

**Embassy of India
Malabo**

PRESS RELEASE

The Embassy of India in Malabo celebrated the 12th International Day of Yoga on Sunday, 21 June, 2026 at Hotel Bisila Palace, Malabo with the theme “Yoga for Healthy Ageing”.

2. Mr. Matias Nguema Mba Medja, Secretary General, Ministry of Foreign Affairs, International Cooperation and Diaspora was the Chief Guest.

3. The event started with the lighting of a traditional lamp followed by the remarks of the Ambassador. Shri Prashant Kumar Das, Ambassador, in his remarks, said that the theme of this year “Yoga for Healthy Ageing”, reflects the role of Yoga in benefiting humanity at every single stage of life to make it truly meaningful and vibrant. With the rise in lifespan world over, the priority is now set on expanding Healthspan by embedding Yoga into daily life. In his speech, the Chief Guest also stressed on the relevance of the theme in maintaining good health at all stages of life and that consistent practice of Yoga is essential for active and fulfilling ageing.

4. The celebration of the 12th International Day of Yoga in Malabo received a overwhelming response. Around 150 people from different walks of life, including the officers of local government, the diplomatic community, the Indian diaspora and the friends of India enthusiastically participated in the event. A video film on the journey of International Day of Yoga, since 2015, was also screened on the occasion.

5. In the run-up to the main IDY, 2026 event, the Embassy also organized some precursor events (in the Embassy with members of the Indian Diaspora and Friends of India; Maria Cano Colegio with students and faculty members of the school; and Ukomba Sports Club in Bata city, with the active participation of Equatoguinean yoga lovers and members of Indian community).