

**Embassy of India
Ashgabat**

Press Release

Embassy celebrated the 10th International Day of Yoga 2024 at the iconic Olympic Stadium Complex in Ashgabat today under the theme “Yoga for Self and Society” offering the participants a rejuvenating journey towards serenity & holistic well-being. Minister of Healthcare & Medical Industry of Turkmenistan Mr. Myrat Mammedov graced the occasion as Chief Guest. Hundreds of local yoga enthusiasts, members of diplomatic corps, and embassy staff participated in the event, embracing the spirit of well-being and unity.

Ambassador Madhumita Hazarika Bhagat emphasized the importance of IDY and on yoga’s dual role in fostering individual and societal well-being. She highlighted the importance of integrating it into daily life for overall health and harmony (21st June 2024).

Some photos of the event are attached:







