



**High Commission of India  
Suva**

**11<sup>th</sup> International Day of Yoga (21 June)  
Press Release**

The High Commission of India in Suva and the Swami Vivekananda Cultural Centre (SVCC) celebrated the 11th International Day of Yoga (IDY) on 21 June 2025 (Saturday) with Yoga demonstration at the iconic Grand Pacific Hotel (GPH) in Suva. The event was graced by the Hon'ble Biman Prasad, Deputy Prime Minister and Minister for Finance, Strategic Planning, National Development and Statistics as Chief Guest.

In December 2014, the United Nations General Assembly had on the initiative of India, declared June 21, as the International Day of Yoga. Prime Minister Narendra Modi unveiled the theme for IDY2025 as "*Yoga for One Earth, One Health*", emphasizing India's vision of promoting global well-being through yoga. The Prime Minister stated in his unveiling of the theme, "*We wish to make the whole world healthy through yoga*," highlighting India's commitment to fostering a healthier global population by embracing the holistic benefits of yoga.

Hon'ble Deputy PM Biman Prasad in his address underscored the importance of yoga as a powerful tool for harmony of body, mind, and spirit—especially in today's fast-paced, stressful world. He emphasized yoga's simplicity, inclusivity, and accessibility, noting its potential to support mental resilience, preventive health, and sustainable living. Aligning with this year's theme, "One Year, One Health," the Deputy Prime Minister highlighted yoga's role in fostering a deeper connection with nature and promoting Pacific values of environmental stewardship. He also acknowledged the Indo-Fijian community for introducing yoga to Fiji, calling it a cultural bridge between Fiji and India and a symbol of shared global values like peace, unity, and inner strength. He acknowledged and thanked the High Commission of India in Fiji for their efforts in promoting yoga and creating awareness about its benefits across the nation.

High Commissioner Suneet Mehta in his welcome expressed gratitude to the Honourable Deputy Prime Minister of Fiji and yoga enthusiasts present — a reflection of the strong India-Fiji ties and shared dedication to holistic well-being. He stated the event highlighted Yoga's role as a unifying and transformative practice that extends beyond individual health, addressing global challenges such as mental health, climate change, and social discord. High Commissioner Mehta praised Fiji's growing embrace of Yoga in schools and communities, as well as the recently inaugurated Yoga Centre in Seaqaqa. With appreciation extended to the Fijian Government and the Indian diaspora for their support, the celebration underscored Yoga's power to foster unity, peace, and a sustainable future under the guiding principle of Vasudhaiva Kutumbakam – "The world is one family."

The International Day of Yoga (IDY) celebration at the Grand Pacific Hotel (GPH) brought together approximately 200 yoga enthusiasts, including senior dignitaries, members of the diplomatic corps, government officials, representatives of Indian diaspora organizations, and notable leaders from the business community. In the lead-up to the main event, the Swami Vivekananda Cultural Centre (SVCC) conducted pre-IDY activities across eight schools and two diaspora organizations, facilitating a total of 40 yoga sessions. While the main event was held in Suva, the High Commission ensured the spirit of IDY 2025 resonated throughout the region. In Fiji, additional events were held in Nadi, Labasa, Lautoka and Rakiraki. Beyond Fiji's borders, the High Commission also organized IDY commemorations in Tarawa, Kiribati, and Nuku'alofa, Tonga—both of which are observing the occasion in unison with Fiji.

**21 June 2025  
Suva**