

**High Commission of India
Kuala Lumpur**

12th International Day of Yoga Celebrations in Kuala Lumpur

PRESS RELEASE

High Commission of India and Netaji Subhas Chandra Bose Indian Cultural Centre (NSCBICC), Kuala Lumpur, organised the 12th International Day of Yoga (IDY) at SSU Kelab Aman, Kuala Lumpur, on Sunday, 21 June 2026 under the theme of '*Yoga for Healthy Ageing*'.

2. YB Senator Puan Saraswathy Kandasami of Malaysia graced the event as the Chief Guest and delivered special address. Mr. Hitesh Rajpal, Charge d'Affaires a.i. (Cd'A a.i.) of the High Commission, presided over the event and delivered welcome address.

3. In his welcome address on the occasion, Cd'A a.i. elaborated on the evolution of IDY celebrations over the years, starting under the vision and initiative of Hon'ble Prime Minister of India Shri Narendra Modi and leading to a movement in Malaysia in the last 12 years, highlighting the increasing global embrace of Yoga. He highlighted the importance of Yoga in promoting physical, mental, and spiritual well-being. He also emphasised the deep resonance of Yoga among Malaysians from all walks of life and thanked the Government of Malaysia, various Malaysian partner organisations and Yoga enthusiasts for their continued practice of Yoga in Malaysia.

4. Delivering her special address on the occasion, YB Senator Saraswathy Kandasami highlighted Yoga's role in fostering a healthier and more productive society and encouraged participants to incorporate Yoga into their daily lives for overall wellness and harmony. She also commended the efforts of the High Commission for promoting awareness on the benefits of Yoga and inspiring community participation in large numbers every year.

5. The IDY celebration witnessed the participation of over 1,100 Yoga enthusiasts including members of diplomatic corps, international organisations, senior officials, heads and members of various Indian community / cultural associations, yoga organisations, schools in Malaysia, media, Malaysian nationals and members of Indian diaspora. The event was also attended by the Indian Muaythai contingent led by the Secretary General of the United Muaythai Association of India (UMAI), who are currently in Malaysia for the World Muaythai Championship in Kuala Lumpur, highlighting Yoga's role in promoting physical fitness, mental discipline, resilience, and overall well-being among athletes.

6. The celebrations included a 40-minutes yoga session for the participants, conducted by Yoga instructors, as per the Common Yoga Protocol of Ministry of AYUSH, Government of India. The *Yoga Asanas* were performed by the participants and were well received.

7. IDY is celebrated across the world annually on 21 June, following its adoption by the United Nations in 2014. The first IDY was celebrated in 2015 across the world. 12th edition of IDY is being commemorated this year under the theme: '*Yoga for Healthy Ageing*'.

Kuala Lumpur
21 June 2026