



GOPIO's International Conference: Yoga for The Future - The road map

In conjunction with the International Day of Yoga 2021, GOPIO Malaysia organized a series of online webinars, live Yoga session and a Virtual Conference to offer diverse perspective on Yoga and its benefits to mankind. This 9-day program is intended to open discussions and provide opportunities for interactions with practitioners, experts, and researchers of Yoga.

The virtual sessions from 19th to 26th of June are focused on exploring many diverse aspects of Yoga from the perspective of mind, wellness, disease management and prevention, education, family dynamics and universal peace. Today the series of online webinars are completed with an International Day of Yoga Conference with the theme: **Yoga for The Future – The road map.**

It is remarkable in this conference that Indian authorities in Malaysia, such as those in Suriname, are working towards incorporating Yoga into education. The virtual conference is focused on exploring Yoga from the perspective of Yoga for Education and Yoga for Family to laying the roadmap for the spread and practice of Yoga in the future.

In 2014 the United Nations declared that every year 21st June will be marked as the Yoga Day. It is said that yoga can promote the holistic health of every individual amid the pandemic. It added that yoga played a significant role in the psycho-social care and rehabilitation of Covid-19 patients in quarantine and isolation.

The COVID-19 pandemic and accompanying lockdown measures have turned work-life balance upside down. Restrictions have resulted in people being confined for months in their homes that simultaneously serve as offices. This has put enormous pressure on people's physical and mental wellbeing, while gyms and yoga studios were forced to shut down.

To fight against the pandemic, apart from following the protocols and guidelines there is a need to adopt a healthy lifestyle to keep our body strong with a strong mind and spirit. Yoga is a scientifically approved therapy to keep us mentally, physically and spiritually strong and beautiful. It is the best holistic alternative for a better lifestyle at the present as we are not allowed to go out for yoga and it can be practiced in a small space inside our own room.

“Be with Yoga, Be at Home”- the theme of this year’s International Yoga Day calls for attention from the people of the world to adopt practicing yoga as a compulsory daily habit. This is to ensure an immune body and an optimistic mentality among the population in fighting against the pandemic.

From preventing to curing many diseases, practicing yoga has been proven to be immensely helpful. This is also my personal experience as a Yoga practitioner. Here is a link, <https://www.youtube.com/watch?v=CZFG5-Uk8c8>, of a basic set of yoga practices by the Art of Living and approved by the Indian Ministry of AYUSH that you can follow to reduce stress and help you keep fit in fighting against COVID- 19.

Be with Yoga, Be at Home. Stay Safe, Stay Fit.

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