Embassy of India
Yerevan
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Welcome Speech at the 12th International Day of Yoga

[21 June 2026, Yerevan]

- Your Excellency Mr. Artur Martirosyan, Deputy Minister of Education, Science, Culture & Sports,
- Members of the Diplomatic Corps,
- Yoga practitioners and enthusiasts,
- Dear Friends!

Barev dzez and Namaskar! Vokchuine bolorine! Bari galust!

Let me warmly welcome you all to this wonderful and colourful celebration of the 12th International Day of Yoga at this iconic venue in Yerevan! This year marks the 12th edition of the IDY celebrations under the relevant and pertinent theme of, *"Yoga for Healthy Ageing"*!

Friends,

2. Over the past decade, Yoga has emerged as a global movement for health, harmony and human connection. Across cultures and societies, it has inspired millions to embrace a more balanced and mindful way of life. More than a practice for physical fitness, Yoga is a timeless philosophy that nurtures harmony between body, mind and spirit, while fostering a deeper connection with nature. As people across the world aspire to live longer, healthier and more fulfilling lives, ensuring healthy and dignified ageing has become a shared global priority. The growing burden of lifestyle-related ailments further underscores the importance of preventive healthcare and holistic well-being. In this context, the theme *"Yoga for Healthy Ageing"* holds special significance. Through regular practice, Yoga strengthens physical vitality, enhances mental resilience and fosters emotional balance, enabling people to lead healthier, more active and fulfilling lives.

3. Beyond personal well-being, Yoga offers a broader vision for humanity. In an age marked by rapid technological change, rising stress and social

fragmentation, Yoga provides a pathway to inner balance and harmony. It encourages mindful and sustainable living, while deepening our collective sense of responsibility towards one another and the planet.

4. Like last year, the Embassy organized several yoga events in the run-up to the 12th IDY. Amongst them was a mass Yoga session which took place at the Vazgen Sargsyan Military Academy on 12th June in which more than 180 young cadets took part. We are indeed very happy to have introduced Yoga to the Armenian defence forces. This year, we shot our Curtain Raiser Yoga Video at the Zvartnots Historical and Cultural Reserve Museum on the 31st of May. Let me express my gratitude to the Government of Armenia for extending support and cooperation in this regard. I also organized a Yoga session dedicated to Women's Health for women Ambassadors and Heads of Missions at my residence earlier this week. It is heartening to see Yoga being embraced by many people in Armenia, both young and old. I have been meeting Yoga teachers and instructors in Armenia to know about their fascinating journey and experiences.

5. Before starting our Yoga session, I would like to thank the Ministry of Education, Science, Culture and Sports and the Deputy Minister, Mr. Artur Martirosyan for kindly gracing the occasion as our Chief Guest. Our thanks are also due to the Ministry of Foreign Affairs, Yerevan Municipality, the local Police and others who have given their whole-hearted cooperation in making our event possible today.

6. To make this day memorable, please do take advantage of our selfie point to take selfies! Please relax and enjoy the Yoga session! Let me now invite Mr. Martirosyan to deliver his remarks.

Namaskar, Jai Hind, Shnorakalutyun!

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