

# International Yoga Day 2016

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The University of Nairobi (UoN) has had the privilege of being a partner and a host to the 2nd International Yoga Day 2016, this event brought together over 6000 Kenyans, who participated in the Yoga exercises on June 19, 2016 at the Convocation grounds at UON.

Yoga, which originated in ancient India is a physical, mental and spiritual exercise that is known to bring about healing. The United Nations adopted Yoga practice in 2014 and set June 21, as the International Day of Yoga.

According to United Nations, this year's observance day of Yoga highlights the important role healthy living plays in the realization of Sustainable Development Goals adopted last year by all the 193 United Nations Member States.

Prof. Peter Mbithi, Vice Chancellor, UoN, said that Yoga brings about relaxation to an individual and even improves inter-personal communication. He urged the Kenyan Youth to take up this exercise.

H.E. Ms. Suchitra Durai, Indian High Commissioner, Dr. Manu Chandaria Chairman of Chandaria Group of Companies, Vimal Shah, Chief Executive Officer Bidco Company, Joseph Boinnet, Inspector General of Police among others were among the dignitaries present.

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