

**Embassy of India  
Tashkent**

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**Press Release**

**Over 1,000 Yoga enthusiasts celebrated the  
12th International Day of Yoga in Central Park, Tashkent  
'YOGA FOR HEALTHY AGEING'**

1. The 12th International Day of Yoga (IDY) was held at Central Park, Tashkent on June 21, 2026. Organized by the Embassy of India and the Lal Bahadur Shastri Centre for Indian Culture (LBSCIC), in partnership with the Yoga Federation of Uzbekistan (YFU) and the Ministry of Sports of the Republic of Uzbekistan, the event was one of the largest yoga gatherings in Uzbekistan.
2. This year's IDY theme, "Yoga for Healthy Ageing," resonated strongly with participants highlighting yoga's unique ability to nurture physical vitality, mental resilience, and emotional balance throughout life.
3. Mr. Sharifjon Momindjanov, Adviser to the Minister of Sports of the Republic of Uzbekistan and Chief Guest of the event, applauded the growing popularity of yoga in Uzbekistan and commended the efforts of the Embassy of India and the Yoga Federation of Uzbekistan in making yoga accessible to an ever-expanding community of practitioners.
4. Welcoming the gathering, Ambassador Smita Pant emphasized yoga's usefulness as a holistic pathway to healthy ageing by strengthening physical and mental wellness and preventing age-related diseases. Ms. Sabine Machl, United Nations Resident Coordinator in Uzbekistan encouraged participants to embrace yoga as a simple yet powerful tool for enhancing overall well-being and improving quality of life.
5. A congratulatory video message from renowned Indian actress and Member of Parliament Ms. Hema Malini was screened during the event and warmly received by the audience.
6. As part of the IDY celebrations, an Ayurveda Lounge was set-up under the theme 'Ayurveda for People and Planet' featuring a curated collection of Ayurvedic products and publications. The lounge attracted considerable interest from participants eager to learn about natural approaches to healthy living.
7. As part of the lead-up to the 12th IDY, yoga events were organized in different cities of Uzbekistan which included the following eminent places:

- Denau Institute of Entrepreneurship and Pedagogy, Surkhandarya region (May 12)
- Urgench State University, Khorezm region (May 18–19)
- Bobur Park, Namangan (June 3–4)
- Khudoyor Khan, Kokand, Fergana Region (June 10–11)
- Boqiy Bukhara Park, Bukhara Region (June 16–17)

June 21, 2026  
Tashkent, Uzbekistan