

Embassy of India

Santiago

Draft Remarks of Ambassador Abhilasha Joshi on the occasion of the International Day of Yoga 2025 at the Municipal Gym, Paul Harris Sur 701, Las Condes, Santiago on Saturday, 21 June 2025 at 1100 hrs

Honorable Deputy Hernán Palma Pérez,

Dear members of Diplomatic Corps,

Dear Friends, Yoga Enthusiasts,

Ladies and Gentlemen,

Namaste and buenos días.

It is my great honor and privilege to welcome you this morning to the grand celebration of the **International Day of Yoga 2025**, here at the beautiful **Municipal Gymnasium** of Las Condes.

At the outset, I extend my deepest gratitude to Mayor **Catalina San Martín Cavada** and the **Municipality of Las Condes** for once again generously offering this excellent venue. Over the past years, Las Condes has graciously hosted and supported the Embassy's celebrations of this important day alongside other cultural events- thus, making it accessible to a wider Chilean and Indian community in Santiago. Your enduring support reflects the warmth of India-Chile friendship and the growing bonds between our peoples.

I would also like to specially acknowledge the presence of **Deputy Hernán Palma Pérez**, with his team comprising of yoga instructors from his commune. Your participation today reflects the growing resonance of yoga across different parts of Chile and the shared value we place on wellness and holistic living.

I also take this opportunity to sincerely thank the **Indian Council for Cultural Relations (ICCR)** and the **Ministry of Ayush**, Government of India, for their unwavering support in organizing this celebration.

Excellency and Friends,

We are also happy to associate ourselves for today's event with practitioners from **Anadi School of Yoga** whose skilled instructors have inspired many in Chile to embrace Yoga, the **Chilean Academy of Yoga** for their continued collaboration in spreading Yoga's universal message, **Yoga WT Chile** for their continuous work in this area of promoting the wellness and the **Brahma Kumaris** for reminding us of Yoga's spiritual essence, that is, inner peace and harmony for guiding us through today's beautiful sessions.

Excellency and Friends,

In **2014**, the **United Nations General Assembly**, with the overwhelming support of **177 nations** including Chile, adopted June 21st as the International Day of Yoga. During this historic occasion, the Prime Minister of India **Shri Narendra Modi** stated at the United Nations that "**Yoga is an invaluable gift of ancient Indian tradition. It embodies unity of mind and body; thought and action; harmony between man and nature.**" Since then, Yoga has become a global movement, transcending borders, cultures and languages — uniting humanity through mindfulness, wellness and harmony.

This year's global theme, "**Yoga for One Earth, One Health**", resonates deeply with our times. Yoga reminds us that personal health and planetary health are deeply interwoven. As we face growing global challenges, yoga offers us a path to physical strength, emotional resilience, mental clarity and inner peace — qualities much needed in our interconnected world.

Excellency and Friends,

It gives me immense satisfaction that in the lead up to today's grand event, the Embassy has organized **several Curtain Raiser activities** across Chile- from the stunning coastlines of **Iquique** to the historic chambers of the **National Congress in Valparaíso**- bringing the message of Yoga to diverse audiences. These events have not only celebrated India's rich cultural traditions but also further strengthened the growing cultural ties between India and Chile.

Excellency and Friends,

This year's celebrations are especially meaningful as they come shortly after the highly successful State Visit of **President Gabriel Boric** to India - a landmark visit that has opened new pathways of cooperation across trade, technology, education, science, and most importantly, culture. Cultural exchange remains a vital pillar of India-Chile relations, and yoga is one of its finest ambassadors.

In India, yoga complements our ancient traditions such as Ayurveda and holistic medicine, which offer comprehensive approaches to wellness that are now being increasingly embraced globally. Chile's recognition of these

traditions — most notably in declaring **4th November** as its **National Day of Yoga** — is a reflection of our deepening cultural friendship.

Excellency and Friends,

Today's event will culminate with a **vibrant Indian cultural dance performance**, offering you a glimpse into India's rich artistic heritage. Just as yoga balances body and mind, Indian classical and folk dances bring together rhythm, movement and expression, reflecting the same philosophy of harmony through art.

I extend my heartfelt thanks to all our partners who have been associated with our Curtain Raiser Events in buildup to this momentous occasion, yoga and meditation instructors of today, community members, volunteers and participants who made today's celebration possible. Your enthusiasm reaffirms the enduring and growing friendship between India and Chile, built on trust, mutual respect and shared values.

Let us together make this International Day of Yoga 2025 not just a one-day event but a continuing commitment to holistic well-being- individually, socially and globally.

Viva la amistad entre India-Chile. (Long live the friendship between India and Chile)

Muchas gracias. Dhanyavaad. Namaste.