

Embassy of India

Tunis

Press Release

Tunis, 22 June 2026 – The Embassy of India in Tunis celebrated the 12th International Day of Yoga (IDY) on 21 June 2026 at the iconic Amphitheatre of Carthage, a UNESCO World Heritage Site, bringing together more than 2,000 participants, including representatives of the Government of Tunisia, Members of Parliament, the diplomatic corps, United Nations agencies, academia, media representatives, social media influencers, members of the Indian community and friends of India from across Tunisia.

The event was organized under the global theme "Yoga for Healthy Ageing", highlighting the important role that Yoga can play in promoting physical fitness, mental well-being, resilience and longevity at a time when societies across the world are experiencing rapidly ageing populations.

The celebration was graced by H.E. Ms. Rana Taha, United Nations Resident Coordinator in Tunisia, as Chief Guest and H.E. Mr. Nizar Aousji, Regional Delegate of the Ministry of Youth and Sports of the Republic of Tunisia, as Guest of Honour. In her remarks, Ms. Rana Taha, United Nations Resident Coordinator in Tunisia, highlighted the role of Yoga and meditation in promoting peace, mindfulness and well-being. Emphasizing the importance of intention in guiding individual and collective action, she called for greater unity, solidarity and harmony, noting that inner peace is an important foundation for a more peaceful world. The event was also attended by members of the diplomatic corps, senior government officials, representatives of international organizations, media representatives, yoga practitioners and wellness enthusiasts from across Tunisia.

Addressing the gathering, H.E. Dr. Devyani Khobragade, Ambassador of India to Tunisia, highlighted Yoga's evolution from one of India's oldest philosophical traditions into a global movement for health and well-being. Referring to this year's theme, "Yoga for Healthy Ageing", she emphasized Yoga's role in promoting healthier, happier and more fulfilling lives through improved physical and mental well-being. She noted that at a time when many parts of the world are facing tensions, conflicts and war, the message of Yoga has become even more important. She recalled that Prime Minister Shri Narendra Modi had proposed the International Day of Yoga at the United Nations General Assembly in 2014, which received overwhelming international support, including from Tunisia.

Ambassador expressed her sincere appreciation to the Government of Tunisia, particularly the Ministry of Foreign Affairs, the Ministry of Culture and the Ministry of Youth and Sports, for their support in organizing the event. She also thanked the Municipality of Carthage, the National Heritage Institute of Tunisia, the management and staff of the Carthage Amphitheatre and the event sponsors, Mahindra, Green Car,

Nejma Voyages and Houdou, for their valuable contributions towards the successful celebration of the International Day of Yoga 2026.

The programme featured a mass Yoga session conducted in accordance with the Common Yoga Protocol issued by the Ministry of Ayush, Government of India. Participants enthusiastically performed Yoga postures, breathing exercises and meditation practices aimed at promoting physical, mental and emotional well-being. A dedicated Ayurveda and Wellness Lounge was established at the venue, showcasing Ayurveda, Yoga and holistic wellness practices.

The celebration reflected the growing popularity of Yoga in Tunisia and reaffirmed the shared commitment of India and Tunisia to promoting health, wellness, cultural exchange and people-to-people ties.
