

**High Commission of India
Dar es Salaam**

Press Release

**“HIGH COMMISSION OF INDIA CELEBRATES THE 12TH INTERNATIONAL DAY
OF YOGA IN TANZANIA WITH MASSIVE PUBLIC PARTICIPATION AND FOCUS
ON HEALTHY AGEING”**

The High Commission of India in Dar es Salaam, in collaboration with various local wellness organizations, successfully hosted the grand celebrations for the 12th International Day of Yoga (IDY) today. Bringing together more than 3000 of yoga enthusiasts, diplomatic community members, government officials, students, and citizens of all ages, the flagship event took place at the Dar es Salaam Gymkhana Club. Several other coordinated sessions were also executed simultaneously across major regions including Arusha, Zanzibar, Mwanza, and 35 different cities of Tanzania, reflecting the widespread and growing popularity of the ancient Indian practice within East Africa. This year's global theme, "Yoga for Healthy Ageing," underscores the vital role yoga plays in fostering physical vitality, mental clarity, and emotional resilience at every stage of life.

Addressing the gathering, H.E. Bishwadip Dey, the High Commissioner of India to Tanzania highlighted that yoga transcends geographical boundaries, serving as a powerful bridge of friendship and holistic wellness between India and Tanzania. The High Commissioner emphasized that regular practice helps individuals maintain mobility, reduce stress, and cultivate internal peace, essential components for long-term health in an fast-paced modern world.

The guest of honor, Steven Kiruswa, Deputy Minister of Minerals of the Government of the United Republic of Tanzania commended the High Commission's consistent outreach efforts, including specialized pre-curser events like the custom yoga session hosted for the Tanzania Cricket Association. The representative noted that integrating yoga into fitness routines beautifully aligns with national campaigns aimed at reducing non-communicable diseases (NCDs) and promoting active, healthy lifestyles among Tanzanians.

The main assembly followed the standardized Common Yoga Protocol (CYP), led by expert instructors from the Swami Vivekananda Cultural Centre (SVCC). Participants seamlessly moved through a sequence of gentle stretches (*Asanas*), breathing exercises (*Pranayama*), and guided meditation designed to harmonize the body and mind.

To reinforce the holistic theme of the day, the venue also featured educational stalls showcasing Ayurvedic wellness practices and traditional healthy Indian refreshments, promoting a comprehensive approach to natural well-being.

The High Commission of India extends its deepest gratitude to the government partners, volunteers, sponsors, and the energetic residents of Tanzania who came out to make the 12th International Day of Yoga a phenomenal celebration of health, unity, and shared cultural heritage.

Dar es Salaam
21 June, 2025
