

Embassy of India
Djibouti

10th International Day of Yoga

The International Day of Yoga (IDY) is celebrated annually on 21st June ever since its adoption in the United Nations General Assembly in 2014. This day holds significant importance as it aims to raise awareness worldwide about the numerous benefits of practicing yoga. Yoga, an ancient practice originating from India, encompasses physical, mental, and spiritual elements, symbolizing the union of body and consciousness. The word 'yoga' itself means to join or unite, highlighting the harmony between mind and body that yoga promotes. Like other Indian Missions & Posts abroad, Embassy of India, Djibouti will also be celebrating IDY.

It is recommended that, as a prelude to the celebration of the IDY, we may all practice Yoga by following the Common Yoga Protocol. It is also requested that while doing the Yoga Asana/Yog Mudra, you may arrange to take some good photographs and share with the Mission at cul.djibouti@mea.gov.in before 5 June, 2024. Selected photographs would be shared on Mission's website and social media platforms.

