



My dear Yoga-lovers and friends,  
Greetings from India!

It is an important day of the year today, as our life giver Sun changes its path southward, after six months of its north-ward journey. During the next six months, it will sprinkle its shine on the southern hemisphere with the growing passion. The day marks for celebration of the cherished International Day of Yoga. Wish you all a very happy Yoga Day!

It has now been seven years when Hon'ble Prime Minister Narendra Modi took the proposal of International Day of Yoga to the United Nations General Assembly, where it was met with the universal acceptance of all the Member States. Ever-since the first International Day of Yoga in 2015, Yoga days during successive years have been celebrated with increasing fervor, massively all over the world. The celebration of the seventh International Day of Yoga today, under the theme 'Yoga for Wellness', is not going to be an exception.

The celebrations of the seventh International Day of Yoga this year continue to acquire additional worth, as we continue to be in the shadow of corona virus pandemic. There is an ancient African saying, "In times of crises, the wise build bridges...". In his message to Excellency President Obiang Nguema Mbasogo, Prime Minister Modi has remarked in a similar tone, " With its an inherent power to connect, Yoga is good for community, immunity and unity. The theme of International Day of Yoga celebrations this year reflects the concerns for the good health and well-being of people across the globe. It is an endeavor to ensure that we focus on fitness as well as Wellness."

Dear Yoga-lovers and friends,

Like last year, this year too we are not able to rejoice the Yoga Day celebrations in togetherness, and face to face. However, I am obliged to hope that like in previous years, this year too we will celebrate Yoga Day the with full enthusiasm and similar equanimity.

I would like to convey gratitude, on behalf of all Yoga lovers, to His Excellency President Obiang and his government for his encouragement in celebration of this day in Equatorial Guinea. This is also an occasion to felicitate His Excellency Vice-President Teodoro Nguema Obiang Mangue's birth anniversary on 25 June.

I wish you all good health, wellness and equanimity of mind! Goodbye till we meet next year on the same day.

Ambassador Man Mohan Bhanot, 21/06/2021