

Consulate General of India  
Durban

PRESS RELEASE

Sub: Celebration of 11<sup>th</sup> International Day of Yoga 2025

On the occasion of the 11<sup>th</sup> International Day of Yoga, the Consulate General of India, Durban, organised Yoga events in Kwa-Zulu Natal, Free State and Eastern Cape. The flagship commemorative event to celebrate the 11<sup>th</sup> International Day of Yoga (IDY-2025) was held at the famous Drakensberg Amphitheater at the Royal Natal National Park in Drakensburg in collaboration with Ezemvelo KZN Wildlife and local partners, on 20 June 2025. Royal Natal National Park is part of KwaZulu-Natal nature reserve within the uKhahlamba Drakensberg Park, South Africa, a UNESCO Heritage site. The theme for IDY-2025 “Yoga for One Earth, One Health.” was celebrated by over 260 participants. These included students from Colenso Primary, Zankosheni High, Majuba TVET College, Mnambithi TVET College and community members.

2. The Common Yoga Protocol was conducted by Ms. Sylvia Naicker and Mr. Nic Tsiforoa along with other yoga instructors in South Africa. The 45 minute yoga session introduced participants to yoga’s benefits, encouraging them to adopt practices that promote balance and harmony in their daily lives. