Yoga Asana. He said, '*Yoga is to deal with your physical, mental, emotional, social and spiritual wellbeing.*' Kaivalyadham Yoga Institute was also represented by Prof. R.S Bhogal who is the Head of Scientific Research Department at the Institute. Prof. Bhogal who is renowned in India and abroad for his traditional approach to healing, gave references from ancient texts to explain how the ultimate goal of Yoga is union with the divine or '*Samadhi*'. Prof. Bhogal took a brief guided meditation session at the end of his talk.

6. Prof. Lia Diskin, Gandhian Scholar and Co-Founder of Palas Athena Association, in her talk spoke about the importance of sound mental health during the current times through her talk 'Coherence between thinking and action in Yoga'. Monja Coen, the Brazilian nun also voiced similar ideas through her talk. She highlighted the importance on *Dhyana* or Meditation, which is an important element of Yoga.

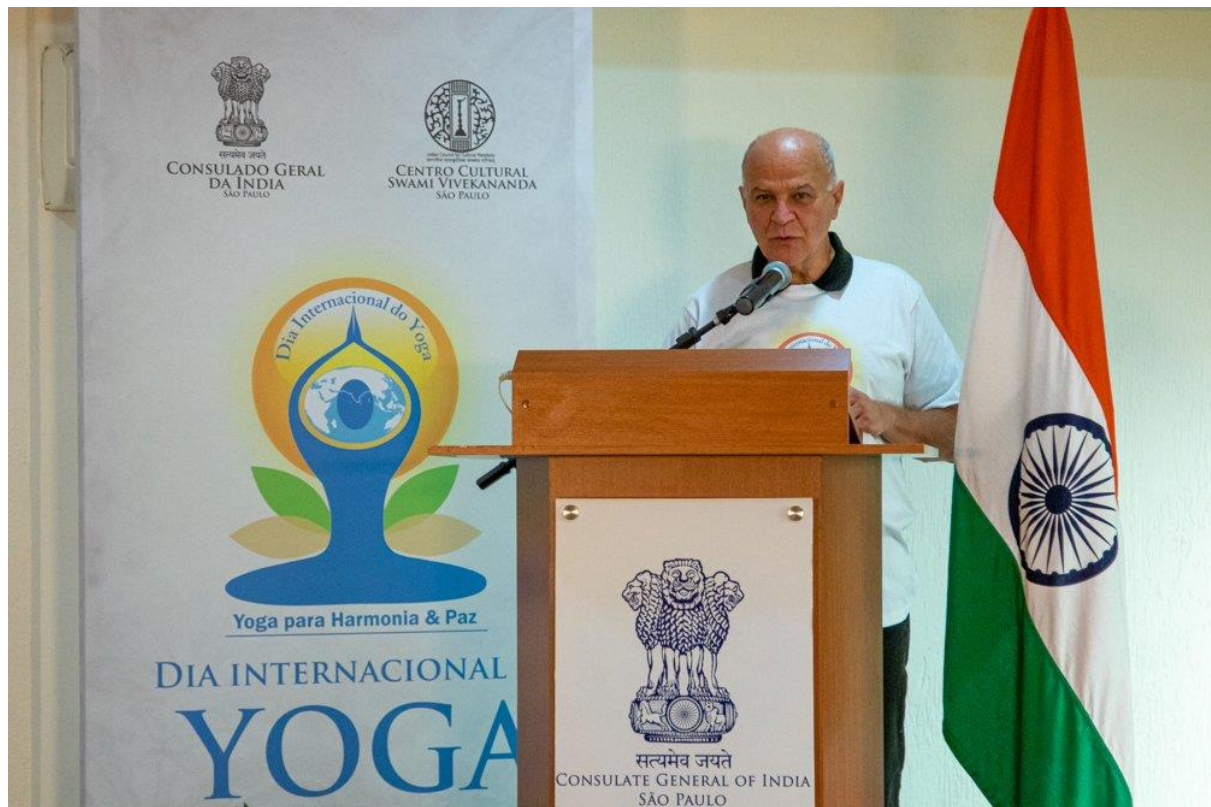
7. Prof. Marcos Rojo, Director Instituto de Estudos e Pesquisa em Yoga (IEPY) School, Brazil and Dr. Cezar Deveza, Yoga and Ayurveda guru from Brazil through their presentations highlighted not just the importance of Hatha Yoga practices but also stressed on having a balanced mind as a key to a healthy body, mind, and soul. Dr. Cezar took a guided meditation session at the end of his talk.

