

**Embassy of India
Muscat**

Press Release on Celebration of 8th International Day of Yoga

Embassy of India in Muscat and Indian School Muscat jointly celebrated the 8th International Yoga Day on 21st June 2022 on the theme ‘Yoga for Humanity.’ As part of the celebrations a common Yoga Protocol was conducted. A soulful rendition by Shri Vineeth Pandit of his own composition on Yoga added colour to the event. A short video of Yoga performed at the iconic Riyam Park as a run-up to the International Day of Yoga 2022 was also screened. More than 1500 people, including Omani nationals, media, children and other members of the Indian diaspora participated in the event.

The celebration marked the culmination of the unique one-of-a-kind Yoga marathon “Muscat Yog Mahotsav-75 day, 75 events” launched on 8th April 2022. Muscat Yog Mahotsav featured 75 curated Yoga events across Oman – including the cities of Muscat, Salalah, Sohar, and Sur, for 75 days till 21 June 2022.

The event was graced by the presence of H.E Sheikh Mohammed Ahmed Salem Al Shanfari, Chief of West Asia department. In his remarks, Ambassador of India to Sultanate of Oman, H.E Amit Narang, expressed his gratitude to His Majesty Sultan Haitham Bin Tarik and the people of Oman for the gracious support extended to Indian community.

He also thanked all the yoga organizations, Indian schools in Oman, and yoga enthusiasts. He further highlighted that the salience of the theme ‘Yoga for Humanity’ chosen for 8th International Day of Yoga reflected the importance of holistic health in these challenging times. He added that the ancient sciences of Ayurveda and Yoga had been the greatest gift of India to the world.

Muscat, 21 June 2022