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## **Press Release**

### **11th International Day of Yoga 2025**

A vibrant and widespread celebration of the 11th International Day of Yoga (IDY) 2025 was successfully organized by the Embassy of India across Myanmar. Aligning with the theme of "Yoga for One Earth, One Health", our Swami Vivekanand Cultural Centre held a series of 15 yoga events in Yangon and Naypyitaw from April to June 2025, in addition to similar celebrations by our Consulates in Mandalay and Sittwe, reaching diverse communities and reinforcing the universal relevance of yoga.

2. The IDY 2025 celebrations commenced on 7 April 2025 at our SVCC India Centre, and culminated with two finale events, one each in Naypyitaw at the Maravijaya Buddha Statue (20 June 2025) and in Yangon at the Thuwunna National Indoor Stadium (21 June 2025). Nearly 700 participants took part in the IDY 2025 finale at Yangon's Thuwanna Stadium today.

3. Yoga demonstrations, guided sessions, and thematic discussions were also held by our yoga teachers and local instructors from prominent yoga centres, in addition to a television talk show on yoga.

4. Overall, more than 3,000 participants across various walks of life participated in our IDY 2025 yoga sessions. Our sessions witnessed the esteemed presence and enthusiastic participation of senior Myanmar dignitaries, including Member SAC Gen. Nyo Saw and Deputy PM & Foreign Minister U Than Swe and several Deputy Ministers, as well as senior government officials, members of the diplomatic corps, friends of India, youth, students, school children, professionals, Indian community and the media, further strengthening our cultural bonds and outreach in Myanmar.

5. A list of our IDY 2025 events is attached. Ambassador Abhay Thakur received the respective Chief Guests and dignitaries at the sessions in Naypyitaw on 15 June and 20 June, as well as at the sessions on 5 June and 21 June 2025 in Yangon.

6. Successful conduct of IDY sessions at leading and iconic locations like the Thatta Thattaha Maha Bawdi (Maha Bodhi) Pagoda and the Maravijaya Buddha in Naypyitaw, as well as the Thuwanna Stadium, Mahabandoola Park, Kandawgyi Park and People's Park in Yangon reflected the strong support of Myanmar



authorities to IDY 2025, and our deepening cultural and spiritual ties with Myanmar.

7. An eco-friendly Yoga session at the Mahabandoola park coinciding with World Environment Day on 5 June 2025, and engagement with youth and children at special camps for them, were especially dedicated to the theme "Yoga for One Earth, One Health".

**Schedule and Details of IDY 2025 Yoga Events**

<b>S. No.</b>	<b>Date</b>	<b>Venue</b>	<b>Chief Guest</b>	<b>Approx. Attendance</b>
1	07.04.2025	India Centre, SVCC	-	120
2	02.05.2025	Kandawgyi Lake	-	110
3	20.05.2025	Na Mo Yoga	-	80
4	27.05.2025	People's Park	-	120
5	30.05.2025	Smile Yoga	-	90
6	03.06.2025	Moon Yoga	-	85
7	05.06.2025	Mahabandoola Park	-	100
8	07.06.2025	People's Park	-	120
9	08.06.2025	Kandawgyi Lake	-	120
10	14.06.2025	StarCity, Thanlyin	-	200
11	15.06.2025	Thatta Thattaha Maha Bawdi Pagoda, Nay Pyi Taw	H.E. U Than Swe, Deputy Prime Minister and Union Minister of Foreign Affairs	250
12	17.06.2025	Rithanya Yoga Camp (Yoga for Kids)	-	130
13	20.06.2025	Maravijaya Buddha Statue, Nay Pyi Taw	H.E General Nyo Saw, Member of the State Administration Council	350
14	21.06.2025	Thilawa Port, Yangon	Rear Admiral Thein Htoo	200
15	21.06.2025	Thuwunna National Indoor Stadium	H.E. Mr. Zin Min Htet, Deputy Minister for Sports & Youth Affairs	700

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**Yangon, 21 June 2025**