

Embassy of India
Ashgabat

**Subject: Ambassador's Remarks at the Special Yoga Session
(Mary, 21 February 2026)**

Head of the Committee for Physical Training and Sports of Mary Region Mr. Dovran Myradov,

Students of the Sports School, Ladies and Gentlemen,

Namaste, Good Morning, Ertiriňiz Haýyrly Bolsun!

It is my pleasure to visit the beautiful oasis city of Mary and to take part in today's Special Yoga Session. I am deeply grateful to the Committee for Physical Training and Sports of Mary Region for its support for today's event.

2. You might be aware that Yoga in Sanskrit language means "to join or to unite". Yoga is a holistic system of wellbeing practiced in India for millenia, with an emphasis on the unity of body and soul. You would recall that in 2014, at the initiative of Prime Minister of India H.E. Mr. Narendra Modi, the United Nations General Assembly had adopted a resolution deciding to mark 21 June every year as the International Day of Yoga. In this regard, I thank the Government of Turkmenistan for its strong support for the promotion of Yoga across the country. I am also glad to note that the people of Turkmenistan enthusiastically take part in the Yoga classes conducted daily at the "Yoga and Traditional Medicine Centre" in Ashgabat, which was inaugurated by the Prime Minister of India H.E. Mr. Narendra Modi in 2015.

3. I would like to conclude by reaffirming that in line with its policy of "Extended Neighborhood" and the ancient Indian philosophy of "Vasudhaiva Kutumbakam (World is One Family)", India will continue to share its developmental experience and expertise as per the needs and priorities of Turkmenistan. I am confident that today's Special Yoga Session will further deepen the longstanding bonds of friendship and cooperation between India and Turkmenistan. Once again, thank you all for joining today's event. Sag Bolunz!
