Remarks by Ambassador Dr. Adarsh Swaika on the occasion of 9th International Day of Yoga

A very early Good Morning to all
Ambassadors and other diplomats
Members of the Indian community
Yoga enthusiasts from Kuwait
Yoga instructors and Gurus in Kuwait
Friends from media
Ladies and Gentlemen,
And dear children

First of all, let me thank all of you for joining us so early in the morning on a working day to participate in the 9th International Day of Yoga celebrations at the Embassy of India. I would like to express my heartfelt gratitude to the leadership and Government of Kuwait for their continuous support and cooperation in organizing this event. This reflects the enduring friendship between India and Kuwait, and it strengthens the bonds of cultural understanding and mutual respect between our two nations.

2. The International Day of Yoga, as envisioned by our Prime Minister, Shri Narendra Modi, and adopted by the United Nations, is an occasion that transcends boundaries, cultures, and religions. It is a day when millions of people around the world come together to embrace the ancient practice of yoga, which has its roots deeply embedded in Indian heritage. I am happy to share that Kuwait was one of the sponsors of Yoga day resolution in the UN, which was supported by 177 countries. The theme of this year's yoga day is ' Yoga for Vasudhaiva Kutumbakam' which aptly describes the Indian philosophy of 'World is one family' and highlights theme of India's G20 presidency i.e. "One Earth. One Family. One Future". This year, Prime Minister Modi will himself be participating in the International Yoga Day celebrations at United Nations premises in New York today.

Friends,

3. Yoga is not merely a physical exercise; it is a holistic way of life that harmonizes the body, mind, and spirit. It offers a path to inner peace, balance, and self-realization. Through regular practice, individuals can experience profound transformations in their overall well-being, fostering healthier and happier lives.

4. I see a good traction for yoga in Kuwait. The Embassy of India, in collaboration with various organizations and yoga enthusiasts, has been promoting yoga across Kuwait. Weekly free classes are being held in the Embassy which is open for anybody to attend.

5. I would also like to take this opportunity to acknowledge the tireless efforts of our 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 9th 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 urge all of you to incorporate yoga into your daily routines and share its virtues with your families, friends, and communities.

7. Two other life-style related campaigns that the Embassy has been undertaking this year and particularly this month is activities related to Mission LiFE (Lifestyle for Environment) and the popularization of millets as part of International Year of Millet 2023. Last week, we had organized a Beach Cleaning event as part of Mission LiFE which saw a very good participation. We have been actively promoting millets through super-markets and restaurant chains in Kuwait so that it becomes an essential part of our diet.

8. I once again thank all of you for joining us today. My special thanks to all the yoga instructors and those who performed and showcased yoga postures today. And finally to my Embassy team for making this event possible. But don't leave without having another dose of lifestyle activity i.e some millet dish specially prepared for the occasion.

Thank you, Shukran, Dhanyavaad!