



August 25-27, 2026, is expected to bring together logistics experts, freight forwarders, policymakers, investors, and business leaders from across Africa and beyond. **Pg4**

Celebrating International Day of Yoga 2026

Namaskar!

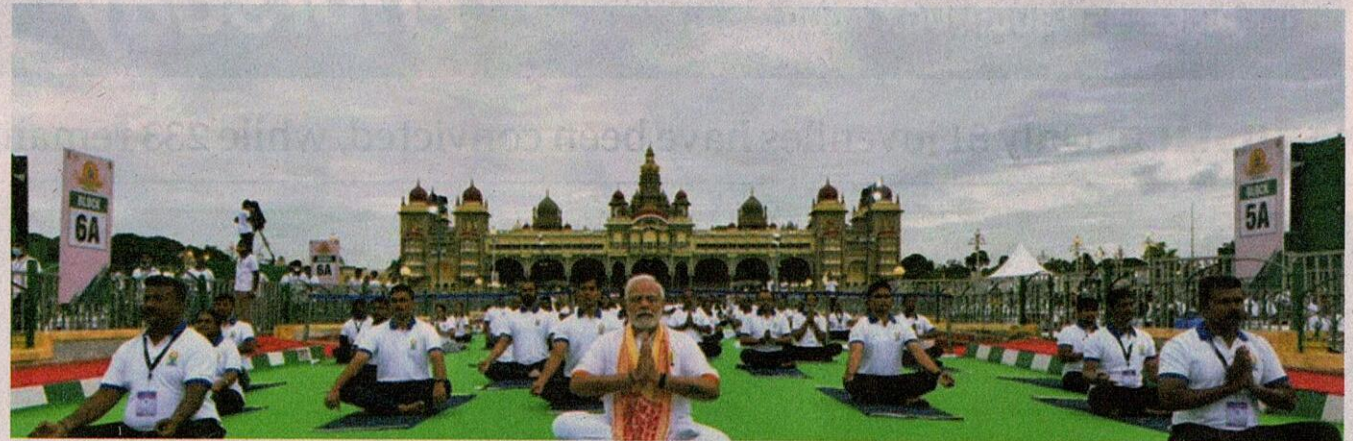
As the world prepares to celebrate International Yoga Day this year, the focus obviously turns to the numerous benefits of this ancient practice that has transcended centuries and cultures. Originating in India more than 5,000 years ago, yoga is much more than a series of physical exercises; It is a holistic approach to health and wellness that integrates the mind, body, and spirit.

The proposal to celebrate International Day of Yoga every year was first introduced by the Hon'ble Prime Minister of India, Shri Narendra Modi in his speech at the 69th session of the United Nations General Assembly. The draft resolution establishing the International Day of Yoga was proposed by India and endorsed by a record 177 member states, including the Republic of South Sudan as its co-sponsor. Recognizing its universal appeal, the United Nations proclaimed 21 June every year as the International Day of Yoga, with the goal of raising worldwide awareness of the many benefits of practising yoga.

The word 'Yoga' derives from Sanskrit and means to join or unite, symbolizing the union of body and consciousness. In recent decades, yoga has seen a global surge in its popularity. From bustling urban centers to quiet rural retreats, yoga classes have become a staple in fitness centers and local community halls. This global embrace of yoga highlights its universal appeal and its ability to adapt to various lifestyles and fitness levels.

Yoga is known for its ability to improve physical well-being. The practice involves a series of postures, known as asanas, that improve flexibility, strength, and balance. Regular yoga practice can lead to an improvement in posture, reduced back pain, and increased muscle tone. Scientific studies have shown that yoga can help lower blood pressure, improve cardiovascular health, and increase respiratory function.

In addition to the physical health, yoga is also a powerful tool for mental health. The practice incorporates breath control,



meditation, and mindfulness, which are essential for stress reduction. By focusing on the present moment, individuals who practise yoga can achieve a state of mental clarity and calmness, reducing symptoms of anxiety and depression.

One of the most attractive aspects of yoga is its accessibility. People of all ages and fitness levels can participate in and benefit from yoga. While for children, yoga can improve concentration and reduce hyperactivity, for the elderly, it improves mobility and flexibility.

Yoga also fosters a sense of community and social connection. Group classes create a supportive environment where individuals can connect with others, who share similar health and wellness goals. This sense of community can alleviate feelings of loneliness and isolation, which are significant factors affecting mental health today.

The theme for this year International Day of Yoga is "Yoga for Healthy Ageing" which highlights the role of yoga in helping people lead active, healthy and fulfilling lives as they grow older. Regular yoga practice improves flexibility, balance, strength, and mental well-being, enabling individuals to maintain vitality

throughout the life. By embracing yoga every day, individuals can age with dignity, confidence and a positive outlook, making healthy ageing a reality for all.

The Embassy of the Republic of India in Juba will celebrate the 12th International Day of Yoga on 21 June 2026, at its premises. As we celebrate the 'International Day of Yoga 2026', let us unite in spirit and action, celebrating this ancestral gift that continues to inspire peace, vitality, and unity around the world. Whether you're a seasoned practitioner or a curious beginner, this is the perfect day to take a deep breath, stretch, and walk the path of holistic wellness.

I would also like to avail of this opportunity express my sincere thanks and gratitude to the Government and the friendly people of the Republic of South Sudan, who have always supported Yoga and Indian culture in the world's youngest nation.

By Deepak Miglani, Ambassador-designate, Embassy of India, Juba