

Embassy of India

Tokyo

Opening Remarks by Ambassador of India to Japan H.E. Mr. Sibi George on the occasion of International Day of Yoga, June 21, 2023

His Excellency Gen Nakatani, Her Excellency Masako Mori, Reverend Tomohiro Kimora, Excellencies Ambassadors, Colleagues, Distinguished Guests, Ladies and Gentlemen,

Good morning to you all!

Congratulations to all on the occasion of the 9th International Day of Yoga. Welcome to you all. I begin by thanking His Excellency Gen Nakatani, Her Excellency Masako Mori, Excellencies Ambassadors and friends of India for joining us today at this holy place. I thank the Tsukiji Hongwanji temple for hosting this event today.

Excellencies, Dear Friends, Yoga has become what I would call a universal public good with only positive externalities for every society and every country. It is the innate power of Yoga to connect people and societies. It transcends boundaries and brings everyone together. Yoga in its true essence is a unifying force. No wonder that the United Nations unanimously adopted 21 June as the International Day of Yoga. On 07 November, 2014 when the United Nations General Assembly adopted the resolution to celebrate 21st June, the day of the summer solstice, as International Day of Yoga every year, it was proposed by India but was co-sponsored by an overwhelming 177 countries of the world. Since then we celebrate June 21 as IDY every year.

I am happy to see that so many of you have joined today to celebrate 9th International Day of Yoga. Yoga today has become a major factor in the lives of millions of people across the globe including in Japan. Today it is being celebrated all across the world. I am told that in Japan over sixteen million people practice yoga. I thank so many organisations and groups who worked hard to make today's yoga celebrations a grand success. I invite you all to join the yoga classes conducted by the Embassy and our various yoga organisations. Let's promote yoga and Ayurveda to help it reach every corner of Japan. It is an essential element of the new theme 'Connecting Himalayas with Mount Fuji' that we celebrate this year.

I would like to conclude by quoting the words of Hon'ble Prime Minister of India Shri Narendra Modi, who had said and I quote "The way to lead a calm, creative and content life is Yoga. It can show the way in defeating tensions and mindless anxiety. Instead of dividing, Yoga unites. Instead of furthering animosity, Yoga assimilates. Instead of increasing suffering, Yoga heals".
UNQUOTE

Once again thank you to one and all.

Thank you.
