



**Consulate General of India
Bali**

Press Release

Celebration of the 11th International Day of Yoga in Nusa Dua, Bali

The Consulate General of India and Swami Vivekananda Cultural Centre (SVCC) Bali in collaboration with The Nusa Dua, ITDC organised the 11th International Day of Yoga on 21 June 2025 in Peninsula Island, Nusa Dua. With the theme of Yoga for One Earth One Health, the programme was attended by more than 1,500 people from local government officials including Senator of DPD-RI Dr. Shri I Gusti Ngurah Arya Wedakarna MWS IIII, Indian community, yoga enthusiasts, media personalities, academicians, and business personalities.

Yoga is a five-thousand-year-old tradition from ancient India that combines physical, mental and spiritual pursuits to achieve holistic health by creating harmony between body, breath and mind. In the modern world with extreme stress and challenges, Yoga is a solution to promote global harmony through individual transformation.

The programme began with remarks from Dr. I Ketut Gede Arta, AP, SH, M, Si the Chief of South Kuta District and Dr. Somvir from Bali Regional House of Representatives who warmly greeted the participants and underscored Yoga's vital role in fostering inner peace and resilience amid the pressures of modern life. Group Head of Commercial & Relation representing the General Manager The Nusa Dua - ITDC Ms. Made Purnama Damayanti praised the participants' commitment to wellness and for the better earth and life. She also appreciated the celebration of the 11th International Day of Yoga this year which symbolized the growing bond between the ITDC and the Consulate General of India in which the collaboration is a testament to the strong cultural ties and mutual respect between the two nations.

In his address, Dr. Shashank Vikram, Consul General of India in Bali, emphasized the growing global relevance of yoga as a unifying and transformative practice. He highlighted that this year, the International Day of Yoga is being celebrated on an unprecedented scale by CGI Bali.

As part of this large-scale celebration, over 50 yoga events have been conducted across various regions of Bali Province, including Badung, Tabanan, Gianyar, Klungkung, Karangasem, Bangli, Jembrana, Buleleng, and Denpasar City. Additionally, nine pre-event sessions were successfully held at Bali's most iconic locations such as:

- Bajra Sandhi Monument, Denpasar
- Taman Bung Karno, Tabanan
- Lava Batur Site, Kintamani

- Penglipuran Village, Bangli
- Rice Fields, Karangasem
- Ulun Danu Beratan Temple, Tabanan
- The Blooms Garden, Tabanan
- Tamblingan Lake, Buleleng
- Tirta Gangga Water Palace, Karangasem

Beyond Bali, CGI Bali also extended its outreach with several special yoga events held in Makassar, South Sulawesi, Palu, Central Sulawesi and Mataram, West Nusa Tenggara involving yoga experts and enthusiasts from across Indonesia.

The yoga session was led by Director of SVCC Bali Mr. Naveen Meghwal. He conducted Yoga and meditation sessions as per the standard Common Yoga Protocol which lasted 45 minutes. The Common Yoga Protocol is a series of yoga postures, breathing and meditation devised to enable a layman to practice yoga without great difficulty.

The event concluded with a ceremony of recognizing nine Yoga Ambassadors, who played a vital role in supporting the pre-events organised by SVCC. Tokens of appreciation were also presented to eight yoga communities and sponsors for their unwavering support.
