

**Speech by Ambassador Nagma M. Mallick at an event with
Parliamentary League for Promotion of Yoga
11 June 2026**

**Shimomura-san, Chairman of the Parliamentary League for the
Promotion of Yoga and Member of the House of Representatives
Distinguished members of the Parliamentary League, members of Yoga
organizations and fellow yoga enthusiasts**

Namaste, Konnichiwa, Good evening

It is a special honour to celebrate the International Day of Yoga here, in the House of Councillors Member's building. That yoga has found its way into these halls reflects something important. The pursuit of inner balance is not separate from public life. It is foundational to it.

Yoga is one of India's oldest and most enduring contributions to humanity - a philosophy of living that seeks harmony between body, mind, and the world around us. What makes it truly remarkable is its universality. It asks nothing of you in terms of nationality, faith, or background. That is why hundreds of millions of people across every continent practice yoga today and feel, in some quiet way, that it is their own.

In 2014, Prime Minister Narendra Modi proposed at the United Nations General Assembly that the world observe an International Day of Yoga. A record 177 nations co-sponsored the resolution, and 21 June was declared the International Day of Yoga - one of the fastest adopted resolutions in UN history. Since then, every 21 June, the world celebrates this ancient wisdom that India has so generously shared.

This year's theme is *Yoga for Healthy Ageing* - and I cannot think of a more resonant theme for Japan. Japan leads the world in healthy life expectancy, and that achievement reflects values that yoga shares deeply - discipline, balance, and respect for every stage of life. Yoga keeps the body strong, the breath steady, and the mind calm. In a society where the conversation around ageing is so thoughtful and advanced, I am sure that this theme will find a very warm home here.

Check Against Delivery

The Embassy has been celebrating IDY across Japan with great enthusiasm. Our flagship event this year is on 21 June at Tsukiji Honganji Temple where we are delighted to welcome Shimomura-san, Harada-san, and nearly two thousand participants. Beyond Tokyo, we have already celebrated in Yamanashi, Nagoya, and Kagoshima, and will soon be in Hokkaido, Ishikawa, and many more prefectures. Yoga is no longer just a Tokyo story - it is truly a Japan story. Our Vivekananda Cultural Centre also offers regular yoga classes throughout the year, making it a part of daily life in this city.

And the bond runs deeper still. At the first World Yogasana Championships held in India recently, both India and Japan emerged among the top performing nations - a testament to the seriousness and excellence with which Japan has embraced this discipline.

Shimomura-san, the Parliamentary League's work in bringing yoga into Japanese public life has been invaluable. When elected representatives take to the mat in these halls, it sends a powerful message to the nation - that wellbeing matters, and that ancient wisdom still has much to teach us.

I wish you all a joyful and meaningful International Day of Yoga.
Namasté. Jai Hind.
