



## ICCR ORGANIZES A 2-DAY INTERNATIONAL YOGA CONFERENCE ON 'YOGA FOR THE SELF AND SOCIETY' AT THE UNIVERSITY OF KWAZULU-NATAL (UKZN), SOUTH AFRICA

ICCR, in collaboration with the High Commission of India in Pretoria, the Consulate General of India in Durban, S-VYASA University in Karnataka, and the University of Kwazulu-Natal (UKZN), organized a 2-day International Yoga Conference on the theme 'Yoga for the Self and Society' on June 27-28, 2024. ICCR's annual International Yoga Conferences have previously been held in New York, London, Seoul, and Berlin. This event marked the first International Yoga Conference in Africa, with attendees including yoga experts from Tanzania, Egypt, and various South African provinces.



The inaugural session featured distinguished speakers such as Prof. Neil Anthony Koorbanally of UKZN, Shri Kumar Tuhin, Director General of ICCR, Shri Prabhat Kumar, High Commissioner of India in South Africa and Dr. Thelma John David, Consul General of India in Durban. Panel discussions and presentations by yoga experts delved into the impact of yoga in Africa and its broader societal benefits. Experts like Dr. N.K. Manjunath Sharma of S-VYASA and Ms. Marisa Buffone of BKS Iyengar, South Africa, shared insights on practicing yoga in daily life for a harmonious and prosperous society.

Concluding the event, Dr. NK Manjunath summarized the proceedings, with remarks by Shri Abhay Kumar, Deputy Director General of ICCR. The conference underlined yoga's significant contributions to health and happiness, promising to expand yoga activities across Africa and beyond.

