



## EMBASSY OF INDIA, KYIV

### PRESS RELEASE

The first United Nations International Day of Yoga will be celebrated in Kyiv with a function organized by the Embassy of India, Kyiv on Sunday, 21 June 2015 at the Column Hall (Kolonna Zala) of the Kyiv City State Administration, 36 Khreshchatyk Street, Kyiv [programme attached].

2. The Prime Minister of India H.E. Mr. Narendra Modi had proposed in his speech to the UN General Assembly in 2014 for a day to be designated as the International Day of Yoga. This proposal met with the overwhelming support of 177 countries including Ukraine as a result of which on 11 December 2014 the UN General Assembly passed a Resolution deciding that every year 21 June will be celebrated as the International Day of Yoga [copy of Resolution attached].

3. The UN Resolution recognizes that yoga provides a holistic approach to health and well-being and invites all UN Member States to observe the International Day of Yoga in an appropriate manner in order to raise awareness of the benefits of practicing yoga.

4. The Embassy of India has invited Ms. Samara Chopra, Yoga Expert from India in connection with this event. Her brief bio-profile is attached. Mr. Andrei Sidersky of the Sidersky Yoga Studio, a prominent yoga expert from Ukraine would be demonstrating yoga asanas as per Government of India's Common Yoga Protocol. Bio-profile of Mr. Andrei Sidersky is attached.

5. In India the event to celebrate the International Day of Yoga is being held at a prominent venue in New Delhi in the presence of Prime Minister of India. The national television of India – Doordarshan – is providing a feed of the celebrations in India for free use by foreign television and news agencies with their own logos.

#### Satellite Parameter of Doordarshan Feed

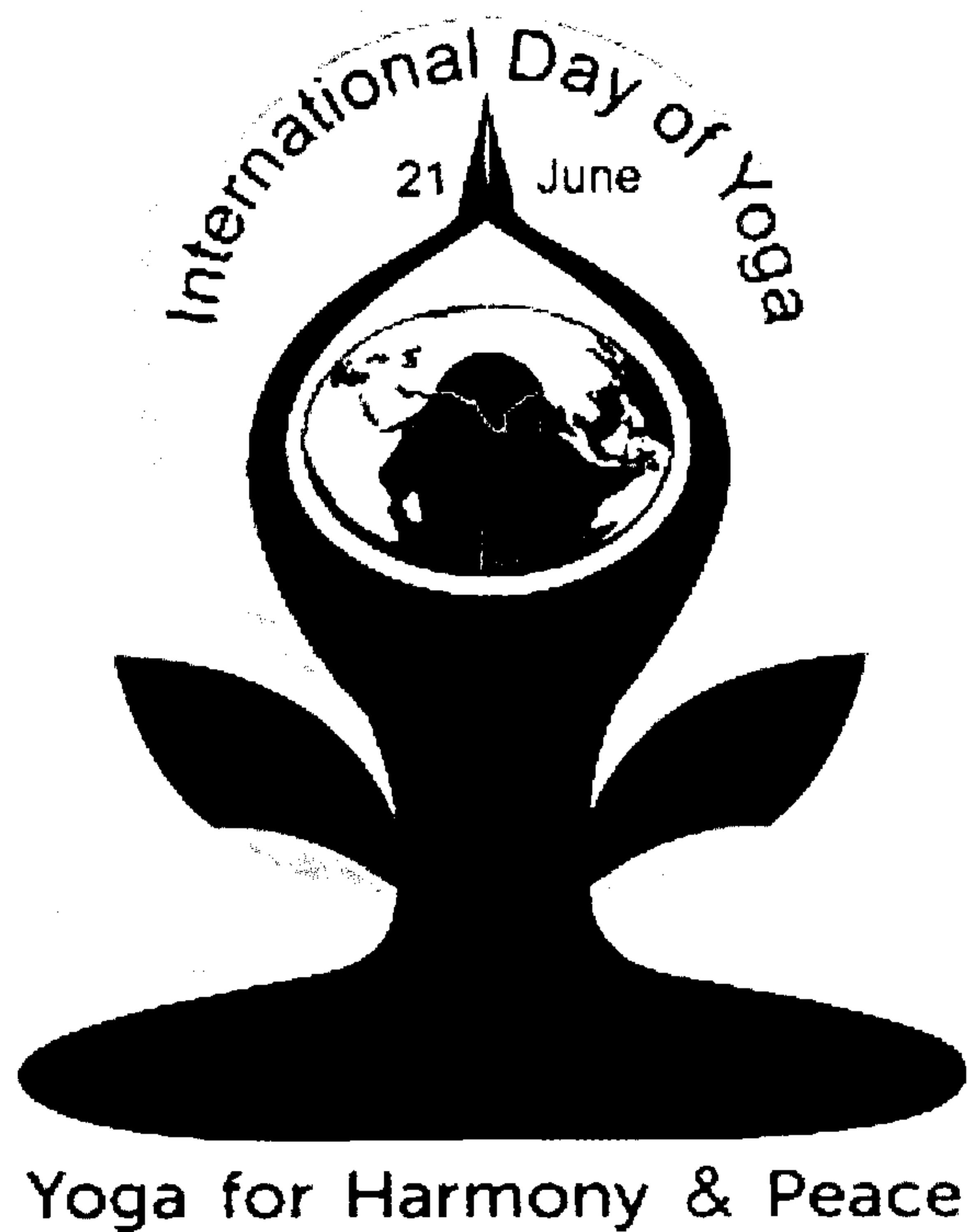
SATELLITE	:	INSAT 4B
DOWNLINK FREQUENCY	:	3725 MHz (C-Band)
POLARIZATION	:	HORIZONTAL
SYMBOL RATE	:	27.5 MSPS
FEC	:	$\frac{3}{4}$
NO. OF CHANNELS	:	8 No. in MCPC including Feed Channel

