

**High Commission Of India
Pretoria**

PRESS RELEASE

12th International Day of Yoga Event (IDY 2026) in Maseru, Lesotho

12th International day of Yoga was organized in Kingdom of Lesotho at Manthabiseng Convention Centre in Maseru on Sunday, 28th June 2026 from 10.30 am to 12.30 pm. The event was organized in collaboration with Indian Association of Lesotho. Minister of Trade, Industry and Business Development of Lesotho Honourable Mr. Motlatsi Maqelepo and Minister of Labour and Employment of Lesotho Honourable Ts'eliso Mokhosi graced the event as Chief Guest and Guest of Honour respectively. The event drew a large and diverse gathering of over 220 participants, including senior government dignitaries, members of the Indian diaspora, Lesotho nationals, PIOs and yoga enthusiasts of all ages.

2. The event started with welcome remarks by Mr. Biju Abraham Korah, Honorary Consul of India to Kingdom of Lesotho. Mr. Korah stressed on the importance of Yoga and how it helps in holistic wellness.

3. In his key note address, the High Commissioner of India to South Africa, concurrently accredited to Lesotho, H.E Mr. Prabhat Kumar highlighted the benefits of yoga and the landmark 2014 UN General Assembly adoption, proposed by Prime Minister Narendra Modi and co-sponsored by 177 nations including Lesotho. He also underscored its contribution to global health and harmony and benefits for healthy ageing.

4. Highlighting strong bilateral ties, the High Commissioner underscored the impact of India's fully funded Indian Technical and Economic Cooperation (ITEC) training programme for yoga teachers, wherein 9 participants from Lesotho attended. High Commissioner also encouraged the participants to apply for the Special Training Programme for Yoga Trainers. He warmly encouraged professionals and youth to actively apply for the upcoming Special Training Programme for Yoga Trainers.

5. The Minister of Trade, Industry and Business Development Honourable Mr. Motlatsi Maqelepo, extended his warm congratulations to the High Commissioner and the Indian community for organizing the successful event, noting that the global adoption of Yoga reflects its universal appeal. Acknowledging India's recognized leadership in enterprise development, Minister Maqelepo called for a strategic expansion of bilateral cooperation in the fields of entrepreneurship and manufacturing. He invited Indian businesses to partner with local stakeholders in infrastructure development, including the establishment of manufacturing units, factories, commercial centers, and hospitality projects. Highlighting existing collaborations in social infrastructure, such as the education sector, the Minister emphasized the need to leverage the strong foundation of cultural and wellness initiatives to drive substantive, long-term economic and industrial partnerships between India and Lesotho.

6. A 45-min yoga session as per the common protocol was organized, led by local trainers from Lesotho, Ms. Lerato Hillary Denteh and Ms. Relebohile Shano (an esteemed ITEC Alumnus). Participants enthusiastically performed guided yoga asanas, breathing techniques, and meditation exercises under their expert supervision.

7. In recognition of exemplary practice, a Prize Distribution ceremony was held towards the conclusion of the event, wherein the top four yoga participants of the day were honored for their dedication and passion for yoga.

8. The official programme concluded with a Vote of Thanks by Salman Mohamed, Vice-President of Indian Association, Lesotho. The event was well received by the diaspora members, yoga practitioners and a testimony of yoga's increasing popularity in Lesotho.

Maseru

28 June 2026