

Embassy of India
Tashkent

Press Release

The Embassy of India and Lal bahadur Shastri Centre for Indian Culture (LBSCIC) in partnership with the Yoga Federation of Uzbekistan (YFU) and the Ministry of Sports of the Republic of Uzbekistan organized the 11th International Day of Yoga (IDY) on **June 21, 2025** at **0800 hrs** at **Central Park, Tashkent**. This year marked the 11th IDY celebrated under the unifying theme of “**Yoga for One Earth, One Health**” promoting interconnectedness of health, sustainability and environment.

In the lead-up to the IDY, various yoga events were organized in different cities of Uzbekistan which included the following:

- 75 Days to IDY - a curtain raiser in Tashkent during the visit of Hon'ble Speaker, Lok Sabha (April 7)
- Denau Institute of Entrepreneurship and Pedagogy, Denau, Surkhandarya Region (April 30)
- Palace of Khudoyar Khan, Kokand (May 02)
- Boqiy Bukhara (park in Tourist Zone), Bukhara (May 13)
- Athletics Sports Centre, Gulistan (May 21)
- Zahiriddin Muhammad Babur Park as a part of International Flower Festival, Namangan marking 25 days to IDY (May 26)
- Nukus in collaboration with YFU (May 28)
- Sukok Nature Reserve, Tashkent Region (May 29)
- Navoiy City in collaboration with YFU (May 31)
- Shayana Pharma, Tashkent (June 10)
- Universal Sports Stadium, Andijan in collaboration with YFU (June 11)

The yoga day celebrations culminated with the IDY event held on June 21 at Central Park, Tashkent in which more than 1000 yoga enthusiasts participated. The event opened with the message of Prime Minister Shri Narendra Modi (dubbed in Uzbek with English subtitles) on yoga becoming a global movement garnering widespread support and popularity.

H.E. Ambassador Smita Pant welcomed the participants and underlined the importance of yoga for holistic health, well-being and unity. H.E. Mr. Adkham Ikramov, Minister of Sports of the Republic of Uzbekistan, who participated in the event as the Chief Guest, appreciated PM's message and highlighted the increasing popularity of Yoga in Uzbekistan. He acknowledged the efforts of Embassy of India and Yoga Federation of Uzbekistan in this regard.

The Common Yoga Protocol was conducted by Yoga Teachers Mr. Rahul Mishra (deputed at YFU by ICCR) and Ms. Sudha Raghvendran (from LBSCIC). All present enthusiastically participated in the IDY event and appreciated the arrangements

- [Photo Gallery of International Day of Yoga 2025](#)

Article on Yoga (India's Timeless Gift to the World: Yoga for One Earth, One Health)

- **Tashkent times:** <https://tashkenttimes.uz/national/15438-11th-international-day-of-yoga-2025> <https://tashkenttimes.uz/culture/15440-india-s-timeless-gift-to-the-world-yoga-for-one-earth-one-health>
- **Pravda Vostoka:** <https://yuz.uz/ru/news/v-tashkente-proydet-mejdunarodny-den-yogi>
- **Uzdaily:** <https://www.uzdaily.uz/ru/vechnyi-dar-indii-miru-ioga-dlia-edinoi-zemli-edinogo-zdorovia/>
- **Xalq sozi:** <https://drive.google.com/file/d/1BNMnAnrQnf520anyH8AZxZPaSyL5GTuv/view?usp=sharing>