6. The Embassy of India will also be live streaming the event in Kyiv from 1000-1200 hrs on Sunday, 21 June at the Column Hall of Kyiv City State Administration. This may be seen at the Embassy of India's website – [www.embassyofindiaukraine.in](http://www.embassyofindiaukraine.in) which would also contain information about the event.

7. Members of the media are invited to attend the celebratory event for the UN International Day of Yoga on 21 June 2015.

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**Kyiv, 19 June 2015**



### PROGRAMME

**First UN International Day of Yoga  
on Sunday, 21 June 2015**

**Organized by Embassy of India, Kyiv**

**Venue: "Column Hall" (Kolonna Zala), Kyiv City State Administration  
36, Khreshchatyk Street, Kyiv**

1000-1030 hrs	Inaugural session
1030-1100 hrs	Demonstration of Yoga Asanas by Sidersky Yoga Studio as per Government of India's Common Yoga Protocol (copy of the booklet will be given during the event)
1100-1200 hrs	Lecture by Ms. Samara Chopra, Yoga Expert from India followed by interaction with audience

**Please note:**

1. Dress code: informal wear / yoga appropriate dress
2. Please bring along yoga mat if you wish to participate in the yoga demonstration



# General Assembly

Distr.: General  
9 January 2015

Sixty-ninth session  
Agenda item 124

## Resolution adopted by the General Assembly on 11 December 2014

[without reference to a Main Committee (A/69/L.17 and Add.1)]

### 69/131. International Day of Yoga

*The General Assembly,*

*Recalling* its resolutions 66/2 of 19 September 2011 on the Political Declaration of the High-level Meeting of the General Assembly on the Prevention and Control of Non-communicable Diseases and 68/98 of 11 December 2013 on global health and foreign policy,

*Reaffirming* General Assembly resolutions 53/199 of 15 December 1998 and 61/185 of 20 December 2006 on the proclamation of international years, and Economic and Social Council resolution 1980/67 of 25 July 1980 on international years and anniversaries,

*Noting* the importance of individuals and populations making healthier choices and following lifestyle patterns that foster good health,

*Underscoring* the fact that global health is a long-term development objective that requires closer international cooperation through the exchange of best practices aimed at building better individual lifestyles devoid of excesses of all kinds,

*Recognizing* that yoga provides a holistic approach to health and well-being,

*Recognizing also* that wider dissemination of information about the benefits of practising yoga would be beneficial for the health of the world population,

1. *Decides* to proclaim 21 June the International Day of Yoga;
2. *Invites* all Member and observer States, the organizations of the United Nations system and other international and regional organizations, as well as civil society, including non-governmental organizations and individuals, to observe the International Day of Yoga, in an appropriate manner and in accordance with national priorities, in order to raise awareness of the benefits of practising yoga;
3. *Stresses* that the cost of all activities that may arise from the implementation of the present resolution should be met from voluntary contributions;
4. *Requests* the Secretary-General to bring the present resolution to the attention of all Member and observer States and the organizations of the United Nations system.

69th plenary meeting  
11 December 2014

14-67019 (E)

