

Embassy of India
Rabat

Press Release

Embassy of India, Rabat Celebrates the 12th International Day of Yoga

The Embassy of India in Rabat celebrated the 12th International Day of Yoga on 21 June 2026 at Hassan II Park, bringing together a large number of yoga enthusiasts, members of the Indian community, Moroccan friends, and wellness practitioners.

Held against the backdrop of a beautiful sunset, the event witnessed enthusiastic participation and created a vibrant atmosphere of health, harmony, and well-being. Participants performed the Common Yoga Protocol and experienced the benefits of yoga for physical and mental wellness.

Addressing the gathering, H.E. Mr. Sanjay Rana, Ambassador of India to the Kingdom of Morocco, highlighted Yoga's role as India's timeless gift to humanity and emphasized its growing relevance in promoting healthy lifestyles, mental well-being, and healthy ageing. He noted that Yoga transcends borders and cultures, bringing people together in the shared pursuit of balance and wellness.

The event also featured a presentation by a Moroccan Ayurveda teacher, who shared insights into the benefits of Ayurveda and its complementary relationship with Yoga in fostering holistic health and well-being.

The Embassy expressed its sincere appreciation to all participants and partners whose enthusiastic support contributed to the success of the celebration and reaffirmed the enduring friendship between India and Morocco through the shared values of wellness, harmony, and sustainable living.

Rabat
23rd June, 2026