

**Embassy of India
Asuncion**

Celebration of 12th International Day of Yoga 2026 across Paraguay

The Embassy of India, Asuncion celebrated the 12th International Day of Yoga (IDY) 2026 with the organisation of 21 yoga sessions across Paraguay. During each of these sessions, *Common Yoga Protocol* published by Ministry of AYUSH, Government of India was practiced. The theme of the 12th IDY is 'Yoga for Healthy Ageing'.

The main 12th IDY event was held on 21 June 2026 in Asuncion in collaboration with Paraguay's *National Secretariat of Sports*. The event commenced with the lighting of lamps. Inaugural remarks were delivered by H.E. Ambassador Dr. Piyush Singh and H.E. Mr. Guido Zelada, Director General of Sports, National Sports Secretariat. Around 250 Yoga practitioners and enthusiasts participated in this event.

The 12th IDY session in Paraguari was jointly organized with *National Secretariat of Tourism* and *Municipality of Paraguari* on 4 July 2026. Paraguay's Minister of Tourism (SENATUR) H.E. Mr. Jacinto Santa Maria Ammatuna and Governor of Paraguari H.E. Dr. Norma Zarate de Monges participated in this session.

The 12th IDY sessions were also held in professional and academic institutions: *Diplomatic and Consular Academy, Ministry of Foreign Affairs, Government of Paraguay* (23 June 2026, Asuncion); *University of Concepcion* (25 June 2026, Concepcion); and *University of Villa Rica* (3 July 2026, Villa Rica).

A 12th IDY session which included Yoga demonstration session as well as Yoga practice session was held on 30 May 2026 in Asuncion as part of the fair *Feria Palmear Sin Fronteras*. The 12th IDY sessions were also held in collaboration with prominent clubs: *Club Sajonia* (18 June 2026, Asuncion) and *Club Internacional de Tenis* (23 June 2026, Asuncion).

The Embassy of India, Asuncion also collaborated with Yoga teachers across Paraguay for celebration of the 12th IDY. All the sessions conducted by the Paraguayan Yoga teachers were held with the practice of *Common Yoga Protocol*.

The celebration of 12th IDY 2026 took place across 10 cites in Paraguay: Asuncion, Paraguari, Ciudad del Este, Villa Elisa, Luque, San Lorenzo, Lambare, Fernando de la Mora, Villarrica, and Concepcion. Nearly 850 Paraguayan people participated in these various sessions across Paraguay.

**5 July 2026
Asuncion**