



High Commission of India
Wellington

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Press Release

Celebration of 11th International Day of Yoga 2025

High Commission of India, Wellington celebrated the 11th International Day of Yoga (IDY) 2025 with great enthusiasm and widespread participation across New Zealand and concurrently accredited countries of Samoa, Vanuatu, and the Cook Islands. Over 30 events were organized throughout the region, bringing together yoga practitioners, wellness enthusiasts, and different ethnic communities.

2. The opening event of IDY 2025 celebration was held at the iconic Beehive (New Zealand Parliament) in Wellington on 16 June 2025 in collaboration with United Nations Association of New Zealand (Wellington branch) and Art of Living Foundation. The event was hosted by Hon. Chris Bishop, Minister of Housing and Transport, and co-hosted by Hon. Ginny Andersen, MP and Labour Party Spokesperson. Appox. 250 participants, including members of the Kiwi, Indian, and international communities enjoyed the Yoga event. High Commissioner Ms Neeta Bhushan warmly welcomed the gathering, and highlighted the theme "Yoga for One Earth, One Health", which was announced by Hon'ble Prime Minister, emphasizing how IDY reflects India's cultural and civilizational heritage.

3. Hon. Chris Bishop delivered his remarks recognizing the role of yoga in promoting holistic health and mindfulness. Hon. Ginny Andersen also addressed the gathering and mentioned that

practice of yoga is helping people maintain their physical and mental health.

4. On 21st June 2025, the celebration of 11th IDY 2025 was commemorated at the premises of the High Commission of India, Wellington, in collaboration with Heartfulness NZ, Hindu Swayamsevak Sangh (HSS), and Art of Living New Zealand. The gathering was graced by Rt Hon. Sir Anand Satyanand, Former Governor-General of New Zealand, who attended as the Chief Guest and shared his reflections on the transformative power of yoga. More than 150 yoga enthusiasts from diverse communities including Kiwi, Indian, and other ethnic backgrounds gathered in unity to observe the day with collective yoga practice. High Commissioner Ms. Neeta Bhushan, alongside dignitaries and representatives from partner organizations, addressed the gathering and actively participated in the yoga session. The event was live-streamed through High Commission's social media channels.

5. The 11th International Day of Yoga 2025 is being celebrated with great enthusiasm in various cities of New Zealand like Wellington, Rotorua, Christchurch, Dunedin, Invercargill, New Plymouth etc and other Pacific countries of Samoa, Vanuatu, and the Cook Islands with large and active participation, showing yoga's growing global reach. High Commission of India thanks all community groups, volunteers, and participants for their strong support. The celebrations highlighted yoga's power to bring people together and promote health, in line with this year's theme: **"Yoga for One Earth, One Health."**

Dated: 21st June 2025

Here are some glimpses and highlights from the Yoga events :
(i) New Zealand Parliament



(ii) IDY at HCI



(iii) Parliament Grounds



(iv) Samoa



(iv) **Rotorua**



(iv) **IDY by Kids**

