

Embassy of India
Warsaw

Press Release: **Celebration of the International Day of Yoga 2025.**

The Embassy of India celebrated the 11th International Day of Yoga on 21 June 2025 at the premises of the Embassy. The open-air Yoga Session was attended by several hundred Yoga practitioners including members of the diplomatic community, Polish Yoga lovers and members of the Indian diaspora.

2. In her address, Ambassador Nagma M. Mallick shared that Yoga is an ancient Indian practice which has become a universal practice that promotes wellness, physical, mental and spiritual. She noted that at a time when stress, lifestyle diseases and mental health challenges are on the rise, Yoga offers a steady, time-tested path towards holistic well-being.

3. All the participants at the Yoga session practised the Common Yoga Protocol developed by Yoga experts in India as an introduction to Yoga.

21 June 2025