

**High Commission of India  
Port Moresby**

**Press Release**

**Celebration of the 12th International Day of Yoga at Ela Beach, Port Moresby**

**June 21, 2026**

The High Commission of India, Port Moresby, in collaboration with the Active City Development Program (ACDP), celebrated the 12th International Day of Yoga with great enthusiasm and vibrant community participation at the scenic Ela Beach on the morning of June 21, 2026. The yoga session was jointly led by Ms. Fazilah Bazari, Founder of the Active City Development Program, and Dr. Davender Singh, Teacher of Indian Culture (Yoga), who guided participants through a series of yoga practices promoting physical well-being, mental wellness, and harmony.



2. Hon'ble Mr. Powes Parkop, Governor of the National Capital District, graced the occasion as the Chief Guest. A strong advocate of yoga and its transformative benefits, Governor Parkop shared his personal testimony on how the practice has positively influenced his physical and mental well-being. Encouraging wider adoption of yoga, he emphasized the importance of greater investment in health and wellness initiatives to build healthier and more resilient communities. His longstanding commitment to promoting public health, wellness, and community empowerment was warmly acknowledged by the participants.

3. Ms. Shalini Bahuguna, United Nations Resident Coordinator in Papua New Guinea, also addressed the gathering, highlighting the significance of yoga in fostering holistic well-being, mental resilience, and social harmony. The event was also graced by the presence of Rear Admiral Philip Polewara, Chief of the Papua New Guinea Defence Force.



4. Speaking at the event, H.E. Mr. Rajeev Kumar, High Commissioner of India to Papua New Guinea, highlighted the importance of incorporating yoga into daily life to promote overall physical health, mental well-being, and emotional balance. He expressed his sincere appreciation to Hon'ble Governor Powes Parkop, for his unwavering support in promoting yoga and the message of universal wellness.



5. The High Commissioner also underscored this year's International Day of Yoga theme, "Yoga for Healthy Ageing," which emphasizes the role of yoga as a preventive healthcare practice and a holistic approach to well-being. He noted that the theme is particularly relevant in addressing the growing global burden of lifestyle-related ailments and in encouraging healthier, more active, and balanced lives across all age groups.

6. The celebration witnessed enthusiastic participation from members of the diplomatic corps, government officials, the Indian diaspora, representatives of the media, the local community, and yoga enthusiasts. More than 300 participants joined the event, reflecting the growing popularity of yoga and its universal appeal as a practice that promotes health, harmony, and well-being.

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