



health

Department:  
Health  
REPUBLIC OF SOUTH AFRICA



## **MEDIA ADVISORY**

To: Editors & Health Journalists  
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### **Health Department to promote healthy lifestyle with Yoga practice**

**Pretoria:** The Deputy Minister of Health, Dr Sibongiseni Dhlomo will on Sunday, 18 June lead the Department when it join hands with Sivananda World Peace Foundation, KwaZulu-Natal Provincial Government and other organisations to commemorate the International Day of Yoga in Durban to raise awareness of the many benefits of practicing yoga as one of the physical activities that promote health and mental wellbeing.

Yoga is aligned to the department`s mission of promoting a long and healthy life for all South Africans through the prevention of Non-Communicable diseases.

People around the world embrace yoga to stay healthy and rejuvenated, and to manage mental health challenges including stress and depression which are known to have devastating effects on the body and mind, hence about 3000 people of all ages are expected to attend the event.

Yoga is more than a physical activity, but a way to discover the sense of oneness with yourself, the world and nature. It plays an important role in increasing blood flow, muscle strength and tone, maintaining a balanced metabolism, and gradually contributes to weight reduction and improves mobility in people with lower back pain.

#### **The commemorative event is scheduled as follows:**

**Date:** Sunday, 18 June 2023  
**Time:** 8h30 – 11h30  
**Venue:** Durban Amphitheatre, opposite Elangeni Hotel, North Beach

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