

Remarks by the Ambassador

30th Anniversary of the Sivananda Yoga Centre **Location:** Sivananda Yoga Centre, District II, Budapest

8 Feb 2026

Founders and Board Members of the Sivananda Yoga Centre

President of the Hungarian Yoga Teachers' Association, Ms. Zsuzsa Komjáti (Priya Ánanda),

Esteemed Teachers, Practitioners, and Friends of India,

Namaskar.

It is a profound honor to stand here today to commemorate a significant milestone: the 30th Anniversary of the Sivananda Yoga Centre. Since its foundation in 1996, this institution has stood as a testament to the enduring spiritual and intellectual resonance between India and Hungary.

I thank you for your service to this cause.

While geography separates the Danube from the Ganges, the soul of our nations is connected by a deep, shared thirst for wisdom. Hungary has long been a land of deep intellect, where the ancient philosophies of the East are not merely studied but embraced with genuine reverence. The success of this Centre—where over 300,000 practitioners have sought balance and health over three decades—is a shining example of this bond.

We pay homage today to the great Swami Sivananda, a physician-sage who founded his ashram in the Himalayas in 1932. His vision was one of synthesis—integrating the paths of *Jnana*, *Raja*, *Bhakti*, and *Karma* Yoga to suit the individual temperament. It is heartening to see that this Centre continues to transmit "Yoga from an ancient source", ensuring that the teachings remain pure and potent. I also commend the work of the Light Yoga Therapy Institute here, which brilliantly builds a bridge between Western medicine and Eastern scientific-philosophical systems, proving that true health requires a holistic approach.

In our modern, often fragmented world, Yoga has emerged as a sanctuary of sanity and a vital tool for wellness. As Prime Minister Shri Narendra Modi has tirelessly championed on the global stage, Yoga is India's gift to all of humanity. It is not merely a set of exercises, but a path to "positive thinking and meditation" and a way to awaken "inner self-healing mechanisms". It transforms the individual, and by extension, society.

I must express my deep appreciation for the openness of the Hungarian people, particularly here in Budapest. The enthusiasm with which this city celebrates the International Day of Yoga year after year is truly moving.

Looking ahead, I am pleased to convey that in this year, 2026, we plan to celebrate the International Day of Yoga on a scale grander than ever before. I call upon all our partners—the Municipality, the Hungarian Yoga Teachers' Association, and the Sivananda Centre, with its community of over 600 graduated teachers —to join hands with us in this initiative.

Let us continue to serve the cause of peace and health. As your motto beautifully reminds us: "Life is a miracle—let us recognize and experience this miracle together".

Aum Namah Shiva.