

**Speech by Ambassador Nagma M. Mallick at the Event: Celebrating Yoga
as a way of Life-Experience Harmony
19th May 2026**

Distinguished guests,
Respected Yogmata Ji and Prof Hiroshi Marui
Friends from Japan and India,
Ladies and Gentlemen,

Namaskar and good evening.

It gives me immense pleasure to welcome all of you to the Embassy today for this special gathering dedicated to meditation, yoga, and inner well-being.

India and Japan share a deep civilizational friendship rooted in spirituality, mindfulness, compassion, and the pursuit of harmony. Across centuries, our two cultures have found common ground in values that place human well-being at the center of society. Today's event beautifully reflects those shared traditions.

We are especially honored by the presence and guidance of Yogmata Ji, whose lifelong dedication to meditation and spiritual awakening has inspired people across the world, including many here in Japan. Through her teachings, countless individuals have discovered the transformative power of inner peace, discipline, and self-awareness.

In today's fast-paced and demanding world, practices such as yoga and meditation are no longer merely traditions; they have become essential tools for mental balance, emotional resilience, and healthy living. Their relevance is particularly significant in modern urban societies where stress, isolation, and uncertainty increasingly affect daily life.

India has always viewed yoga as a holistic path that unites body, mind, and spirit. Meditation complements this journey by cultivating clarity, compassion, and inner strength. Together, they offer not only personal well-being but also contribute to creating more peaceful and harmonious communities.

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I am deeply encouraged to see the growing interest among the Japanese people in yoga, meditation, and Indian spiritual traditions. This cultural and spiritual exchange further strengthens the friendship between our two countries and builds meaningful people-to-people connections.

The Embassy of India remains committed to promoting wellness, cultural understanding, and dialogue through initiatives related to yoga, Ayurveda, meditation, and traditional knowledge systems. Events like today's serve as bridges of friendship and mutual learning between India and Japan.

As we move toward the celebration of the International Day of Yoga, we look forward to expanding such collaborations and encouraging greater participation from students, professionals, families, and communities across Japan.

I would once again like to express my sincere appreciation to Yogmata Ji, all distinguished participants, organizers, and supporters for making this event possible.

May today's gathering inspire peace within ourselves and harmony in the world around us.

Thank you very much.

Arigato gozaimasu.
