

## Press Release- Embassy of India celebrated 10<sup>th</sup> International Day of Yoga in Equatorial Guinea

The Embassy of India in Malabo celebrated the 10<sup>th</sup> International Day of Yoga on Sunday, 16 June 2024 at the Sports Club Malabo, with the theme “**Yoga for Self and Society**”.

2. Director General of Asia and Pacific, Ministry of Foreign Affairs, International Cooperation and Diaspora, Mr. Alfredo Ondo was the guest of honour at the event.
3. The event started with the lighting of Lamp followed by the address of Ambassador Prashant Kumar Das explaining the origin and meaning of yoga, and immense benefits it brings to an individual and society. A common yoga protocol session was conducted.
4. The celebration of 10<sup>th</sup> International Day of Yoga received positive accolades in Equatorial Guinea with enthusiastic participation of more than 100 people from different walks of life including the officers of local government, diplomatic community, Indian diaspora and the friends of India.
5. Mission also organised some curtain raiser events in the run-up to the main IDY, 2024 event with the active participation of Equatoguinean yoga lovers and members of Indian community in Malabo.

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Malabo, Equatorial Guinea  
June 16, 2024

