

Ambassador remarks at Yoga Day in Balatonfüred

17 June 2026

Honourable Mayor of Balatonfüred, distinguished guests, and dear friends,

Namaskar, and a very good evening to you all.

It brings me great joy to stand before you today in the beautiful and historic town of Balatonfüred as we gather to celebrate the 12th International Day of Yoga. I would like to extend my deepest gratitude to the Honourable Mayor, the local administration, and the wonderful people of this city for your unwavering support and enthusiastic participation in making this beautiful event possible.

This year, 2026, holds a very special place in the hearts of both Indians and Hungarians. Exactly one hundred years ago, in 1926, India's great Nobel Laureate, Gurudev Rabindranath Tagore, arrived on the serene shores of Lake Balaton seeking health and healing. He found not only expert medical care but also immense warmth and affection from the local community. The linden tree he planted, and the beautiful Tagore Promenade that graces your shoreline today, stand as living monuments to the deep, enduring connection between India and Balatonfüred.

The way Balatonfüred embraced Tagore reflects a broader truth about the Hungarian people: your profound intellectual curiosity and your openness to the world. It is this very spirit that has led Hungarians to so deeply respect and embrace Indian cultural heritage, including the ancient science of Yoga. This mutual respect forms the bedrock of the warm, friendly, and ever-growing ties between our two nations.

Just as Tagore found physical and spiritual rejuvenation here a century ago, Yoga is India's profound gift of healing and wellness to the entire world. It is a timeless heritage that transcends borders, languages, and cultures. Yoga is not merely a physical exercise; it is a holistic approach to life that brings harmony between mind and body, man and nature.

Its universal value and global appeal have never been more apparent. We owe much of this global reawakening to the visionary leadership of India's Prime Minister, Shri Narendra Modi. It was his passionate call at the United Nations that led to the historic resolution declaring June 21st as the International Day of Yoga—a resolution that was co-sponsored by an overwhelming majority of nations, including our close friend, Hungary.

This year's global theme, "**Yoga for Healthy Ageing**," resonates perfectly with the very soul of Balatonfüred—a city historically celebrated for restoring health, vitality, and balance. Through Yoga, we learn that ageing is not a decline, but a journey of grace, mindfulness, and sustained well-being.

As we unroll our mats today by these peaceful waters, let us celebrate the unity of our breath and the beautiful friendship between our peoples. May the practice of Yoga bring you peace, health, and joy.

Thank you once again, Balatonfüred. Happy International Day of Yoga!

Dhanyavaad. Köszönöm szépen.

