



**High Commission of India**  
**Dar es Salaam**

**Press Release - Celebration of the 8th International Day of Yoga in Tanzania**

The High Commission of India Dar-es-Salaam celebrated 8th International Day of Yoga (IDY 2022) in a grand manner on Sunday 19 June 2022 at Uhuru Stadium in Dar es salaam with the theme “Yoga for Humanity”. Deputy Minister for Culture, Arts and Sports H.E. Pauline Gekul was the Chief Guest at the event. Over 3000 yoga enthusiasts from different walks of life including approximately 2000 Tanzanian school children participated in the event.

Addressing the event, the Chief Guest thanked the High Commission for organising the IDY in Tanzania since 2015. She called on to continue this tradition to make yoga more popular in Tanzania.

Following the speeches, a collective yoga practice was organised in which everybody participated with great involvement and enthusiasm. The mass yoga practice by such a large number of people presented really enthralling and spectacular view.

Tanzania is celebrating International Day of Yoga from the year 2015 with huge participation of school children and general public. High Commission of India through its cultural wing Swami Vivekananda Cultural Centre is organising classes, workshops, reach out programmes and spreading the awareness about Yoga in Tanzania.

Apart from Dar es Salaam, the International Day of Yoga was also celebrated today in Arusha, Iringa, Tabora, Lindi and Mwanza. IDY 2022 will be celebrated in various other cities across the Tanzania in next few days coinciding with the celebrations of 75 years of India’s Independence as ‘Azadi Ka Amrit Mahotsav’.

**Dar es Salaam**  
**19 June 2022**