



Ubuntu - Yoga International Conference

Indian Council for Cultural Relations
Azad Bhavan, I P Estate, New Delhi -110 002

PRESS RELEASE

UBUNTU: INTERNATIONAL YOGA CONFERENCE-2021

(21-22 June, 2021)

The Indian Council for Cultural Relations (ICCR) is organizing an **Ubuntu: International Yoga Conference** on the theme “**Yoga for Universal Well-being**”, **Finding Commonalities between Indian and African Traditions** on 21-22 June, 2021 in virtual mode.

2. Coinciding with the International Day of Yoga celebrated on 21 June every year, the aim of this conference is to deliberate and discuss about Yoga and African Indigenous Knowledge Systems in providing remedies and solutions to address a multitude of modern health challenges like COVID-19 or lifestyle diseases like hypertension, diabetes, etc. The conference would help understand these systems in finding a holistic approach towards overall health by looking into physical, psychological and spiritual dimensions. The conference will provide the opportunity to focus on finding commonalities between Indian and African traditions and how Yoga and African Indigenous Knowledge Systems can be used for enhancing the physical and mental well-being of the mankind.

3. The inaugural session of the conference on 21 June will be addressed by **Shri Kiren Rijiju**, Hon'ble Union Minister of State for AYUSH, Youth Affairs and Sports (Independent Charge), **Dr. Vinay Sahasrabuddhe**, Hon'ble President of ICCR and **Gurudev Sri Sri Ravi Shankar**, Founder of Art of Living from India. From Africa, **H.E. Mr. Kwaku Agyemang Manu**, Hon'ble Health Minister of **Ghana**, **H.E. Prof. Jean Louis Rakotovo**, Hon'ble Health Minister of **Madagascar**, **H.E. Mr. Khalid Ait Taleb** Hon'ble Health Minister of **Morocco**, **H.E. Mr. Igor Passi Bossokpi**, Secretary General of **Central African Republic**.

4. The conference will have three panel discussions on the following themes:

- COVID19 Management
- Enhancing mental and physical well-being
- Cure for lifestyle diseases



ICCR



Ubuntu - Yoga International Conference

5. A very first of its kind, this international conference with the presence of distinguished global experts, practitioners and researchers in Yoga and traditional healing practices will bring India and Africa together on the basis of their respective Indigenous Knowledge Systems and hold discussions to explore synergies between Indian and African Traditions, and will be attended by hundreds of Yoga lovers and traditional healers.

6. The conference will be live-streamed on Facebook, Twitter and You-Tube of ICCR and of the Indian Missions abroad and also on the following weblink:

| | |
|---------------|--|
| Event: | UBUNTU : International Yoga Conference - Yoga for Universal Well-being |
|---------------|--|

| | |
|-------------------------------------|---|
| Event address for attendees: | https://iccr.webex.com/iccr/onstage/g.php?MTID=eadc8a1a53bc63e96030009db840e8af8 |
|-------------------------------------|---|

| | |
|------------------------|--------------|
| Event number: | 182 893 0771 |
| Event password: | 123456 |

.....

(New Delhi; 19 June 2021)