Remarks by Ambassador of India on the occasion of the 10th International Day of Yoga (21 June 2024, Kuwait)

An early Good Morning to all

Excellencies and other members of diplomatic corps

Yoga instructors and Gurus in Kuwait

Yoga enthusiasts in Kuwait, including the young ones

Ladies and Gentlemen

I thank you for joining us early morning on a weekend to celebrate the 10th International Day of Yoga at the Embassy of India.

2. Before I say something on the event today, I would request all of you to join me in observing a 2 minute silence in memory of all the deceased in the recent tragic fire-incident in Mangaf. We express our deepest condolences to the bereaved families and pray for quick recovery of the injured.

Friends,

3. The International Day of Yoga, as envisioned by our 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 Self and Society,' aptly underscores the significance of yoga not only for personal well-being but also for the betterment of society.

Friends,

3. 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 understand that one of the researchers in Dasman Diabetes Institute is doing a research to establish clinical co-relation between yoga and its benefits to human body.

4. 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.

5. I take this opportunity to acknowledge the tireless efforts of yoga instructors and trainers who have been instrumental in spreading the essence of yoga and its numerous benefits. Their dedication and passion in teaching this ancient discipline have inspired countless individuals to embark on their own transformative journey.

6. As we celebrate the 10th 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 at schools and colleges in Kuwait in the run up to today's event. There were also talk shows on Kuwait TV highlighting the benefits of Yoga. Embassy in 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 all 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!