

## 10th International Day of Yoga

The Embassy of India in Muscat, in association with the Indian School Muscat, hosted the mega celebration of the 10th International Day of Yoga. The event saw the participation of 2000 people from all walks of life, including Indian nationals, resident Ambassadors in Oman, members of the diplomatic corps, Omani citizens, and students from Indian Schools. As part of the celebrations, a common Yoga Protocol was conducted. This year's theme, "Yoga for Self and Society," reflects the impact yoga has on both individual well-being and societal harmony. Yoga promotes the oneness of mind, body, and soul for individuals, while fostering a sense of unity and togetherness within society.





H. E Amit Narang, Ambassador of India to the Sultanate of Oman delivered the keynote address, highlighting the essence of yoga in today's context. He said: "Yoga not only enhances personal health and well-being but also strengthens the social fabric by promoting unity and harmony." Ambassador also expressed his gratitude to all participants, yoga organizations, sponsors, and volunteers who contributed to the success of the event.





In the lead-up to the 10th International Day of Yoga, the Embassy launched the "Marhaban Yoga: Health, Harmony, and Healing" initiative in April 2024. Under this initiative, more than 30 yoga events were conducted by the Embassy in association with various yoga organizations in Oman over two months. These events took place across the country, catering to people of all ages, from children to the elderly. The sessions focused on diverse themes such as health, harmony, healing, peace, mindfulness, and well-being, promoting the benefits of yoga for everyone.





A flagship curtain-raiser event was conducted in Salalah, which stood out among the series of events organized under Marhaban Yoga. It drew over 300 participants, including several Omani dignitaries, with H.E. Jamal al-Moosawi, Secretary General of the National Museum of Oman, participating as the Guest of Honor.



This series of events, built on the success of previous initiatives such as the Oman Yoga Yatra in 2022 and the Muscat Yog Mahotsav in 2023, all aimed at popularizing yoga throughout Oman. The popularity of yoga as a health discipline continues to grow in Oman, attracting a wide range of practitioners who embrace its benefits for physical health, mental clarity, and emotional stability.