

**Embassy of India  
Monrovia**

**Press Release**

**Celebration of the 11th International Day of Yoga in Monrovia  
June 21, 2025 (8.30 – 10.00 AM) | Monrovia City Hall**

The Embassy of India in Monrovia, in collaboration with the Ministry of Health of the Republic of Liberia, Monrovia City Corporation and the United Nations in Liberia, will celebrate the 11th International Day of Yoga (IDY) on Saturday, 21st June 2025 at Monrovia City Hall.

This year's celebration holds special significance as it marks the decadal edition of the International Day of Yoga, which was first established through a United Nations General Assembly resolution in 2014. Since then, IDY has grown into a global movement dedicated to promoting physical, mental, and spiritual well-being.

The theme for this year's celebration is "Yoga for One Earth, One Health," reflecting the interconnection of human and universal health, and highlighting the relevance of yoga in promoting a sustainable and balanced lifestyle.

The event will witness enthusiastic participation from members of the Indian diaspora, local Liberian yoga enthusiasts, government representatives, diplomatic corps, international organizations, and friends of India. A collective yoga exercise will highlight the benefits of this ancient Indian practice in today's fast-paced world.

On this occasion, the Hon'ble Prime Minister of India, Shri Narendra Modi, in a personal message addressed to the Hon'ble President of Liberia, shared profound reflections on the deeper essence of yoga. Quoting from his letter:

*"Rooted in ancient Indian wisdom, Yoga goes far beyond just physical movement. It is a universal science of inner balance and holistic well-being. At a time when stress, lifestyle diseases, and mental health challenges are on the rise, Yoga offers a steady, time-tested path to find calm within ourselves and live more peacefully with those around us."*

He further stated:

*"Yoga strengthens the body, calms the mind, and fosters a heightened sense of awareness and responsibility in daily life. This mindfulness empowers individuals to adopt healthier and more sustainable lifestyles. In caring for ourselves, we begin to care for the Earth – echoing the enduring Indian ethos of Vasudhaiva Kutumbakam – 'the world is one family'."*

The event is open to all, and the Embassy warmly invites the public to join this celebration of health, harmony and unity.

Monrovia  
19 June 2025