



**Embassy of India  
Tashkent**

**Press Release**

The Embassy of India under the aegis of Indian Council of Cultural Relations (ICCR), New Delhi and in partnership with Yoga Federation of Uzbekistan with the support of Ministry of Sports of the Republic of Uzbekistan, is organizing the 7<sup>th</sup> International Conference on Yoga, “**Yoga for One Earth One Health**” (1<sup>st</sup> in Central Asia) from September 17-18, 2025 at Hotel Hilton City Tashkent.

2. Yoga Conference is a flagship event of ICCR. The earlier such international conferences have been organized in New York (2018), London (2019), New Delhi (2021), Seoul (2022), Meinberg (2023) and Durban (2024). This year's Conference will be attended by eminent Yoga experts from Uzbekistan, Kazakhstan, Kyrgyzstan, Tajikistan, Turkmenistan, Georgia, Armenia, Mongolia and Russia along with a high-level delegation from India led by the Director General of ICCR. There will be an introductory lecture on 'Yoga and Consciousness' by Sri M (Mr. Mumtaz Ali), a distinguished Indian yoga expert & author and Padma Bushan awardee (3<sup>rd</sup> highest civilian award in India).

3. Conference programme is appended.

Tashkent  
September 15, 2025

**7<sup>th</sup> International Conference on Yoga (1<sup>st</sup> in Central Asia)**  
**“Yoga for One Earth One Health”**

**September 17, 2025**

- 09:00 hrs : Registration of Participants
- 09:45 hrs : Cultural Performance organized Embassy of India, Tashkent and Yoga Federation, Uzbekistan
- 10:00-11:30 hrs : Opening Ceremony  
Address by Minister/Deputy Minister of Sports of the Republic of Uzbekistan  
Welcome address by Ms. Smita Pant, Ambassador of India to Uzbekistan  
Remarks by Mr. Abhay Kumar, Deputy Director General, Indian Council for Cultural Relations  
Address by Mr. Artikhodjaev Jahongir Abidovich, Chairman, Yoga Federation, Uzbekistan  
Felicitation of Yoga Federation by ICCR  
Introductory lecture by Sri M on ‘*Yoga and Consciousness*’
- 11:45-13:00 hrs : **Panel Discussion 1:** Yoga in Central Asia: Current status & future potential  
  
Moderator: Ms. Nabieva Naima from Yoga Federation, Tashkent  
Panelists: Participants from Armenia, Georgia, India, Kazakhstan, Kyrgyzstan, Mongolia, Russia, Tajikistan, Turkmenistan and Uzbekistan.
- 13:45-15:00 hrs : **Panel Discussion 2:** Yoga in Central Asia: Challenges and opportunities  
  
Moderator: Ms. Nabieva Naima Yoga Federation, Uzbekistan  
Panelists: Participants from Armenia, Georgia, India, Kazakhstan, Kyrgyzstan, Mongolia, Russia, Tajikistan, Turkmenistan and Uzbekistan.

5:45-17:00 hrs : **Panel Discussion 3:** Yoga for one Earth one Health (focused on scientific research based benefits of Yoga in treating chronic health issues like BP, Diabetes, Asthma etc

: Moderator: Shri M

Panelists: Participants from Armenia, Georgia, India, Kazakhstan, Kyrgyzstan , Mongolia, Russia, Tajikistan, Turkmenistan and Uzbekistan.

17:30 hrs : Group photo

### **September 18, 2025**

10:00-11:00 hrs : Lecture by Dr. Lakshmi Kandhan, M/o AYUSH on *Yoga and body alignment / Yoga performance by YFU*

11:00-13:00 hrs : **Interactive Plenary session** on ‘Integrating Yoga into Traditional and Modern Healthcare Systems: Local healing traditions + modern medical practices’ from Central Asian countries with representative of Ministry of Ayush

14:00-15:30 hrs : **Panel Discussion 4:** Trends and Innovations in Yoga: Bridging Local Communities: Language, Culture, and Accessibility

Moderator: Representative from M/o AYUSH

Panelists: Participants from Armenia, Georgia, India, Kazakhstan, Kyrgyzstan, Mongolia, Russia, Tajikistan, Turkmenistan and Uzbekistan.

16:00-16:30 : Summary of Conference highlights-Representative from M/o AYUSH

16:30-16:45 : Vote of thanks by DDG, ICCR

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