

**Speech by H.E. Ms Neeta Bhushan, High Commissioner
on Yoga session as a Curtain Raiser event and 75 days to IDY 2025
(7th April 2025)**

Namaste! Kia Ora!

Community Leaders & Distinguished Guests,

Members from Indian Diaspora

My Friends, Colleagues,

Ladies & Gentleman!

It is a great privilege for me to welcoming you today as we inaugurate the "Curtain Raiser Event" in celebration of upcoming International Day of Yoga in June 2025.

Today marks the beginning of an exciting journey and there are 75 days to go to celebrate the International Day of Yoga in New Zealand. High Commission also has plans to celebrate Yoga in Samoa, Vanuatu, the Cook Islands, and Niue." Over the coming months, the High Commission will work closely with Yoga institutes, Indian associations, and organizations to bring this initiative to life.

This year's Yoga Day theme, "**Yoga for One Earth, One Health**" that is "we wish to make the whole world healthy through yoga" was announced by our Hon'ble Prime Minister during his **Mann Ki Baat** address in March 2025. The theme reflects our shared goal of promoting global health through Yoga. Our Prime Minister encourages everyone to embrace Yoga in their daily lives and take pride in India's ancient wisdom, which contributes to our overall well-being.

Yoga is a time-honored tradition of India, and it has become a powerful source of strength for many. Practices like **Anulom, Vilom and Pranayam** strengthen the respiratory system. The medical science also believes in the powers of healing. Yoga takes us from stress to strength, negativity to creativity, from despair to happiness. Yoga tells us that so many problems may be out there but we have infinite solutions within ourselves. A realization of oneness is yoga. Yoga helps us realize that we are an endless source of energy, and through it, we connect with the world around us.

As Gurudev Rabindranath Tagore beautifully said, "The meaning of ourselves is not to be found in its separateness from God and others, but in the ceaseless realization of Yoga – of Union." The mantra of "**Vasudhaiva Kutumbakam**" the belief that the world is one family - has been at the heart of India's values for centuries and is now finding global acceptance.

In closing, I want to thank each and every one of you for joining us today. I am confident that practicing Yoga in daily life will strengthen our physical and mental health and bringing peace, happiness and harmony to the world.

Jai Hind!
