

Malawi, India commemorate Yoga Day

CLEMENT CHINOKO
STAFF REPORTER

India High Commission and Malawi on Sunday belatedly observed the fifth International Day of Yoga with an appeal for more people to take up the practice.

Yoga is a set of physical, mental and spiritual exercises which originated from ancient India.

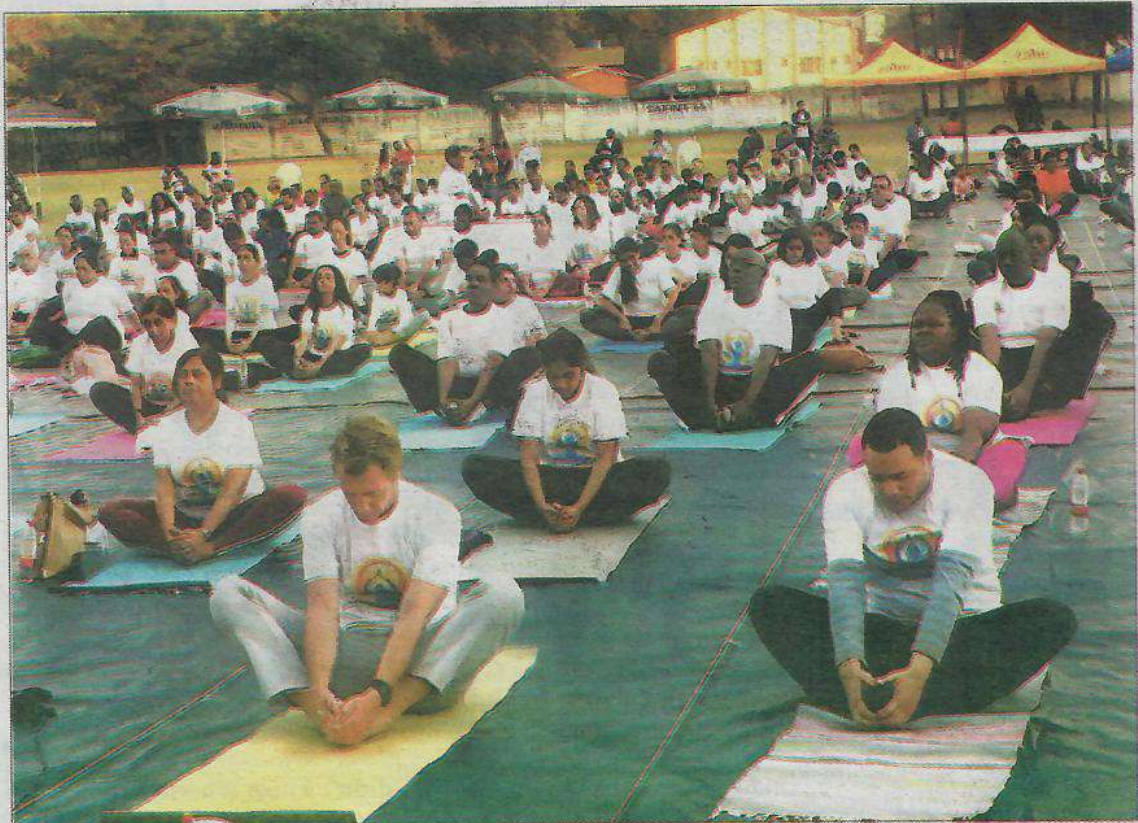
The day, which is celebrated annually on June 21, was declared by the United Nations General Assembly.

Speaking during the commemoration at the Indian Sports Club, acting India High Commissioner Anil Suri said it was worthwhile for people to embrace yoga to be healthy.

"Yoga makes one physically strong even when things get tough and rough. If most people embrace it, then we can rest be assured that we will have a healthy world," he said.

This year's theme was Yoga for Climate Action which was aimed at battling against effects of climate change.

Director of administration in the Ministry of Foreign Affairs



Yoga session during the commemoration

and International Cooperation Veronica Chidothi, who was the guest of honour, praised the theme being in line with the climatic

challenges facing Malawi.

She said: "Malawi is an agriculture country. There's a lot that is happening with our

rivers, forests and lakes which is contributing to climate change so the theme is very practical in Malawi," she said. ■



Participants take part in group exercises



Discipline in a breath

June 21 is designated as the International Yoga Commemoration Day. In Malawi, people gathered at the Indian Sports Club in Lilongwe on Sunday to appreciate the health and social benefit of yoga. Yoga, an ancient practice touted for bringing together physical and mental disciplines to achieve a peaceful body and mind, is a form of exercise that is performed through diet, breathing and physical posture. DANIEL NAMWINI, of MALAWI NEWS AGENCY captured the highlights



Participants in a meditation exercise



Children also participate in yoga



The activities take different forms



Participants deep in meditation