Embassy of India, Guatemala

Press Release

Celebration of 50 Days to the International Day of Yoga 2025
Guatemala City | 2 May 2025

As part of the global countdown to the 11th International Day of Yoga 2025, the Embassy of India in Guatemala organized a vibrant yoga session on 2 May 2025 at Plaza Berlín, Guatemala City, to mark "50 days to IDY2025". The event saw the enthusiastic participation of around 75 yoga lovers, practitioners, and friends of India, who gathered to celebrate yoga as a symbol of unity, well-being, and harmony. This event follows the successful launch of the 75-day countdown held on 7 April 2025 in collaboration with the Municipality of San Juan Sacatepéquez, where over 200 young participants joined the celebration and practiced yoga in unison.

2. In his opening remarks, Shri Ramesh Khulbey, Head of Chancery highlighted the universal appeal of yoga and its relevance in today's fast-paced world. He invited all Guatemalans to join the grand celebration of IDY 2025 in Cobán on 13 June 2025, which is expected to witness the participation of nearly 10,000 yoga enthusiasts, making it one of the largest yoga gatherings in the region. Mr. Rajiv Bhatt, representative of Khushi Enterprises, one of the sponsors of IDY 2025, expressed his enthusiasm for supporting the event, highlighting the importance of promoting wellness and unity through yoga. He emphasized that Khushi Enterprises is committed to fostering global harmony by aligning with such significant initiatives, and they are excited to contribute to making IDY 2025 a resounding success.

3. The countdown events leading up to IDY 2025 are being organized across Guatemala, as well as in other accredited countries like El Salvador and Honduras, marking an exciting global journey towards the International Day of Yoga (IDY) celebrations. These activities are designed to engage communities, encourage wellness, and further deepen the cultural exchanges between India and these countries. They underscore India's strong commitment to promoting holistic health, well-being, and unity through the practice of yoga, which has become a symbol of peace, balance, and interconnectedness on the global stage.

4. The Embassy of India is deeply appreciative of the continuous participation and support from local communities, diplomatic missions, and various partners, who have shown unwavering enthusiasm in making these events successful. The ongoing efforts reflect the growing recognition of the profound benefits of yoga, not only as a physical discipline but as a way to achieve mental clarity and emotional balance.

5. The Embassy looks forward to seeing even greater participation as we continue our preparations for the grand IDY 2025 celebrations, with plans to bring together thousands of yoga enthusiasts from around the world. This initiative will further strengthen the diplomatic ties between India and its global partners, fostering deeper cultural connections and promoting wellness as a shared goal for all.