

Embassy of India
Tokyo

Speech delivered by Ambassador of India to Japan Mr. Sibi George
at YOGA event at DIET (Tokyo, June 12, 2023)

H.E. Mr. Hakubun Simomura, Member of the House of Representatives &
Chairman of the parliamentary league of Yoga,

HE Mr Hiroshi Yamada, Deputy Secretary General of the LDP of the
House of Councilors,

Distinguished speakers and teachers of Yoga in Japan

Ladies & Gentlemen!

A very good evening to all!

I am truly delighted to see the enthusiasm for Yoga , amongst our Japanese friends. I congratulate the Parliamentary league of Yoga in Japan, which is the first of its kind institutional mechanism to promote both Yoga and ties between India and Japan, for its concerted efforts in taking Yoga to every member of the Japanese Public. I also express my gratitude to the organisation for always supporting the IDY celebrations of the GoI. Today, we all have gathered at the prestigious house of councillors Japan, to commemorate the upcoming 9th International Day of Yoga, on June 21, 2023.

As you all know, Yoga is an invaluable patrimony of humankind , which originated in ancient India. It is the science of right living which aims to foster overall well-being. It is believed that the practice of yoga was started almost 5000 years ago and it's first reference is found in Rigveda, the earliest available scripture for the mankind.

Yoga is practiced by millions of people across the globe . Recognising it's universal appeal, on 11th December 2014, the United Nations General Assembly declared June 21st as the International Day of Yoga.

Further, Recognising its inevitability for a wholesome human life, Yoga was inscribed in 2016 on UNESCO's Representative List of the Intangible Cultural Heritage of Humanity.

Such resolutions by an international body are a true testimony to the significance of Yoga for the humankind.

Every citizen of the world aspires to lead a healthy life- a life free from stress, diseases and sickness. The path to such a holistic wellness is through yoga.

It is noteworthy to mention that yoga is an elixir for all woes related to contemporary lifestyle. It not only helps in alleviating physical discomforts of the body but also helps in improvising the emotional & mental efficiency of the one who practices yoga. During the COVID 19 pandemic, most of the people around the world practiced yoga to recover from the post traumatic physical and mental effects of the pandemic.

Thus, Yoga has not only proved to be a universal panacea but also a integrator of the humanity.

It is heartening to note that a considerable number of people in Japan practice Yoga. A number of certified yoga teachers and yoga schools have come up all across Japan to create awareness of this ancient Indian wisdom, amongst more and more people in Japan! It's an absolute honor to note that a number of yoga events are being held all across Japan from Hokkaido to Okinawa, as a prelude to IDY 2023. I congratulate all stakeholders involved, for their invaluable contribution in making YOGA a truly global treasure.

The GoI has declared the theme for the 9th International Day of Yoga as "Yoga for Vasudhaiva Kutumbakam" which means Yoga for all. This is also the theme of India's G20 presidency, which aims to foster unity amongst the world towards a common goal of making this world a better place .

We all know that India and Japan have a special strategic and global partnership based on our shared values & traditions of Buddhism, democracy, rule of law, tolerance and transparency..& I am proud to state that the ancient Indian Wisdom of Yoga is now taking forward this legacy for times to come!

With this, I once again congratulate the Parliamentary league of Yoga and all the Yoga organizations for their concerted efforts and dedication towards the cause of Yoga. I also invite each one of you to the 9th International Day of Yoga on June 21,2023 at Tsukiji Hongwanji Temple. I look forward to an enthusiastic participation from all of you!

Thank You!
