

Speech by Ambassador on the Occasion of the 11th
International Day of Yoga-2025

Namaste, Buen Dia.

Subsecretary of International Relations of the Government of the City of Buenos Aires Mrs. Ana Ciuti, Distinguished Guests, Yoga Teachers, Students, Friends of India, Ladies and Gentlemen,

2. I would like to acknowledge the support received from the Vice Governor of Catamarca, Ruben Roberto Dusso, in the International Day of Yoga 2025. It gives me immense pleasure to be back in this beautiful city after 20 years and to engage with all of you. During my previous stay, I experienced the great admiration that Argentinians have for Indian culture, philosophy, spiritualism, and Yoga. The love, warmth, and kindness I received from the people here made me want to return to this charming city. I am amazed by the vast potential and opportunities for cooperation that exist between our two countries. With that warmth in mind, I welcome you all to the celebration of the 11th International Day of Yoga and the Festival of India.

3. This year, we are celebrating the momentous event under the theme of "Yoga for One Health, One Earth," which highlights Yoga's vital role in promoting holistic well-being and environmental harmony. I thank each one of you for joining us today and for being part of this global celebration of health, harmony, and inner peace. In line with this theme, the Government of India is organizing a week-long event called Yoga Bandhan, inviting people from around the world, resonating with India's core philosophy of "Vasudhaiva Kutumbakam," which translates to "The world is one family." In this significant event, Argentina is represented by none other than the President of the India-Argentina Parliamentary Friendship Group, Deputy Ms. Rocio Bonacci.

4. Argentina has warmly embraced Yoga, with over 70 schools dedicated to teaching its values and traditions. Yoga has evolved into a significant spiritual movement across the country, evident in the vibrant neighborhoods of Buenos Aires as well as in the tranquil areas of Córdoba and Mendoza. Argentines practice Yoga not only for its physical benefits but also to calm their minds and nurture their spirits. I am impressed to learn that many Argentines travel to India in search of a deeper understanding, visiting cities like Rishikesh and Varanasi and visiting spiritual centers in the states of Kerala and Karnataka, and returning transformed by the depth and warmth of Indian spirituality.

5. In a similar vein, your football World Cup victory in 2022 was celebrated in India on a scale that probably surpassed the celebrations in Argentina. Countless Indians idolize Maradona and Messi.

6. I would like to quote the Honourable Prime Minister of India, Shri Narendra Modi, on Yoga. He stated these words when India proposed the idea of the International Day of Yoga at the United Nations in 2014: "Yoga is an invaluable gift of ancient Indian tradition. It embodies the unity of mind and body, thought and action — a holistic approach to health and well-being." This message has resonated around the world, and since 2015, June 21st has become a day when millions gather in parks, public spaces, and homes to celebrate International Yoga Day.

7. Let me take a moment to highlight a definition from the great sage Patanjali in the Yoga Sutras: "योगश्चित्तवृत्तिनिरोधः" (Yogaścitta-vṛtti-nirodhaḥ), which translates to "Yoga is the cessation of the fluctuations of the mind." Through the practice of Yoga — not just the asanas, but also pranayama (breath control), dhyana (meditation), and the yamas and niyamas (ethical disciplines) — one can transcend the noise of the outer world and journey inward, discovering the inner light. This divine experience is crucial in a time when the world faces stress, anxiety, and

conflict. Yoga reminds us to return to our inner center to cultivate peace within.

8. I would like to emphasise that Yoga offers significant benefits over allopathic medicines by providing a holistic, nonpharmacological approach that addresses both mind and body. Unlike allopathic treatments that often focus on symptom relief, yoga works to reduce stress, improve mental health, enhance physical function, and regulate the autonomic nervous system, which supports heart health and immunity. It is effective in managing chronic conditions like low-back pain, arthritis, hypertension, diabetes, and mental health disorders by promoting discipline, better lifestyle habits, and emotional balance.

9. Yoga also complements modern medicine by improving patients' adherence to treatment regimens and reducing reliance on medications, especially for chronic diseases. Its therapeutic effects extend to improving cardiovascular function, respiratory health, and overall well-being, making it an invaluable adjunct to allopathic care rather than a competitor

10. The love and respect that the people of Argentina have shown towards Indian culture — whether it be Yoga, Ayurveda, Indian classical music, or philosophy — is profoundly moving. It reflects our shared search for truth, peace, and inner freedom. I am glad that I will have the opportunity to experience this personally as Ambassador of India.

11. I would like to thank all the yoga schools, instructors, volunteers, and practitioners across Argentina for their dedication. You are the ambassadors of India's spiritual heritage, and we take great pride in sharing this ancient wisdom with you.

Let us remember the guiding prayer of Yoga: “लोकाः समस्ताः सुखिनो भवन्तु” – “May all beings in all worlds be happy.”

Dhanyavaad. Gracias.

Jai Hind. Vande Mataram.