

High Commission of India  
Kuala Lumpur

11th International Day of Yoga Celebrations  
with the theme ‘Yoga for One Earth, One Health’

**Media Handout**

The High Commission of India and the Netaji Subhas Chandra Bose Indian Cultural Centre (NSCBICC), Kuala Lumpur, in collaboration with several partner organisations held the 11th International Day of Yoga 2025 commemorative yoga session at the iconic Batu Caves Complex in Kuala Lumpur on Saturday, 21st June 2025.

2. H.E. Dato’ Dr. Nagulendran K, Secretary General, Ministry of Youth and Sports representing the Hon’ble Minister of Youth and Sports, joined as the Chief Guest of Honour at the event and delivered a m special address on the occasion.

3. Delivering the special address on this occasion, HE.Dato’ Ts Dr.Nagulendran, Secretary General, Ministry of Youth and Sports, shared that the theme for this year’s IDY 2025 “Yoga for One World, One Health” is the need of the hour and resonates with the current world situation. He also informed the participants that yoga has now been recognized legally as one of the sports by Government of Malaysia. He also commended the role of High Commission of India and Netaji Subhas Chandra Bose Indian Cultural Centre in promoting yoga among schools, universities and among all walks of life and making it an integral part of everyone’s lives.

4. H.E. Mr B.N. Reddy, High Commissioner of India welcomed about 1200 Yoga enthusiasts, including Ambassadors/High Commissioners and members of diplomatic corps in Malaysia, senior Government officials, NGOs, members of various community, cultural and yoga associations, members of Indian diaspora, and school children. High Commissioner Mr Reddy elaborated the

importance of Yoga in the context of this year's theme; "Yoga for One Earth, One Health", and also thanked the Govt of Malaysia, various Malaysian partner organizations and Yoga enthusiasts for their continued support to Yoga in Malaysia. He also highlighted the growing popularity of yoga in Malaysia across the age groups and its wider integration into wellness, physical as well as mental health programs.

5. A 40-minutes yoga session was conducted as per the Common Yoga Protocol (CYP) by Yoga Instructors supported by Mr Sandeep Wankhade, Yoga Teacher at the Netaji Subhas Chandra Bose Indian Cultural Centre. The Yoga asanas demonstrated were well received.

6. The International Day of Yoga (IDY) is celebrated across the world annually on June 21, following its adoption by the United Nations in 2014. The first International Yoga Day was celebrated in 2015 across the world. 11th edition of International Day of Yoga was commemorated this year under the theme: 'Yoga for One Earth, One Health'. For an individual, Yoga promotes oneness of mind, body and soul. And for the society at large, it brings harmony between humanity and nature.

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