8. The celebration at the Cultural Centre also included Bharatanatyam dance performance by Ms. Iara Ananda Romano, who presented 'Nava Rasa Padam' or the representation of the nine emotions through Bharatanatyam.

9. The celebration of 7th International Day of Yoga (IDY) on 20 June, which included the demonstration of Common Yoga Protocol followed by the webinar, was collectively watched by an audience of about 6,500 people.

10. CGI, Sao Paulo and SVCC, Sao Paulo are celebrating the 7<sup>th</sup> International Day of Yoga 2021 throughout the month. The Consulate and Cultural Centre have partnered with 21 prominent Yoga and Ayurveda Schools and institutions from Brazil and India to organize 55 events to spread the message of Yoga and Ayurveda across Brazil. These events are focusing on various aspects of Yoga, Ayurveda, including meditation and pranayama sessions and special talks on yoga philosophy and Ayurveda.

11. Few photographs of the celebration of 7<sup>th</sup> International Day of Yoga at SVCC, Sao Paulo on 20 June 2021, along with the flyer of the upcoming events is attached herewith.







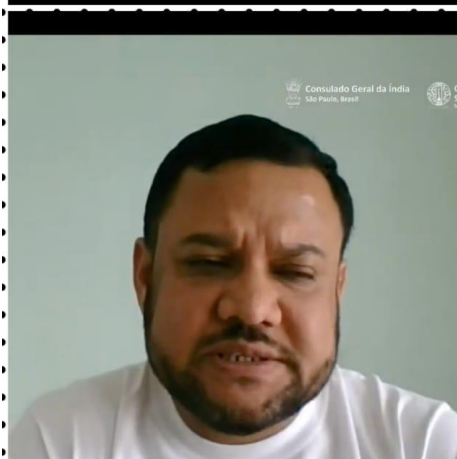
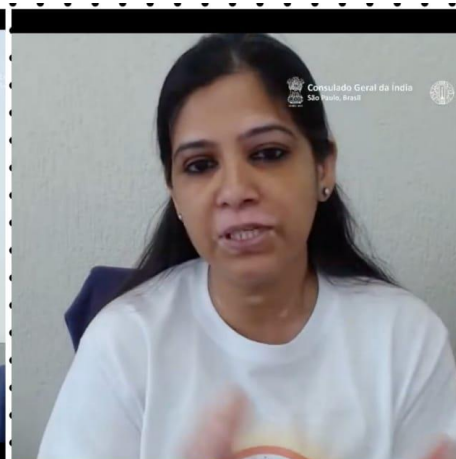
















Consulate General of India  
São Paulo, Brasil



Swami Vivekananda  
Cultural Centre  
São Paulo, Brasil



#AzadiKaAmritMahotsava

#India@75

#BeWithYogaBeAtHome

## DAILY ONLINE ACTIVITIES - JUNE 2021

21/06 (Mon)	22/06 (Tues)	23/6 (Wed)	24/06 (Thu)	25/06 (Fri)
<p>11:00 am <b>YOGA: HARMONY WITH NATURE</b> (short film by Indian Government)</p> <p>4:00 pm <b>YOGA: The Divinity of Grace</b> (film by Benoy Behl)</p>	<p>7:00 pm <b>VAJRAYANA YOGA</b> <i>Cezar Lacerda</i> (Mahavega Yoga)</p>	<p>4:00 pm <b>RELEASING TENSIONS II</b> <i>Rosana Khouri</i> (Rosana Khouri Yoga)</p>	<p>4:00 pm <b>YOGA YESTERDAY &amp; TODAY</b> <i>Guilherme Romano</i> (Self-Revolution)</p>	<p>5:00 pm <b>MEDITATION FOR PEACE</b> <i>Ricardo Henrique</i> (Casa Paz)</p>
26/6 (Sat)	27/06 (Sun)	28/06 (Mon)	29/06 (Tue)	30/06 (Wed)
<p>11:00am <b>SUBTLE BENEFITS OF YOGA</b> <i>Swami Paramtej</i> (AOL)</p> <p>4:00 pm <b>MINDFULNESS</b> <i>Giselle Natsu Sato</i></p>	<p>4:00 pm <b>HATHA YOGA</b> <i>Tiago Monteleone</i> (AOL)</p>	<p>5:30 pm <b>ANTAR DARSHAN</b> <i>Claudia Ruschel</i> (BrasilIndia)</p>	<p>4:00 pm <b>ASHTANGA VINYASA</b> <i>Sagar Karahe</i></p>	<p>4:30 pm <b>VIPASSANA II</b> <i>Newton Zimmerman</i></p>