

**Opening Speech for H.E. Ambassador Anshuman Gaur  
Preparatory Meeting for the 12th International Day of  
Yoga**

**April 7, 2026 | Amrita Sher-Gil Cultural Centre,  
Budapest**

Namaskar, Jó napot kívánok, and a very warm welcome to the Amrita Sher-Gil Cultural Centre.

It is a profound honour and a deep personal joy to stand before you today. People joining us today are not just instructors and practitioners of Yoga; they are the true custodians of a great and ancient heritage. You are the vital living bridges connecting the timeless wisdom of India with the vibrant heart of Hungary.

As we gather to chart our course for the 12th International Day of Yoga on June 21, 2026, it is worth reflecting on the incredible journey of this practice. Yoga is, at its core, the ancient heritage of India—a profound science of the mind, body, and soul designed to cultivate inner peace and outer harmony. However, as the Honourable Prime Minister of India, Shri Narendra Modi, articulated so powerfully at the United Nations in 2014, yoga is not meant to be kept within the borders of its birthplace. It is an invaluable gift to all of humanity.

Prime Minister Modi's vision placed yoga on the global centre stage, but it is you who keep that vision alive every single day. Today, the International Day of Yoga in this beautiful country is no longer just an Embassy event; it is truly a Hungarian initiative. Hungary was a co-sponsor of the UN Resolution and it has now become a grassroots movement here sustained by your studios, your classes, and your personal devotion to your communities. The Embassy of India's role in this is simply to serve as a catalyst—to support, amplify, and connect the incredible work you are already doing.

We are entering a transformative era where the ancient wisdom of yoga is increasingly meeting the rigorous standards of modern science. A recent Hungarian cross-sectional study offers robust empirical evidence validating the psychological and spiritual benefits of yoga. Surveying hundreds of experienced practitioners, the research demonstrates that regular engagement in core yoga components—*āsanas*, *prāṇāyāma*, relaxation, and meditation—significantly enhances subjective and spiritual well-being. This vital research, published in the esteemed MDPI *Sports* journal, was driven by scholars from ELTE Eötvös Loránd University and the Medical School at the University of Pécs.

This modern scientific validation of ancient Indian knowledge is a monumental step forward. I strongly

invite more Hungarian universities and research institutions to use the upcoming IDY events as an opportunity to track health and wellness parameters using modern scientific techniques. By gathering empirical data, we can further validate these findings and build deeper trust in yoga, especially among our younger demographics who look to science to guide their wellness journeys.

To amplify this momentum, concerted and connected action is essential. This year, we are envisioning our most expansive, inclusive, and magnificent celebration yet, and we need a unified strategy to showcase it. We are launching a comprehensive social media campaign, including the "Yoga in Iconic Hungarian Locations" digital campaign. We want to see how you blend this ancient practice with the beautiful landscapes and heritage of Hungary by sharing your content using the hashtags #YogaDayHungary and #IDY2026.

Central to this concerted action is the creation of a comprehensive Common Yoga Day Calendar. We want to map every studio, every class, and every community gathering across Hungary on this unified platform. Having a consolidated calendar is critical; it ensures that no effort goes unnoticed, allows practitioners to easily find events near them, and gives your individual

efforts the widest possible global publicity through the Embassy's platforms.

The Amrita Sher-Gil Cultural Centre of the Embassy would be coordinating the activities for IDY 26. The Director will soon be writing to all of you with details of what we are planning and how you all can be a part of the wonderful celebrations.

But a truly grand celebration requires broader community engagement. I encourage all of you to reach out to your local representatives—your Mayors, Members of Parliament, and Ministers. Invite them to support your IDY activities, ask them to join your sessions, and invite them to inaugurate your events. When local leadership steps onto the yoga mat alongside the community, it sends a powerful message of unity and civic support for holistic health.

I have invited you here today because this celebration must grow organically from you, the community. The primary purpose of this gathering is not for me to speak, but for me to listen. What kind of support do your studios need? How can we better integrate the diverse styles of yoga you teach? How can we make IDY 2026 the ultimate reflection of Hungary's unique yoga culture?

Your insights are our most valuable resource. We seek your active partnership, your creative ideas, and your leadership. Let us use this evening to brainstorm constructively and lay the foundation for a celebration that resonates from the heart of Budapest to the shores of Lake Balaton.

Thank you once again for your presence, your passion, and your ongoing service to the great tradition of yoga. I eagerly look forward to a fruitful discussion.

The floor is now yours.