

**Embassy of India,**

**Thimphu**

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**Press Release**

**Celebration of International Day of Yoga 2025 in Thimphu**

The Embassy of India, Thimphu joined the Royal Government of Bhutan in celebrating the International Day of Yoga (IDY) 2025 at the Royal Textile Academy, Thimphu on 21 June 2025. Theme of the 11th edition of IDY was 'Yoga for One Earth, One Health. Hon'ble Lyonpo Tandin Wangchuk, Health Minister, Royal Government of Bhutan, graced the occasion as the Chief Guest.

2. Over 400 yoga enthusiasts from various sections of the society, including Hon'ble Ministers of Foreign Affairs and External Trade, Home Affairs, Agriculture and Livestock; Education and Skill Development, Members of Parliament of Bhutan, government officials, yoga enthusiasts, diplomatic corps, and members of the Indian community joined the IDY celebrations.

3. In his address to the IDY participants, Hon'ble Health Minister commended India's role in promoting yoga globally and its contribution to a healthier society. Ambassador of India to Bhutan, H.E. Mr. Sudhakar Dalela, highlighted the transformative impact of yoga, emphasizing its benefits in maintaining physical, mental and spiritual well-being, and for attaining harmony and inner peace. Ambassador Dalela thanked the Royal Government of Bhutan for their collaboration in organising the International Day of Yoga celebrations in Thimphu and across Bhutan.

4. The Common Yoga Protocol was conducted by yoga master Dr. Vijay Kumar Singh. Hon'ble Health Minister and Ambassador Dalela presented the awards to the winners of the yoga asana competition organized by the Embassy and felicitated yoga instructors and volunteers who contributed to the success of IDY 2025 in Bhutan.

5. In the run-up to IDY 2025, the Embassy had organized over twelve special yoga sessions during the month of May and June 2025, in association with Druk School, Lungtenzampa Middle Secondary School, Draktsho Vocational Training Centre for Special, Children and Youth, Bhutan Olympics Committee, Desuung Skilling Programme, Bhutan Nuns Foundation, Royal Bhutan Police, JWS School of Law, Punakha Thromde and Project DANTAK.

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**Thimphu**

**21 June 2025**

