

**Ambassador's Remarks at the celebrations of
the 12th International Day of Yoga**

(Ashgabat, 21 June 2026)

*Deputy Minister of Healthcare and Industry of Turkmenistan H.E.
Mr. Azat Ovezov, Members of the Diplomatic Corps, Excellencies,
Ladies and Gentlemen,*

Namaste, Good Morning. Ertiriniz hayyrly bolsun!

It is my pleasure to welcome you all to the celebrations of the 12th International Day of Yoga, in the beautiful white marble city of Ashgabat. I would like to thank the Deputy Minister of Healthcare and Industry for his gracious presence in today's event.

2. As you know, Yoga in Sanskrit language means “*to join or to unite*”. Yoga originated thousands of years ago in ancient India, as a holistic system of wellbeing, with an emphasis on the unity of body and soul. You would recall that at the initiative of Prime Minister of India H.E. Mr. Narendra Modi, the United Nations General Assembly had adopted a resolution in 2014, deciding to mark 21 June every year as the International Day of Yoga. The theme for this year's celebrations “*Yoga for Healthy Ageing*” reflects the role of Yoga in maintaining the physical and emotional health of the individuals as they grow older. By combining gentle stretching and breathing exercises and by bringing together people from different walks of together, Yoga promotes not only healthy ageing but also peace and harmony in an increasingly turbulent world. In this context, I would like to thank the Government of Turkmenistan for its strong support for the promotion of Yoga across all the regions of the country. I take this opportunity to encourage the people of Ashgabat to benefit from the free classes of Yoga being conducted daily at the Embassy of India as well the “*Yoga and Traditional Medicine Centre*” located right here in Ashgabat.

3. I would like to conclude by reaffirming that India considers Turkmenistan as a close partner in its Extended Neighborhood, with which India shares millennia old bonds of friendship and people-to-people linkages. In line with the ancient Indian philosophy of “Vasudhaiva Kutumbakam (*World is one Family*)”, India stands ready to share its developmental experience and expertise as per the needs and priorities of Turkmenistan, without any ulterior motive. I am confident that the India-Turkmenistan partnership will go from strength to strength in the coming days, under the leadership of Prime Minister Narendra Modi and the President of Turkmenistan as well as the National Leader of the Turkmen People. Once again, warm greetings to all, on the occasion of 12th International Day of Yoga. Sag bolun!
