

**Embassy of India  
Yerevan**

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**Welcome Speech at the 11<sup>th</sup> International Day of Yoga**

**[21 June 2025, Cascade Complex, Yerevan]**

- Your Excellency Mr. Daniel Danielyan, Deputy Minister of Education, Science, Culture & Sports,
- Yoga practitioners and enthusiasts,
- Dear Friends! Sireli hyurer

Barev dzez and Namaskar!

I am delighted to warmly welcome you all to a special celebration of the 11<sup>th</sup> International Day of Yoga at this iconic venue of the Cascade Complex in Yerevan! The IDY is special this year as it marks the completion of a decade of celebrating the day of summer solstice as an International Day dedicated to Yoga. It is so heartening to see that yoga has been adopted by millions across the world for better mental and physical health. It is celebrated by Indian Embassies abroad and by Indians in India at iconic venues and stunning locations straddling the Arctic to the Antarctic and from the orient to the occident. We are, of course, happy to be celebrating our event at the famous Cascade Complex which is probably the most identified tourist destination in Yerevan after the Republic Square. This is also our way of promoting Destination Armenia!

Before proceeding further, let me thank the Cafesjian Center for the Arts for making these premises available for today's event. I would also like to thank the Mayor of Yerevan, Mr. Tigran Avinyan and the Yerevan Municipality for making this possible. Our thanks are also due to our Chief Guest, Mr. Daniel

Danielyan, Deputy Minister of Education, Science, Culture & Sports, his Ministry and the Ministry of Foreign Affairs for helping us in this endeavour. This special 11<sup>th</sup> IDY has been made more special by a live Sitar recital by Mr. Peter Davidian, a renowned Armenian-Australian artist who has been performing traditional Indian Ragas and Armenian folk melodies on the sitar for more than four decades. Our yoga exercises will be accompanied by the soothing notes of the sitar making it a memorable experience for all of us! Last but not the least, we thank the local Police and others who have extended their cooperation in making this event possible at this venue.

This year, as we were counting down to the 11<sup>th</sup> IDY, the Embassy of India organized a series of events to spread the good word about yoga and create a buzz around this landmark celebration. To mark 75 days to IDY, on 07<sup>th</sup> April, a yoga event was organized in collaboration with VDA Diamonds LLC in Abovyan; to mark 50 days, on 2<sup>nd</sup> May, I organized “*Yoga for Women’s Health*” at my residence for all women Ambassadors, diplomats and Heads of International Organizations in Yerevan; at 25 days to IDY, on 27<sup>th</sup> May, we organized an event at the Embassy along with the India-Armenia Friendship NGO. To film a picturesque curtain raiser video, we headed to the shores of Lake Sevan on 31<sup>st</sup> May where our Yoga Teacher, Ms. Svetlana Avagyan and her dedicated team of yoga experts performed the very taxing “*Vinyasa Flow*” yoga exercises. I am sure that those who are interested in yoga and its intrinsic values, would have been following us on our social media pages.

Friends,

Yoga in Sanskrit means addition or bringing together. Yoga embodies unity of body, mind and soul, thought and action, a holistic approach which is invaluable for our health and our well-being. Yoga is not just about exercise, it is a way to discover the sense of oneness with yourself, the world and nature. By celebrating the International Day of Yoga together, we celebrate our common

humanity. We are recognizing that we have shared bonds. We are also acknowledging our sense of a shared global destiny. The theme for this year is **“Yoga for One Earth One Health”**. Yoga enhances our quest for a healthier planet. It has emerged as a force for unity and deepens the bonds of humanity.

Like in the past, today, we will be performing Yoga exercises from the Common Yoga Protocol. I do hope you enjoy performing these exercises and feel fresh and energized! Please join us for some healthy refreshments after the event.

Thank you! Shat shnorakalem! Namaskar, Jai Hind!

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**21 June 2025**