

**High Commission of India
Nairobi**

Press Release

Celebration of 11th International Day of Yoga (IDY) 2025

The High Commission of India in Nairobi organized a series of events across Kenya to mark the 11th International Day of Yoga (IDY) – 2025, celebrating yoga as a universal practice for physical, mental, and spiritual well-being. The theme for IDY 2025, “Yoga for One Earth, One Health,” encapsulates India’s vision of global well-being and environmental harmony.

2. The main event was held on 21st June 2025 at the Sikh Union Club Grounds in Nairobi, drawing the participation of over 2,500 individuals. Attendees included members of the diplomatic corps, representatives from the Government of Kenya, media professionals, and a large number of yoga practitioners from different regions of Kenya. H.E. Ms. Rebecca Miano, Cabinet Secretary for Tourism and Wildlife of the Republic of Kenya, graced the occasion as the Chief Guest. The gathering reflected the increasing global resonance of yoga and the strong cultural ties between India and Kenya.

3. A notable feature of this year’s celebrations was the organization of pre-IDY events in diverse locations across Kenya, including Magadi, Kitengala, and the Masai Mara. These events, which brought together both the Indian diaspora and the local Kenyan community, underscored the inclusive and participatory nature of the initiative. Additional events are scheduled to be held in Nakuru, Kisumu, and Taita-Taveta in the coming days.

4. In the lead-up to the main event, a special yoga session was organized on 20th June 2025 at the United Nations Office in Nairobi. The session saw participation from UN staff, diplomatic missions, local yoga enthusiasts, and officials of the High Commission and their families. A Kenyan yogi joined Dr. Kapil Dev, the High Commission’s official yoga instructor, in leading the session. The United Nations was represented by Mr. Stephen Jackson, UN Resident Coordinator in Kenya.

5. The observance of the International Day of Yoga stems from a United Nations General Assembly resolution adopted on 11th December 2014, co-sponsored by 177 countries, declaring 21st June as the International Day of Yoga. Since then, the day has been commemorated annually across the globe.

The High Commission of India extends its appreciation to all participants, partners, and stakeholders who contributed to the successful celebration of IDY 2025 across Kenya.
