Honourable Chief Guest Hon'ble CEO of Mbabane Municipal Council, Gciniwe Fakudze, H.E.Mr.George Wachira, UN RC, Distinguished Guests, Friends of Eswatini and India, Ladies and Gentlemen, all protocols observed.

Sanibonani, Namaskar and Good morning everyone!

It is my great privilege to welcome you all on the occasion of the 11th International Day of Yoga, celebrated worldwide on June 21. Today, we unite not only as practitioners of yoga but as ambassadors of peace, health, and harmony. This year's theme, "Yoga for One Earth, One Health," resonates deeply with the challenges and aspirations of our times.

Yoga, a timeless practice from India, has transcended borders and cultures, embraced by millions for its holistic benefits to body, mind, and spirit. It is not merely a form of exercise, but a philosophy that teaches us balance—within ourselves and with the world around us. On this day, we recall the vision articulated by Prime Minister Narendra Modi at the United Nations, where he described yoga as "an invaluable gift from our ancient tradition… a path to discover oneness with the self, the world, and nature".

The theme for this year, "Yoga for One Earth, One Health," is both timely and profound. It reminds us that our personal well-being is inseparable from the health of our planet. Yoga encourages us to live in harmony with nature, to nurture not only our bodies but also the environment that sustains us. In a world facing climate change, pandemics, and lifestyle diseases, yoga offers a path toward collective healing and sustainable living.

Eswatini, the beautiful Kingdom in the heart of Southern Africa, is blessed with rich natural heritage and a vibrant community spirit. The values of interconnectedness and harmony, so central to yoga, are also deeply rooted in Swazi culture. As India and Eswatini enjoy close and friendly relations, our shared commitment to health, education, and sustainable development finds a natural expression in today's celebration.

Yoga can play a meaningful role in Eswatini's journey toward holistic wellness. Whether practiced in community centers, schools, or at home, yoga can help manage stress, promote physical fitness, and foster mental clarity. It is a practice that welcomes everyone, regardless of age or background, and builds bridges of understanding and unity.

Let us use this day as an opportunity to reaffirm our commitment to personal and planetary health. I invite everyone—young and old, experienced and beginners—to make yoga a part of daily life. Let us remember that each breath, each movement, and each moment of mindfulness contributes to a healthier self and a healthier earth.

In the spirit of “One Earth, One Health,” may we continue to strengthen the bonds between India and Eswatini, and may yoga guide us toward a future of peace, prosperity, and well-being for all.

Thank you, and may we all enjoy the blessings of yoga.

Dhanyavaad. Siyabonga Kakhulu, Thank you all very much.