

12th International Day of Yoga at Manthabiseng Convention Centre,
Maseru, Kingdom of Lesotho (28 June 2026)

**(Remarks by the High Commissioner of India to South Africa, concurrently
accredited to the Kingdom of Lesotho)**

My respects to His Majesty, the King, Letsie III, Prime Minister, Deputy Prime Minister, Honourable Ministers of the Kingdom of Lesotho, Minister of Trade, Industry and Business Development, Mr. Motlatsi Maqelepo, Minister of Labour and Employment Mr. Ts'eliso Mokhosi, First Secretary, Dr. Sona Soman and other officials from the High Commission of India, distinguished representatives of the Government of the Kingdom of Lesotho, Honorary Consul of India in Lesotho, President and office bearers of the Indian Association of Lesotho, yoga instructors and practitioners, ladies and gentlemen.

Dumelang. Good morning to you all.

It is my great pleasure to convey greetings and join you today in celebrating the **12th International Day of Yoga** here in the beautiful Kingdom of Lesotho.

The International Day of Yoga has grown into one of the largest global movements dedicated to promoting physical, mental, and emotional well-being.

As we celebrate this year's theme, "**Yoga for Healthy Ageing**," we are reminded that yoga is for everyone, regardless of age or ability. Through movement, breathing exercises and meditation, yoga strengthens the body, calms the mind and promotes emotional resilience. It helps improve flexibility, balance and overall physical health while reducing stress and enhancing mental well-being. These benefits closely align with the **objectives of the WHO Decade of Healthy Ageing (2021-2030)**, which seeks to enable people to live healthier, more independent and fulfilling lives.

Ladies and Gentlemen,

I would also like to highlight the **Indian Technical and Economic Cooperation (ITEC) Programme**, the Government of India's flagship capacity-building initiative, which provides fully funded professional training opportunities for participants from partner countries across a wide range of sectors.

Earlier this year, **eight participants from the Kingdom of Lesotho** were sponsored by the Government of India under the ITEC Programme to attend the **Special Training Programme for Yoga Trainers** at the Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA) in India. We are delighted that they have returned with valuable knowledge and practical skills, enabling them to promote yoga and healthy lifestyles within their communities. It is especially heartening that one of today's yoga instructors is among these ITEC alumni. We are honoured to have her co-lead today's session and share the knowledge, experience, and skills she acquired during her training in India. Her

presence is a testament to the enduring impact of the ITEC Programme.

Subject to sufficient demand, an additional customised yoga course may also be organised later this year to accommodate more participants. Interested applicants are encouraged to submit their applications through the ITEC Portal.

As we gather here today in the Kingdom of Lesotho, let us remember that yoga is a bridge between cultures, a pathway to well-being, and a powerful reminder of our shared humanity. May it continue to inspire us to embrace healthier lifestyles, cultivate inner peace and contribute to more compassionate and harmonious societies.

Let me also take this opportunity to inform you about the appointment of Hon. Consul Mr. Biju, a representative of Government of India in the Kingdom of Lesotho.

Let's carry forward the timeless message of yoga. **"Unity over division, harmony over discord, and well-being for all."**

I wish you all a meaningful and enriching International Day of Yoga 2026.

Thank you. Kea leboha. Namaste.