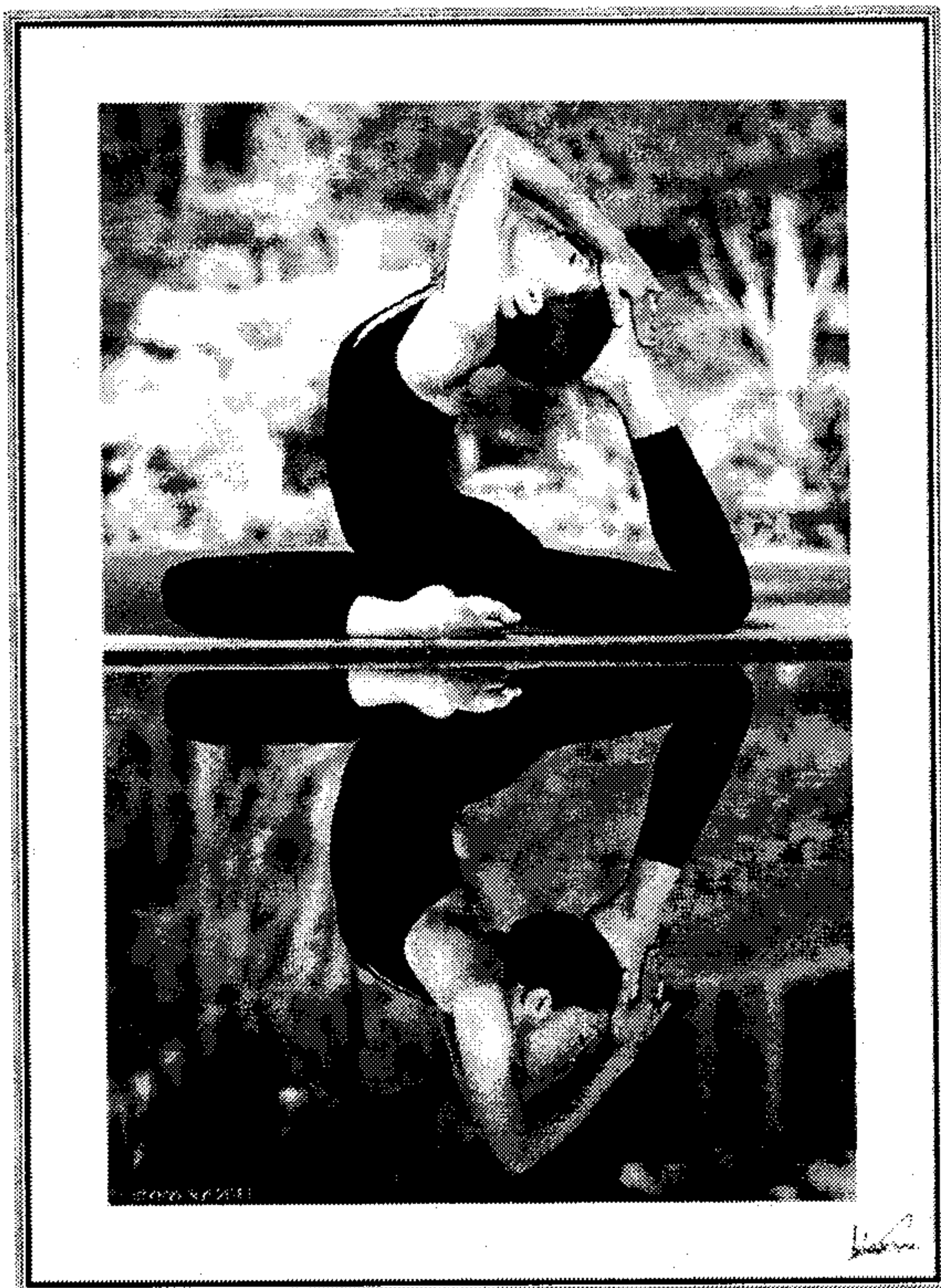


Please recycle



# Embassy of India Kyiv

First International Day of Yoga  
[21 June 2015]



## Samara Chopra – Dalmia

Samara Chopra – Dalmia, a trained yoga therapist from India, has been invited by the Embassy of India, Kyiv to make a presentation on yoga at the event being organised to celebrate the first United Nations designated International Day of Yoga on Sunday, 21 June 2015 at the Kyiv City State Administration.

Samara has been practising yoga for over two decades. Trained under Yoga Vahini founder – Saraswathi Vasudevan from the Krishnamacharya tradition – Samara's understanding and practice of yoga is rooted in Patanjali's yoga sutras. She holds a Yoga Teacher Training

Diploma from the Sivanada Ashram as well as Jawaharlal Nehru University (Affiliated with Kavaliyadham, Lonavla).

She has worked with New Delhi TV (NDTV), where she has hosted several seasons of shows on yoga and alternate therapies.

Samara teaches out of New Delhi, India and organises yoga retreats. She has also worked with children with learning disabilities.

For full details, please see her website [www.samarayoga.in](http://www.samarayoga.in).

## **Andrei Sidersky**

Andrei Sidersky was born in Kyiv, Ukraine, in 1960. First started doing Yoga exercises at the age of 6 as a part of therapeutical program for severe scoliosis he suffered from. He is one of the world's leading experts in the development of yoga teaching methods and psychotronic training techniques. He has also developed a systematic approach of his own to teaching yoga, fine-tuned to the conditions of modern society.

Andrei Sidersky started teaching yoga in 1987, after practicing it since 1975. He has been working as an engineer after graduating in 1984 from Information Processing and Registration Department at Kyiv Polytechnic Institute. In 1988, he completed faculty training course for athlete trainers and management staff at the Kyiv State Institute of Physical Culture and Sports. It was the first course of its kind, specially conducted by the State Committee for Physical Education and Sports in order to legalise the activities of numerous practising professionals, coaching oriental martial arts and yoga.

Since 1989, Andrei Sidersky has been teaching yoga, yoga therapy and psychotronic training techniques. In 30 years of yoga practice and 20 years of hard work on improving the teaching methods, he has developed a special systematic approach of teaching yoga to suit the conditions of modern society: the methodical system of YOGA23 (Y23).