

**Speech by H.E. Ms Neeta Bhushan, High Commissioner
on 11th International Day of Yoga 2025
(21st June 2025)**

Namaste & Kia ora!

Rt Hon Sir Anand Satyanand, Former Governor General of New Zealand;
Colleagues from Diplomatic corps
Dignitaries & Members of Indian, Kiwi and other ethnic communities;
Friends;

Let me begin by welcoming each one of you for joining us today to commemorate the 11th International Day of Yoga. I am pleased to share that more than 25 yoga events are being held across New Zealand as well as in Samoa, Vanuatu, and the Cook Islands to mark this special occasion.

Friends,

2. I would like to extend my thanks to our partners Heartfulness Organization NZ, Hindu Swayamsevak Sangh, and Art of Living Foundation for joining hands to celebrate the International Day of Yoga. Your efforts have helped bring this initiative to life and share the spirit and benefits of yoga with thousands of people.

3. As we all know that the United Nations adopted a resolution in December 2014 to celebrate the International Day of Yoga on June 21st. This initiative was proposed by Hon'ble Prime Minister Narendra Modi

during his speech at the UN General Assembly in September 2014, where he highlighted the global importance of Yoga for promoting health, wellness, and peace. Since then, International Yoga Day has been widely celebrated and has gained popularity across the world. June 21st, the day of winter solstice, is the shortest day of the year in the Southern Hemisphere and longest day in the Northern Hemisphere, as it's the summer solstice and an auspicious day to begin our journey and renew our enthusiasm and commitment towards adopting a lifestyle for better health.

4. Yoga is a time-honored tradition of India and has become a powerful tool for many. Practices like Anulom-Vilom and Pranayama strengthen the respiratory system, and modern science also recognizes their healing benefits. Yoga helps us move from stress to strength, negativity to creativity, and despair to happiness. It teaches us that while challenges exist, the solutions lie within ourselves.

5. This year we are celebrating the 11th International day of Yoga with the theme, "Yoga for One Earth, One Health," which was announced by our Hon'ble Prime Minister in March 2025. It reflects our shared goal of promoting global health through Yoga. The Prime Minister encourages

everyone to incorporate Yoga into their daily lives and to take pride in India's ancient wisdom, which supports our overall well-being. People recognize Yoga as an enhancer of their physical, mental, spiritual, and intellectual wellness.

6. Friends, the Rishis of India have taught us that our inner strength should be so powerful that no negativity should bother us. Yoga takes us from stress to strength, from negativity to creativity, and from despair to happiness. Yoga reminds us that while many problems may exist in the world, the solutions are already within us. We are the infinite source of energy, and the answers lie within us. Health is not just physical health but also mental health.

7. As Gurudev Tagore 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, which India has followed for ages, is now finding global acceptance.

8. In closing, I want to thank you and extend a warm welcome to each of you for taking the time to join us today. I believe that adding yoga to our daily lives, will lead us toward a more peaceful and happier world.

Namaste!

Jai Hind!

Thank You All !