

**REMARKS BY H.E. BISHWADIP DEY, HIGH COMMISSIONER OF INDIA TO  
THE UNITED REPUBLIC OF TANZANIA ON THE OCCASION OF THE 11TH  
INTERNATIONAL DAY OF YOGA IN DAR ES SALAAM**

- Hon. Dr. Steven Kiruswa, Deputy Minister of Minerals,
- Your Excellencies Ambassadors, High Commissioners, and Heads of International Organization present today,
- Government officials and members of the diplomatic corps present here,
- Distinguished guests, members of the Indian and Tanzanian community,
- My colleagues from the High Commission of India,
- Ladies and Gentlemen;

Habari za Asubuhi and Good morning!

Namaste,

I am immensely pleased to welcome you to the celebration of the 11<sup>th</sup> anniversary of the International Day of Yoga in Dar es Salaam.

Firstly, let me thank each one of you for making it here early in the morning, which speaks volumes about the popularity of Yoga in Tanzania. Eleven years ago, with the vision of our Prime Minister, Shri Narendra Modi, the International Day of Yoga started to be celebrated worldwide. Yoga has its roots in the traditional Indian system and represents the unity of body and soul.

Through yoga practice, we seek holistic health and spread the message of togetherness. This year, the 11<sup>th</sup> IDY is being celebrated in cities other than Dar es Salaam in Tanzania. These cities include distant regions like Arusha, Dodoma, Lindi, Mwanza, Morogoro, Tanga, Tabora, Bagamoyo, and Mbeya.

These Yoga activities have helped unite families, neighbourhoods, societies, and countries, sending a powerful message of maintaining harmony within oneself, with each other, and the external world through physical, mental, and spiritual well-being.

On this note, let me recognise the **Buvavani Primary School, Maunda Centre and Malaika kids, Kingani School, Hindu Mandal School, students from Mbagala, Indian School Dar es Salaam, Kampala International University of Tanzania, St. Joseph's University, Tanzania Kabaddi Association, Tramepro – Organisation of Traditional Medicine of Tanzania, the Wasafi Jogging Club, Azam Football Club, Tanzanian Police Academy**, participants from Different Yoga Institutes and other Tanzanian organisations, students and friends from Tanzania. Special mention goes to the participants joining us today from outside Dar es Salaam - **The Margery Kuhn primary & secondary school from Bagamoyo**, and **Ms. Darshana and her team** who have travelled from Tanga overnight only to participate in today's yoga session early this morning.

I also thank Hon. **Dr. Steven Kiruswa**, Deputy Minister of Minerals, for gracing this occasion with his presence today. I also thank my diplomatic colleagues for joining us this morning for yoga.

Ladies and Gentlemen, with these words, I hope you will join me in what I am sure will be an energizing, relaxing, and blissful yoga session.

Thank you! Asante Sana!

**21.06.2025**

**Dar es Salaam**