



**Ambassador's remarks on the occasion of 12th International Day of Yoga
[Arya Dewaker-21 June 2026]**

Namaskar and Good Morning.

Your Excellency Melvin Bouva, Minister of Foreign Affairs of the Republic of Suriname,

Yoga enthusiasts, distinguished guests, and dear friends,

On behalf of the Embassy of India, I am delighted to join you at the celebration of the 12th International Day of Yoga here at the Arya Dewaker complex.

I would like to extend my sincere appreciation to the Arya Dewaker leadership for graciously hosting today's event.

Yoga is among the most precious gifts bestowed upon humanity by the ancient sages of India. As one of the six classical schools of Indian philosophy, Yoga holds a central place in Vedantic thought.

The Bhagavad Gita beautifully encapsulates its essence in the phrase "Samatvam Yoga Uchyate" Yoga is the state of balance, harmony, and equanimity.

Friends and Yoga lovers,

Twelve years ago, India's Prime Minister, Shri Narendra Modi, proposed before the United Nations General Assembly that 21 June be observed as the International Day of Yoga. Recognizing Yoga's universal appeal, the UN adopted this resolution on 11 December 2014 in a historic manner cosponsored by 177 nations and passed in less than 75 days, an unprecedented achievement in UN history.

As our Prime Minister has emphasized, Yoga is not merely a set of physical exercises; it is a passport to health assurance, a pathway to holistic well-being. Yoga is the journey from 'Me' to 'We', from individual wellness to collective harmony. During the COVID-19 pandemic, millions across the world turned to Yoga for strength, resilience, and rejuvenation.

Yoga also offers a powerful tool in humanity's shared quest for a sustainable lifestyle, one that is in harmony with our planet. In this spirit, the theme for this year's International Day of Yoga is "Yoga for Humanity."

Friends and Yoga lovers, this year holds special significance for both India and Suriname as we celebrate the 50th anniversary of the establishment of diplomatic relations. Yet, our bonds stretch far deeper across two centuries, since the first Indian immigrants arrived on these shores.

Since then, our people have shared heritage, values, and traditions. Yoga stands as a shining example of this shared heritage. It reflects our cultural affinity and symbolizes the bond that unites our peoples and indeed all humanity in the pursuit of wellness, peace, and happiness. To mark this landmark year, a series of commemorative events have already been organized, with many more planned in collaboration with partner institutions. It is also heartening to note that Suriname celebrates its rich diversity, with August observed as Heritage Month, honouring the cultural mosaic that defines this beautiful nation.

I extend my heartfelt thanks to all participants, volunteers, and organizers who have contributed to making today's celebration meaningful and uplifting. May the science of Yoga bring health, happiness, and peace to all.

May the light of Yoga illuminate our lives and the world.

May Yoga elevate our mind, body, and soul, and empower humanity beyond boundaries.

Long live India-Suriname friendship.
