

**High Commission of India
Port Moresby**

Press Release

Celebration of the 11th International Day of Yoga at Ela Beach, Port Moresby

June 21, 2025

The High Commission of India, Port Moresby, in collaboration with the Active City Development Program (ACDP), celebrated the 11th International Day of Yoga with great enthusiasm and community participation at the scenic Ela Beach on the morning of June 21, 2025. The yoga session was led by Ms. Fazilah Bazari, Founder of the Active City Development Program.



Hon'ble Mr. Powes Parkop, Governor of the National Capital District, graced the occasion as the Chief Guest. A passionate advocate for yoga and its benefits, Governor Parkop shared his personal experiences of how the practice has positively impacted his life. His continued commitment to promoting health, wellness, and community empowerment was warmly acknowledged.



Speaking at the event, Mr. Mukesh Kumar Ambasta, Chargé d’Affaires a.i., High Commission of India, expressed gratitude to Governor Parkop for his unwavering support for yoga and universal wellness. Mr. Ambasta emphasized this year’s theme—**“Yoga for One Earth, One Health”**—which highlights the interconnectedness of human well-being and planetary health. He noted that yoga, which originated in ancient India over 5,000 years ago, has evolved into a global movement that transcends cultural boundaries, fostering inner peace, physical resilience, and social harmony.

The celebration witnessed vibrant participation from members of the diplomatic corps, government officials, the Indian diaspora, and local yoga enthusiasts, with more than 250 people taking part in the event.
