**Embassy of India**

**Muscat**

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**PRESS RELEASE**

**Embassy of India invites participants of Omanis and Expatriates to Celebrate 4th International Day of Yoga on 21 June 2018**

Every year, the International Day of Yoga (IDY) is celebrated all over the world on 21 June. On 11 December 2014, the United Nations General Assembly had approved Resolution 69/131, declaring 21 June as the "International Day of Yoga". The Resolution was co-sponsored by a record number of 177 countries. The international community has since been celebrating IDY with great enthusiasm. India has taken the lead in celebrating worldwide the IDY with a view to make people aware of the health and spiritual benefits of Yoga, which is an ancient Indian tradition.

International Day of Yoga has also been celebrated in Oman with great enthusiasm. Yoga has been gaining popularity in Oman. The Joint Statement issued during the visit of Prime Minister of India to Oman, during 11-12 February 2018, stated:

“The Omani side congratulated the Indian side for the Indian Prime Minister’s initiative in declaration of 21 June as International Day of Yoga by the UN General Assembly in 2014 and thanked him for India's efforts in making Yoga popular in the world, including Oman, which is aimed at creating a healthy and peaceful world. The Indian Prime Minister thanked His Majesty the Sultan for his Government’s support in celebration of International Day of Yoga in Oman, which attracts participation of thousands of yoga enthusiasts.”

Embassy of India, Muscat, has been celebrating the annual International Day of Yoga with support and participation of the Government of Oman, numerous Yoga organizations as well as Yoga teachers and practitioners. Last year, the Embassy celebrated the 3rd International Day of Yoga, on 21 June 2017, where, under one roof, more than 4500 Omani and Indian Yoga enthusiasts, practitioners and beginners practiced Yoga. Similar Yoga sessions were also held in other cities of Oman. They achieved success in disseminating the benefits of Yoga amongst the Omani citizens and expatriates alike.

The Embassy of India, Muscat, will be celebrating the 4th IDY on 21 June 2018, which will include a mega Yoga Session, based on a common yoga protocol, comprising simple and easy Yoga postures, which can be performed by persons not familiar with Yoga, under the guidance of qualified instructors. The Embassy has been working together with a number of Yoga Organizations from Oman to organize numerous curtain raiser Yoga sessions to celebrate IDY 2018. Yoga sessions are also being organized in other cities of Oman, including Salalah, Sohar and Sur.

For celebrating the 4th IDY, in a grand way, on 21 June 2018, the Embassy is pleased to invite all yoga enthusiasts and practitioners in Oman, along with members of their families (children above the age of 11), to participate in a mega Yoga session, which will be held at Oman Convention & Exhibition Centre from 1930hrs. The doors will open at 1830hrs and all the participants are to be seated by 1915hrs. Yoga t-shirts and Yoga mats will be distributed to the participants at the Venue. Organizations and individuals, including Omani nationals, Indians expatriates and other expatriates, who want to participate, are requested to contact the Embassy at Tel: **24684514/ 24684517** and e-mail: **indembassy.muscat@mea.gov.in**.

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**Muscat, 29th April 2018**