

Remarks by Ambassador at International Day of Yoga 2026, Nyíregyháza

19 June 2026

Honourable Deputy Mayor, distinguished guests, and dear friends,

Namaskar, and a very good evening to all of you.

It is a distinct pleasure and an honour to be here with you today to celebrate the 12th International Day of Yoga. As we gather in this beautiful and vibrant city, I want to express my deepest gratitude to the Honourable Mayor, the Deputy Mayor, the local administration, and the wonderful citizens of Nyíregyháza for your wholehearted support and enthusiastic participation in making this celebration a reality.

Nyíregyháza is one of the prosperous cities in Hungary, serving as both a center of education and a popular tourist destination. Your wonderful zoo connects you to nature but you are widely recognized across Hungary for your progressive spirit and dynamic approach to the future. It is a city that successfully balances economic vitality and modern development with a deep commitment to its community and its beautiful green spaces. Living in such a beautiful but dynamic setting brings immense opportunities, but it also highlights a very modern challenge: the need to maintain our inner balance and well-being.

This is precisely where the ancient science of Yoga becomes so deeply relevant to our modern lives. Yoga is India's cherished gift of heritage to the world. It is far more than a series of physical exercises; it is a comprehensive system designed to unite the mind, body, and spirit. It offers a sanctuary of calm in a busy world, teaching us how to navigate our daily challenges with clarity, resilience, and inner peace.

The value of Yoga is truly universal, and today, its global appeal has never been stronger. We owe a great deal of this worldwide renaissance to the vision of India's Prime Minister, Narendra Modi. Recognizing the profound impact Yoga can have on global health and harmony, he championed this ancient practice on the world stage. His passionate appeal at the United Nations led to the historic resolution that established the International Day of Yoga. We are immensely proud that this resolution was co-sponsored by an unprecedented number of nations, including our close friend and partner, Hungary.

The enthusiasm we see for Yoga across this country is a beautiful reflection of the warm, friendly, and growing ties between our two nations. More profoundly, it speaks to the unique character of the Hungarian people. You are

defined by an incredible intellectual curiosity and an openness to the world. It is this intellectual depth that allows Hungarians to so genuinely respect and embrace Indian cultural heritage. You do not just see Yoga as a physical routine; you seek to understand its philosophy and its holistic power.

As we practice yoga today, we are doing more than just breathing and stretching; we are building bridges of friendship, mutual respect, and shared well-being between India and Hungary.

I thank the people of Nyíregyháza once again for welcoming us so warmly into your dynamic city. May your practice today fill you with renewed energy, profound peace, and lasting health.

Happy International Day of Yoga!

Dhanyavaad. Köszönöm szépen.