

International Day of Yoga 2025
Address by H.E. Ms. Neeta Bhushan,
High Commissioner of India to New Zealand

Hon Minister Chris Bishop
Hon Member of Parliament Ginny Anderson
Colleagues from Diplomatic corps
Dignitaries

Namaste and Kia ora

Let me start by thanking all of you for joining us [today](#) to commemorate the 11th International day of yoga.

2. I also want to take a moment to Remember and Pray for those who lost their lives in the recent Air India crash. Thank you to all of you for your kind words of support for India in this difficult time.

Dignitaries and friends

3. I would like to express our deepest gratitude to Hon Chris Bishop and Hon Ginny Andersen who are our hosts for this event [today](#). Your continued support to us means a lot. I want to acknowledge all

the Ministers and MPs who have joined us [today](#) to make this a very special event. I want to thank our partners Art of Living and UNANZ for joining hands for the 11th international day of yoga.

4. [June 21](#) is the longest day in the northern hemisphere and shortest day in the southern hemisphere and is considered very auspicious for starting a journey towards adopting a lifestyle for better health.

5. As you see the theme for this years yoga day is “yoga for one earth, one health” which is a rejection of our shared goal of promoting health through yoga. Even western medicine recognizes the healing powers of deep breathing and meditation and practice of various asanas can help in alleviating various illnesses.

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 Bhargavad Gita says Yoga is the journey of the self through the self to the self. B K S Iyengar - yoga just does not change the way we see things but transforms the person who sees it. Yoga brings serenity in times of division peace in times of conflict. In closing I want to thank each one of you for joining us [today](#).

Thank you

Dhanyavad

Jai Hind.