

**Consulate General of India
Jaffna**

Press Release

**International Day of Yoga 2024: Consulate General of India, Jaffna, historic first
Yoga demonstrations in Delft island**

In the run up to the International Day of Yoga 2024, the Consulate General of India in Jaffna organized (01 June) a historic first lecture-demonstration on Yoga at Delft Island's Delft Maha Vidyalayam. The event saw the enthusiastic participation of around 250 school students and teachers. Two esteemed doctors from Jaffna, Dr. Anushuya, Ayurvedic Medical Officer, Pasayioor, and Dr. Prabhakaran, Rural Siddha Hospital, Karaveddy, delivered insightful presentations on the benefits of yoga for all age groups. They emphasized how yoga practice can serve as a brain booster for students, enhancing their cognitive abilities and overall well-being. Yoga teacher Umasuthen, who conducts yoga lessons at the Consulate, also led a yoga demonstration supported by his students and students of India Corner.

2. The Consul General Shri. Sai Murali highlighted the significance of hosting the first such yoga event on Delft Island and encouraged students to incorporate yoga into their daily lives. He also informed students about the opportunities available under the ICCR Indian scholarships, urging them to take advantage of these educational benefits.

3. The Consulate also hosted an enlightening lecture-demonstration on "Yoga for Women" at the Delft Divisional Secretariat. Approximately 60 participants, including Divisional Secretary Nivetha Ketheeswaran, staff members, and the general public, attended the event.

4. A few representative photographs are enclosed.

**Jaffna
03rd June 2024**