



High Commission of India Suva

Press Release

International Day of Yoga (21 June 2024)

As part of the 'Maitri Ka Amrit Mahotsav,' commemorating 75 years of India's diplomatic presence in Fiji, the High Commission of India in Suva and the Swami Vivekananda Cultural Centre (SVCC) celebrated the 10th International Day of Yoga (IDY) on Friday, 21 June 2024. The event featured a large-scale Special Yoga Session at the iconic Albert Park in Suva.

The theme for the 2024 IDY celebrations, "Yoga for Self and Society," emphasized yoga's dual role in promoting individual well-being and fostering societal harmony. The event was honored by the presence of the Prime Minister of Fiji, Hon'ble Sitiveni Ligamamada Rabuka, as the Chief Guest.

In his opening remarks, High Commissioner H.E. Mr. P. S. Karthigeyan highlighted the importance of yoga in enhancing physical and mental health, and its capacity to unite people across different backgrounds. He emphasized that yoga, an ancient Indian practice, has gained global recognition for its holistic benefits and plays a significant role in bringing harmony between humanity and nature to the society at large.

Prime Minister Rabuka expressed his gratitude towards the High Commission of India for organizing such a grand event. He remarked on the positive impact of yoga on personal health and its potential to build stronger, more resilient communities.

The event was livestreamed by Fiji Broadcasting Corporation (FBC), the official media partner for IDY 2024 in Suva, allowing viewers across the nation to participate virtually. Around 1000 yoga enthusiasts, including senior leaders, dignitaries, members of the diplomatic corps, and school students, actively participated in the session.

In addition to the main event in Suva, IDY celebrations are being held in three other Pacific Island countries under the Mission's jurisdiction. On 19 June 2024, the first IDY celebration took place on the picturesque island of Tarawa, Kiribati. Today, 21 June 2024, the Kingdom of Tonga is celebrating IDY in the capital city of Nuku'alofa, with Tuvalu set to host its event on 26 June 2024. In Fiji, we had a series of event and IDY was celebrated in Nadi on 11 June and in Labasa on 13 June. In this series, the last event of IDY in Fiji will be celebrated on 23 June 2024 in Ba.

These celebrations underscore the growing global appeal of yoga and its significance in fostering international camaraderie and wellness. The High Commission of India and SVCC remain committed to promoting yoga as a means of enhancing both individual and societal health and harmony.