



**Embassy of India  
Tunis, Tunisia**

### **Press Release**



#### **Presentations on International Yoga Day on Mosaique FM and RTCI of Tunisia**

The International Day of Yoga was presented in detail this morning to the listeners of Mosaique FM, the most popular FM radio channel of Tunisia. Mrs. Nagma M. Mallick, Ambassador of India to Tunisia, spoke at a 10-minute long programme broadcast live at the 8.00 a.m. prime time slot. The programme began with the announcer reading an excerpt from His Excellency Prime Minister Mr. Narendra Modi's address to the UNGA in September 2014 in which he proposed the establishment of the International Day of Yoga. Thereafter, the announcer detailed how the United Nation's adoption of this Day. Ambassador Mallick explained the history of Yoga, its modern practice and the message of the universality of Yoga that His Excellency Mr. Narendra Modi, Prime Minister of India and the Government of India desired to convey to the world by the establishment and celebration of the International Day of Yoga. Ambassador Mallick gave a comprehensive briefing on how Yoga could give practical benefits to people suffering from modern lifestyle diseases as well as in their day-to-day

lives. Thereafter, she gave the details of the celebration of this event in Tunis including on how to register. The other elements of Yoga week in Tunisia, including the weeklong course at the Centre Culturel et Sportif des Jeunes, Menzah, and the special course of Yoga to be held within the old city were also detailed.

Shri Ravishankar Mani Pandey, the Yoga expert from India, performed some Yoga *asanas*, the video of which has been uploaded to the website of Mosaïque FM. Mosaïque FM website is the most viewed website in Tunisia.

Ambassador Nagma M. Mallick also gave a live broadcast on Thursday, 18<sup>th</sup> June 2015 on RTCI, the state-owned broadcaster of Tunisia. The Ambassador, along with Ms. Nihel B'chini, member of the Art of Living Foundation's chapter of Tunisia, gave a comprehensive briefing on the continuing relevance of the practice of Yoga. The details of the celebration of Yoga week in Tunisia were also provided.

\*\*\*\*\*

19<sup>th</sup> June 2015  
Tunis,