

**Speech of the Hon'ble Governor of Tripura on the
occasion of the 11th International Day of Yoga (IDY) –
2025 at IIT**

**Director IITM Prof Kamakoti Ji,
Prof Sathyanarayana N Gummadi ji,**

IITians, Deans, faculty, respected dignitaries of the Indian
Institute of Technology, distinguished guests, and my
dear friends,

1. **Namaskar** and warm greetings / to all of you on this momentous occasion/ – the 11th **International Day of Yoga**.
2. It fills me/ with immense pride/ and joy / to be here at one of India's / most prestigious / institutions, / celebrating / not just a day of wellness,/ but a movement of **unity**, / **health**, / **and harmony**/ —a movement / that has brought / the world / closer through / the ancient wisdom of **Yoga**, / gifted by India / to humanity.
3. When **Prime Minister Shri Narendra Modi ji**/ proposed / the idea of / an **International Day of Yoga**/ at the United Nations/ in 2014, /the world responded /with resounding support./ Since then, /**June 21st** /has been/ etched/ into the global consciousness /as a day to reconnect /with the self, /with nature, /and with one another.

4. Today, /as we celebrate/ the **11th edition of IDY**,/ it is not just/ a global observance/—it is a **landmark /in a decade-long journey/** that has seen /yoga evolve/ from an individual practice/ to a **mass movement**,/ touching lives/ in the most remote corners /of the world./
5. The theme for this year—/“**Yoga for One Earth, /One Health**”/—perfectly capsulates /the essence of yoga/ in today’s world. /
6. It reminds us that wellness is not merely personal/—it is planetary. /**Yoga is a path /to physical /and mental well-being**, /yes, /but it is also/ a call to live/ in harmony /with the earth, /with society, /and with our shared future./
7. What is especially heartening /this year is the/ **extraordinary enthusiasm/ from our villages/ and grassroots leaders**, /inspired by the/ heartfelt letter /from our **Prime Minister/ to the Gram Pradhans** /across the nation./

8. In **Tripura** /and throughout India, /**panchayats have risen to the occasion.** /They are conducting yoga sessions/ in **schools, /anganwadis, /panchayat bhavans, /and community spaces,**/ ensuring participation /from children, /youth, /women, /and the elderly./ These initiatives /are not just about fitness— /they are about/ **fostering discipline, unity, /and community spirit.**/

9. I was deeply moved /by the stories/ emerging from across the country./ In **Kerakat, Uttar Pradesh,** /Sarpanch Om Prakash Yadav /led weekly yoga sessions and initiated a heartfelt ‘**Yoga Yatra**’. /In **Bandakpur, Madhya Pradesh,** Gram Pradhan Sunil Kumar /has overseen outreach efforts to ensure **every household** participates. / And in **Khera Kursi, Kanpur Dehat,**/ young people/ created /an open-air yoga site /on hilly terrain, /while women’s groups /led **awareness drives/ around health and nutrition.**

10. These stories reflect **/the soul of India/**—our villages, where change begins **/and tradition lives on./**
11. In **Tripura,** **/we** have always valued **/our cultural heritage,** **/our connection with nature,** **/and the strength of community.** **/I** am happy to share that **/Gram Panchayats** **/across my state** **/are preparing** **/for IDY 2025** **/with enthusiasm** **/and dedication.**
12. We are witnessing **/early morning yoga sessions/** **in rural schools,** **/enthusiastic participation/** **from tribal youth,** **/and awareness campaigns** **/in both Kokborok and Bengali languages./** My state is committed/ to taking forward **/the Prime Minister's vision of a Developed India (Viksit Bharat),** **/and we understand** **/that this vision** **/is incomplete** **/without healthy,** **/mindful,** **/and empowered citizens.** **/Yoga is a powerful tool** **/in this journey.**

13. At the national level,/ the **Ministry of Ayush**/ has launched /an impressive/ calendar of events /leading up to **June 21st**. /From the curtain raiser/ at the **National Media Centre**/ to signature events/ like **Yoga Samavesh**/ and **Yoga Bandhan**, /India has once again /demonstrated that yoga/ is **not just a routine—it is a way of life**.
14. Today /our **Prime Minister Modi ji** /will lead the **Common Yoga Protocol** session /in **Visakhapatnam**,/ joined by/ over **5 lakh** /participants—a historic demonstration/ of unity/ and collective wellness. /At the same time, /sessions will be held /at over **1 lakh locations** across the country.

15. Globally, /over **60 countries** /have already joined /the build-up to IDY 2025, /organizing yoga events /in alignment with /this year's theme. /From **New York/ to Nairobi, /Tokyo to Tashkent, /yoga has truly /become **India's soft power in motion,** /promoting peace,/ balance, /and universal health.**
16. To the **young minds** /here at IIT, /I wish to say—/**you are the torchbearers/** of this ancient tradition /in a modern world. /As scientists, /engineers,/ innovators, /and leaders of tomorrow, /your minds are constantly engaged/ in solving complex challenges./ But remember—/a **sharp mind** /**must be rooted** /in a calm body /and a balanced spirit.

17. **Yoga gives you that balance.** /It equips you
/with the ability /to **manage stress, improve focus,**
and **remain grounded** /as you scale the heights of
innovation /and excellence. /I urge each one of you
/to not just practice yoga today,/ but to **make it a**
lifelong companion./

18. Friends, / **IDY 2025** / is not just an event—/ it is
an expression of our **civilisational ethos**:

/ *Sarve Santu Niramaya* (సర్వే సంతా నఃరమయ)

“May all be free from disease.”

19. It is a message / that **health is not a privilege**
/but a **shared responsibility.** /And it is a reminder/
that/ **India leads** /not through power, /but through
wisdom /and **compassion.**/

20. Let us make this **International Day of Yoga**/ a historic celebration—/not just in numbers, /but in **impact**. /Let each village,/ town, city, /and campus /become a **beacon of health, /harmony, /and holistic living**.

21. Let us **move together, /breathe together, /and grow together**—/as **one people, /on one Earth, /for one health**.

Thank you.

Jai Hind!