



## Consulate General of India Durban

June 29, 2024

### Press Release

The Indian Council for Cultural Relations (ICCR) with High Commission of India Pretoria and Consulate General of India, Durban in collaboration with S-VYASA, Deemed University, Bangalore, Karnataka, India and University of Kwazulu-Natal, South Africa organized a two day International Yoga Conference from June 27th to 28th at Senate Chambers, University of Kwazulu-Natal (UKZN), Durban. The themes of the conference was '**Yoga for the Self and Society.**' It was the first International Yoga Conference held in Africa in which besides participants from several provinces of South Africa, yoga experts from Tanzania and Egypt also participated. During the conference the panel discussions inter alia focused on the status of Yoga in Africa as well as on the broader impact of yoga on self and society.

2. ICCR has been organising International Yoga Conferences every year around International day of Yoga for the past many years. Previously these have been held in New York (2018), London (2019), in virtual mode (2021), Seoul (2022) and in Germany (2023).

3. The conference highlighted the profound impact of yoga on individual mental , physical and spiritual health. Yoga, an ancient practice with origins in India, has grown exponentially in popularity across the globe. Its benefits extend beyond physical fitness to include mental clarity, emotional stability, and spiritual growth. In Africa, the interest in yoga is burgeoning, with a growing community of practitioners and numerous yoga studios emerging across the continent.

4. The inaugural session included remarks by Prof. Neil Anthony Koorbanally, Professor of Organic Chemistry, College Dean of Research, UKZN; H.E Shri. Prabhat Kumar, High Commissioner of India in South Africa ; Ambassador Kumar Tuhin ; Director General, ICCR, Dr B.R.Ramakrishna, Pro Chancellor, SVYASA and by Dr. Thelma John David, Consul General Durban.

5. The conference included presentations and panel discussions on "**Yoga in Africa: Current status & future potential**" which was moderated by Prof Anil Chutrugoon, Dean of Research, School of Health Sciences, where in Dr. N.K.Manjunath Sharma, VC, S-VYASA; Ms. Mennaallah Hesham Amin Aly from Egypt; Ms. Marisa Buffone, Chairman of WC, BKS Iyengar, South Africa, Western Cape; Dr. Anasuyah Moodley, Yoga Instructor, Durban, participated in panel discussion, while the 2nd panel discussion was moderated by Dr

B.R.Ramakrishna, Pro Chancellor, S-VYASA University on “Yoga for Self and Society” with participants Ms. Mariam Mohamed Marx, Tanzania; Ms. Lauren Mensikovas, Cape Town, Mr. Lovkesh Arora, Johannesburg; Dr. Anasuya Boligarla and Mr. Kugan Naidoo from Durban. These domain experts in the field of Yoga, Ayurveda and Naturopathic Science inspired to integrate yoga into our daily lives, fostering a balanced, peaceful, and connected world, where prosperity, health, happiness, harmony, and peace flourish.

6. The conference concluded with the summary and the proceedings summarised by Dr NK Manjunath, vice chancellor, S-VYASA, and the closing remarks by Shri. Abhay Kumar, Deputy Director General, ICCR.

7. The important deliberations and outcome of the conference will make important contributions towards better understanding of Yoga’s positive impact on various dimensions of our health and happiness especially from an African perspective. It will also facilitate expansion of Yoga related activities in Africa and across the world.





\*\*\*\*\*