

**EMBASSY OF INDIA
MONROVIA**

PRESS RELEASE

Embassy of India Celebrates the 12th International Day of Yoga in Monrovia

The Embassy of India in Monrovia celebrated the 12th International Day of Yoga (IDY) on 21 June 2026 at the Monrovia City Hall under the global theme “Yoga for Healthy Ageing”. The event witnessed enthusiastic participation by more than 200 yoga enthusiasts including members of diplomatic corps, representatives of Government of Liberia, United Nations agencies, Indian community, ITEC Alumni Association of Liberia, students and yoga enthusiasts from across Liberia.

The event was graced by Hon. Nat Bayjay, Deputy Minister for Technical Services, Ministry of Information as the Chief Guest. Other distinguished guests included Dr. Teyah Sackie Moore, Assistant Minister for Curative Services, Ministry of Health, representing the Hon. Minister of Health Dr. Louise Kpoto; Hon. V Marshal Sambola, Assistant Minister for Administration, Ministry of Post & Telecommunications; Hon Emmanuel Fred Assistant Minister for Operations Ministry of Posts & Telecommunications; Hon Stevenson T Seidi Deputy Director General Culture Heritage, Liberia National Tourism Authority (LNTA); H.E. Bang'yela A. Gang, Dean of the Diplomatic Corps and Ambassador of Cameroon to Liberia; Dr. Mady Biaye, Acting Resident Coordinator of the United Nations in Liberia and Mr. Alaskai Moore Johnson, Acting President of Liberia Association of Indian-Trained Professionals (LAITP).

Addressing the gathering, H.E. Manoj Bihari Verma, Ambassador of India to Liberia, highlighted yoga as one of India’s most valuable gifts to humanity and emphasized its universal appeal in promoting health, harmony and inner peace. Referring to this year’s theme, he noted that as people live longer lives, yoga offers an effective pathway to healthy ageing by supporting physical fitness, mental well-being, emotional balance and resilience. He underscored that yoga is not merely a form of exercise but a holistic way of life that nurtures harmony between body and mind and encourages self-awareness and continuous self-development.

The Ambassador also reaffirmed India’s commitment to sharing the benefits of yoga with the world in the spirit of “Vasudhaiva Kutumbakam” (The World is One Family) and expressed appreciation for the growing popularity of yoga in Liberia.

The distinguished speakers highlighted the importance of yoga in promoting physical health, mental wellness, active ageing and social harmony. They also emphasized yoga’s relevance in addressing contemporary health challenges and its role in fostering a healthier and more balanced society.

The celebration featured a guided yoga session led by Ms. Massa Mamey Clarke, founder of Flow Studios Monrovia. During the session, participants practiced various yoga postures and breathing techniques from the Common Yoga Protocol (CYP), a standardized Yoga routine developed by the Indian Ministry of AYUSH in consultation with some of India's most eminent Yoga experts. Launched in 2015, the Common Yoga Protocol serves as the structured yoga practice for the annual celebration of the International Day of Yoga followed by millions of participants across the world on 21 June each year.

Among the attendees were the Ambassador of Cuba, representatives of diplomatic missions, members of the Indian community, office bearers and ITEC & ICCR Alumni, representatives of United Nations agencies and students of Aware International School.

As part of the International Day of Yoga celebrations, a painting competition on the theme of yoga had earlier been organized for students of Aware International School. During the event, medals and certificates were awarded to the winners and participants in recognition of their creativity and enthusiastic participation.

The celebration concluded with a renewed commitment to promoting the message of peace, health, well-being and unity through the practice of yoga.

**Monrovia,
21 June 2026**