

Press Release

Embassy of India celebrated 11th International Day of Yoga in Equatorial Guinea

The Embassy of India in Malabo celebrated the 11th International Day of Yoga on Saturday, 21 June, 2025 at Hotel Bisila Palace, Malabo with the theme **“Yoga for One Earth, One Health”**.

2. Mrs. Mari-Cruz Evuna Andeme, Secretary of State in Charge of International Organizations, Ministry of Foreign Affairs, International cooperation and Diaspora was Chief Guest.

3. The event started with the lighting of traditional lamp followed by the remarks of Ambassador. Prashant Kumar Das. Ambassador in his remarks said that the theme of this year's Yoga Day is 'Yoga for One Earth, One Health', reflects India's traditional ethos of “Vasudhaiva Kutumbakam” meaning- “the world is one family” and 'Sarve Santu Niramaya', meaning—“May all be free from disease.” India considers the whole world as a family, where individual health is closely connected with the planet's health. Secretary of State in her speech appreciated the theme of this year and also connected it with the Sanskrit word ‘Yuj’ to described yoga as an unifying factor. She encouraged all to practice yoga in their day to day life.

4. The celebration of 11th International Day of Yoga at Malabo received overwhelming response. More than 100 people from different walks of life including the officers of local government, diplomatic community, Indian diaspora and the friends of India enthusiastically participated in the event.

5. Mission also organised some precursor events (in the Embassy, Maria Cano Colegio, National Park of Malabo and in the city of Bata in the continental part of Equatorial Guinea) in the run-up to the main IDY, 2025 event with the active participation of Equatoguinean yoga lovers and members of Indian community in Malabo.

Malabo, Equatorial Guinea
June 21, 2025

