



Embassy of India  
Ljubljana, Slovenia  
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**Surya Festival of Yoga and Wellness (4<sup>th</sup> edition)**  
on the occasion of  
**10<sup>th</sup> International Day of Yoga (IDY 2024)**  
celebrating  
**“Yoga for Women Empowerment”**



**Yoga is a comprehensive instrument for empowering women, encompassing their physical, mental, emotional, social, and spiritual well-being: Vaidya Rajesh Kotecha, MD (Ayu), Secretary of State for AYUSH, Government of India.**

This year the Embassy of India, Ljubljana will organize the 4<sup>th</sup> edition of the Surya Festival of Yoga and Wellness in Slovenia to celebrate the 10<sup>th</sup> anniversary of the International Day of Yoga (IDY). IDY is observed every year on 21<sup>st</sup> June, ever since Hon'ble Prime Minister of India, Mr Narendra Modi proposed during his address at the UN in year 2014 a global annual celebration of Yoga to embrace a healthy lifestyle and holistic well-being with Yoga practice.

In Slovenia, the Embassy of India will celebrate the fourth edition of 10-day Surya Festival of Yoga and Wellness from 11 to 21 June 2024, which will commence with a curtain raiser event on 10<sup>th</sup> June in Slovenj Gradec and will be celebrated in many cities of beautiful Slovenia, some of the Major cities and municipalities being Ljubljana, Novo Mesto, Nova Gorica, Vipava, Slovenj Gradec, Kranj, Škofja Loka, Murska Sobota... and more.

The IDY theme of this year's 10<sup>th</sup> anniversary celebrations will be "Yoga for Women Empowerment". In its announcement in March, the Secretary of the Ministry of AYUSH, Vaidya Mr Rajesh Kotecha, stated that the purpose of Yoga Mahotsav 2024 celebrations is to propel Yoga into a widespread movement with focus on women well-being and promoting global health and peace. The Ministry of AYUSH has in fact actively supported studies on various conditions affecting women, including stress management, and the like, to focus on women's health irrespective of their age or condition, promoting women empowerment through evidence-based research. Yoga is a comprehensive instrument for empowering women, encompassing their physical, mental, emotional, social, and spiritual well-being. Empowered women take on roles as leaders, educators, and advocates for change, promoting inclusivity, diversity, and empowerment across society.

With these beliefs, Embassy of India's 4<sup>th</sup> edition of Surya Festival of Yoga and Wellness, along with Embassy's valuable partners from India and Slovenia - the Ministry of AYUSH, Government of India; Indian Council for Cultural Relations (MEA); Municipalities partnering with the Embassy; University of Ljubljana; Yoga Associations and schools in Slovenia including the Isha Foundation, Art of Living, Yoga in Daily Life; KAYA Association - and more... will celebrate the 10<sup>th</sup> International Day of Yoga.

We look forward towards your active participation.

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## **Festival joge in dobrega počutja Surja (4. izdaja) ob mednarodnem dnevu joge IDY 2024 na temo »Joga za opolnomočenje žensk«**



Joga je celovito orodje za opolnomočenje žensk, tj. njihove telesne, duševne, čustvene, socialne in duhovne blaginje.

- Vaidya Rajesh Kotecha, doktor ajurvedske medicine,  
državni sekretar za AYUSH indijske vlade

Letos bo Veleposlaništvo Indije v Ljubljani priredilo 4. Festival joge in dobrega počutja Surja v Sloveniji ob 10. obletnici mednarodnega dneva joge (IDY). IDY se obeležuje vsako leto 21. junija, odkar je častni predsednik indijske vlade Narendra Modi v svojem govoru v OZN leta 2014 predlagal vsakoletno obeleževanje joge po svetu, da bi s prakso joge sprejeli zdrav življenjski slog in poskrbeli za celostno dobro počutje.

Veleposlaništvo Indije bo med 11. in 21. 6. 2024 v Sloveniji že četrtoč obeleževalo mednarodni dan joge z desetdnevni Festivalom joge in dobrega počutja Surja, ki se bo začel z uvodnim dogodkom 10. 6. v Slovenj Gradcu in bo potekal v številnih slovenskih mestih, med katerimi so nekatera večja mesta in občine: Ljubljana, Novo mesto, Nova Gorica, Vipava, Slovenj Gradec, Kranj, Škofja Loka, Murska Sobota, itd.

Tema letošnje 10. obletnice IDY je "Joga za opolnomočenje žensk". Sekretar Ministrstva za ajurvedo, jogo, unani, sidho in homeopatijo (AYUSH) Vaidya Rajesh Kotecha je v marčevskem sporočilu za javnost navedel, da je namen praznovanj "Yoga Mahotsav 2024" jogo razširiti v množično gibanje s poudarkom na dobrem počutju žensk ter spodbujanju globalnega zdravja in miru.

Ministrstvo za AYUSH aktivno podpira študije o različnih zdravstvenih stanjih, ki vplivajo na ženske, med drugim tudi o obvladovanju stresa. Želi se osredotočiti na zdravje žensk, ne glede na njihovo starost ali zdravstveno stanje, ter z raziskavami, ki temeljijo na dokazih, spodbuja moč žensk. Joga je celovito orodje za opolnomočenje žensk, tj. njihove telesne, duševne, čustvene, socialne in duhovne blaginje. Močne ženske prevzemajo vloge voditeljic, izobraževalk in zagovornic sprememb ter spodbujajo vključenost, raznolikost in opolnomočenje celotne družbe.

Kot zgoraj navedeno, bo Veleposlaništvo Indije 10. mednarodni dan joge obeleževalo z organizacijo 4. Festivala joge in dobrega počutja Surja skupaj z neprecenljivimi partnerji veleposlaništva iz Indije in Slovenije, tj. indijskim Ministrstvom za AYUSH, Indijskim svetom za kulturno sodelovanje Ministrstva za zunanje zadeve, slovenskimi partnerji, tako z občinami kot Univerzo v Ljubljani ter društvi in šolami joge, kot so Fundacija Isha, Art of Living, Društvo Joga v vsakdanjem življenju, Društvo za Kala, jogo in Ajurvedo - K.A.Y.A. in drugimi.

Veselimo se vaše aktivne udeležbe.

Veleposlaništvo Indije v Ljubljani