

Embassy of India marks International Day of Yoga

By Faten Omar

KUWAIT: More than 2,200 yoga enthusiasts gathered at Boulevard Stadium on Saturday to celebrate the 12th International Day of Yoga (IDY), organized by the Embassy of India in Kuwait under the title "Yoga for Healthy Ageing." During her remarks, Indian Ambassador Paramita Tripathi highlighted yoga's universal appeal and its role in promoting physical fitness, mental well-being, emotional balance and healthy ageing across all age groups.

The ambassador noted that yoga, rooted in ancient Indian wisdom, continues to transcend barriers of nationality, culture, religion and language, as reflected in the global support for the United Nations resolution establishing the International Day of Yoga in 2014.

Highlighting the growth of yoga in Kuwait, Ambassador Tripathi praised Sheikha Shaikha Ali Al-



KUWAIT: Yoga enthusiasts and members of the diplomatic corps gather at Boulevard Stadium on Saturday to celebrate the 12th International Day of Yoga (IDY).

Jaber Al-Sabah for her pioneering role in establishing Kuwait's first licensed yoga studio in 2014, noting that she became the first Kuwaiti national to receive India's Padma Shri award in 2025 for her contributions to yoga.

The ambassador emphasized that this year's IDY celebrations in Kuwait were among the most extensive to date. Activities began with an all-women wellness gathering at India House and were fol-

lowed by more than 40 curtain-raiser yoga events held in schools, community centers, public spaces, institutions and workplaces across Kuwait.

During the event, she announced the launch of an AYUSH Forum to bring together yoga enthusiasts, Ayurveda practitioners and traditional medicine experts. She further announced the introduction of "Indian Film Thursdays" at the Embassy Auditorium beginning June 25, 2026. The inaugural screening



will feature the film 83, based on India's historic 1983 Cricket World Cup victory.

The event was also attended by Sheikha Shaikha Al-Sabah, President of the Kuwait Yoga Committee; Nouf Marwaih, founder of the Arab Yoga Foundation in Saudi Arabia and President of the Asian Yogasana Sports Federation; and the Head of the UN-Habitat Mission in Kuwait Ameera Alhassan, along with members of the diplomatic corps.