

**Remarks by Ambassador of India on the occasion of
the 11th International Day of Yoga (21 June 2025, Kuwait)**

An early Good Morning to all

Mr Hussain Al Musallam, Director General, Olympic Council of Asia,

Dr H R Nagendra, Yoga master and President of SVYASA University

Excellencies and members of diplomatic corps

Yoga instructors and Gurus in Kuwait

Yoga enthusiasts in Kuwait, including the young ones

Ladies and Gentlemen

I thank you all for joining us early morning on a weekend to celebrate the 11th International Day of Yoga at the Salmiya Boulevard ground.

2. I am happy to see such a huge turn-out on a hot summer morning in Kuwait. In fact, I must thank you for making an extra effort to join us this early on a weekend. This is our first public yoga day event outside the Embassy at such a large scale organized under the auspices of the Indian Council for Cultural Relations popularly known as ICCR. And I take this opportunity to thank the Government of Kuwait for giving us the permission to organize the same. I also thank the Olympic Council of Asia for supporting the event today as Yoga is now a sports discipline recognized by the Olympic Council of Asia. We are also privileged to have the presence of Dr H R Nagendra, renowned yoga master

and President of SVYASA University. We are equally honoured to have amongst us the first PadmaShri awardee from Kuwait and President of the Kuwait Yoga Committee Sheikha Shaikha A J Sabah, who was awarded the coveted honour by Hon'ble President of India earlier this year for her contribution in promoting yoga in Kuwait and the region. It is because of efforts of people like her that we have a Kuwait Yoga Committee today and we are publicly celebrating the International day of Yoga in Kuwait.

3. The International Day of Yoga, as envisioned by our Hon'ble Prime Minister Shri Narendra Modi, and endorsed by the United Nations, is an event that surpasses boundaries, cultures, and religions. We appreciate the fact that Kuwait was one of the co-sponsors of the Yoga Day resolution at the UN, which received support from 177 countries. It is a day when millions globally unite to embrace the ancient practice of yoga, deeply rooted in Indian heritage. All Embassies and Posts of India across the globe are organizing IDY event today in different scales and formats to popularize this ancient practice of India. This year's theme, 'Yoga for one Earth, One Health,' aptly underscores the significance of yoga for personal well-being of all.

Friends,

4. Yoga is much more than a physical exercise; it is a comprehensive lifestyle that integrates the body, mind, and spirit. It provides a journey towards inner peace, balance, and self-awareness. With consistent practice, individuals can undergo significant improvements in their overall well-being, leading to healthier and more fulfilling lives. I am sure Dr Nagendra will provide some insights into health benefits of yoga.

5. I am happy to see that yoga is gaining popularity in Kuwait as well. We see an increasing number of yoga studios, with different variations of yoga, coming up. I want to convey to these yoga studios that the Embassy will be more than happy to support their activities to the extent possible. I also want to inform that the Embassy conducts weekly yoga free classes at the Embassy which is open to all.

6. As we celebrate the 11th International Day of Yoga, let us remember that yoga is not confined to a single day or event. It is a lifelong pursuit that encourages us to embrace a healthier lifestyle, both physically and mentally. I encourage all of you to suitably incorporate yoga into your daily routines and share its virtues with your families, friends, and communities.

7. In order to promote the practice of Yoga, especially amongst youngsters, Embassy organized a number of curtain-raiser events in schools in Kuwait in the run up to today's event. There were also talk shows on Kuwait TV highlighting the benefits of Yoga. Embassy is also promoting Mission LiFE (Lifestyle for Environment) which is a global mass movement to nudge individual and community action to protect and preserve the environment since it goes hand in hand with the ethos of Yoga.

8. I once again thank all of you for joining us today. My special thanks to the heads of yoga associations which collaborated with us for organizing today's event, the yoga instructors who worked with us for the curtain raiser events and for the event today as well as those who will showcase different aspects of yoga today. And finally to my Embassy team for making this event possible.

Thank you!