**Consulate General of India**

**Hambantota**

**Press Release**

**10th June 2015**

 **Yoga Sessions/Lectures at Hambantota, Matara and Galle**

**from 15-21 June, 2015**

Yoga is a 6000 year old physical, mental and spiritual practice having its origin in India that aims to transform body and mind. It is an invaluable gift of ancient Indian tradition. It embodies unity of body and mind; thought and action; restraint and fulfillment; harmony between man and nature, a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with ourselves; the world and nature. By changing our lifestyle and creating consciousness, it can help us to deal with climate change. Yoga is the need of present time when majority of the population is suffering from stress and depression, yoga is very relevant.

During the address to the UN General Assembly on 27th September 2014 by our Prime Minister Shri Narendra Modi called for the adoption of 21st June as International Yoga Day (IYD). This resolution has been adopted by consensus with record 177 co-sponsoring countries. Therefore, it has been decided that Yoga Day would be organized on 21st June. India being the origin of Yoga is taking lead in organizing IYD on 21st June 2015.

Consulate General of India, Hambantota on behalf of upcoming World International Yoga Day on 21st June 2015 is organizing Yoga Sessions in Hambantota, Matara and Galle. A qualified Yoga teacher from India is visiting to Hambantota to conduct Yoga Sessions and other activities related to yoga to the yoga aspirants free of charge.

 The details of the Special Yoga Sessions at Matra and Galle are as under:

**Matra:** On 20th June 2015 at Ruhuna University, Matara from 0900 hrs.

to 1100 hrs.

**Galle** (i) On 20th June 2015 at Town Hall, Galle from 1500 to 1700 hrs – Yoga Session/Lectures will be inaugurated by Hon. Mr Shan Vijayalal De Silva, Chief Minister of Southern Province.

1. On 21st June 2015 at Town Hall, Galle from 0900 hrs to 1200 hrs. - Yoga Session/Lectures will be inaugurated by Hon. Mr. Shan Vijayalal De Silva, Chief Minister of Southern Province.

 Details of Yoga activities at Hambantota are attached herewith.

The admission is free. All are welcome.

A poster issued by the Consulate General of India, Hambantota is also enclosed herewith.

For further details please contact the Consulate General of India, Hambantota, telephone no.00-94-47-2222500 and E mail: cg.hambantota@mea.gov.in

**N.B. Please be kind enough to carry this press release in your Daily/weekend editions.**