

## Embassy of India

### Luanda

\*\*\*

### Press Release

The 8th International Day of Yoga (IDY) was celebrated in Angola with the theme, "Yoga for Humanity" on [Saturday, June 18, 2022](#) at the beautiful and iconic location 'Marginal Bay', in the capital city Luanda. The event witnessed fervor & enthusiasm with participation of around 200 Yoga enthusiasts which included Diplomatic corps, UN Resident Coordinator, Representatives of Int'l Organisations, Indians in Angola, Friends of India and local Angolans.

2 During the event, Ambassador Mrs. Pratibha Parkar highlighted the benefits of the ancient practice of Yoga and stressed upon the increased importance of Yoga for attaining peace and for the future of humanity in our stressful lives [today](#). Ambassador called upon all participants to practice Yoga on a regular basis and imbibe it as a part of their lives. The event started with the lighting of lamp by Ambassador and UN Resident Coordinator to Angola, Ms. Zahira Virani, followed by a Cultural Yoga performance - a fusion of Yoga and Indian Culture, Exercises with the Common Yoga Protocol, and Pranayam. The performances and exercises were led by local Yoga teachers Mr. Alberto Villar, Mr. Hamilton Sousa and Dance teacher Ms Nandana Shivakumar,

3. In the run-up to IDY 2022 celebrations, a curtain raiser event for the 8th International Day of Yoga was organized by the Embassy on [22nd May 2022](#). Ambassador Mrs. Pratibha Parkar along with Embassy officials and Friends of India followed the session in person at Embassy. In the series of prelude to IDY 2022 celebrations, common Yoga protocol sessions were conducted. Regular Yoga Classes every week are also being conducted at the Chancery.

4. Prominent Local Media Channels TPA and National Radio of Angola interviewed Ambassador on the IDY celebrations. During her interview, Ambassador highlighted the importance of Yoga in uniting the people of the world for health, for peace and for humanity. Ambassador also highlighted the efforts made by the Government of India for promotion of Yoga. Ambassador pointed that various Yoga centers across Luanda are promoting Yoga among the local populace.

\*\*\*\*\*