

**Embassy of India
The Hague**

Press Release

June 19, 2020

Dutch Defence Minister to join International Yoga Day celebrations in the Netherlands on June 21, thanks India for the gift of yoga and says the Dutch Armed Forces have been doing yoga for 15 years

Dutch Defence Minister will join International Yoga Day celebrations being organized online by the Embassy of India, The Hague on June 21. In a message sent on the occasion, the Minister thanked India for the gift of yoga and said the Dutch Armed Forces have been doing yoga for over 15 years. They have over 130 yoga instructors in the Armed Forces.

The celebrations will witness a workshop by representatives of Dutch Army and Police as well as an impressive line-up of Dutch and Indian Dignitaries.

A special highlight will be Prime Minister Modi's Yoga Day Message and 3D animated images of him doing yoga. The program is as follows:

- Message by Ambassador of India to the Netherlands Venu Rajamony
- Yoga at Home, Yoga with Family - Prime Minister of India, Narendra Modi
- Stillness in Action through Yoga - Ank Bijleveld, Minister of Defence
- Rejuvenate yourself through Yoga - Sri Sri Ravi Shankar, Renowned Spiritual Leader
- Enrich Yourself Through Yoga - Yoga Demonstration by Royal Netherlands Army and Dutch National Police
- Asanas and deeper principles of Yoga - Dr Bharat Thakur, Painter and Founder, Artistic Yoga
- "Yoga really helped me to become aware of the stories of my life... my identity..." Afke Reijenga, Dutch actress and Model
- "Yoga ... is a great way to become aware of who we are.." Wim Hof, Ice Man, Dutch Extreme Athlete
- "My Life, My Yoga" Messages from Amitabh Bachchan, Bollywood Actor; Shilpa Shetty, Bollywood Actress; Virat Kohli, Captain of the Indian Cricket Team on video blogging contest
- What Yoga Means to Us: Film Stars Speak Sarathkumar and Radikaa, Bhumi Chawla, Neetu Chandra
- Let's Yoga - Hollywood and Bollywood stars who have made Yoga a part of their lives
- Yoga Diplomacy at India House, Netherlands - Ambassadors in Action
- Mantra Music by Charlie Dée, Dutch Musician and Yoga enthusiast
- Ayush - Healing Power of Dance, Choreographed by Leo Spreksel, Performed by Hari & Chethana and Sirisha Irudaya Raj

- Powering Sports through Yoga - Messages from Vishwanathan Anand, International Grandmaster Chess; Ramesh Krishnan, Tennis Legend; Suresh Raina, International Cricketer; Rohan Bopanna, Tennis Star; Vishwaraj Jadeja, Olympic Ice Skater
- Celebrating Yoga - Messages from Anouk Maas, Dutch Singer; Mark Dowe, Svaha Yoga; Patty Jongemaets, Doflijn Wellness; and Marcel van de Vis Heil, Vondelgym
- Yoga for Body and Mind - Special Guests speak Alojz Peterle, Former Prime Minister of Slovenia; Bhavish Aggarwal, Co-founder and CEO Ola Cabs; Vikas Khanna, Celebrity Chef
- Ayurveda Unveiled - Boosting Immunity with Indian traditional medicine
- Invest in You: Musical Medley from Madras Chorus, Netherlands
- Magical Memories: Glimpses from Yoga Days 2019 and 2018 at Dam Square and Museumplein, Amsterdam
- Breath of Life: Pranayama (Breathing Techniques) by Manish Pole, Founder, Total Yoga
- Calm your Mind: Meditation led by Swami Jyothirmayah, Art of Living
- Meditate to Music with Indian Maestros Nayan Ghosh, Unnikrishnan, Vijay Prakash, Dr L Subramaniam & Kavita Krishnamurthy, Hariprasad Chaurasia
- Incredible India: The Yoga Destination of the World

The online celebrations will commence at 1100 Hours CET on June 21 and will be streamed to over 145000 followers of the Embassy's Facebook, Twitter, Instagram and YouTube Channels as well as on the websites of the Embassy and Stichting International Yoga Day. This video will be repeated during the day for the convenience of viewers.
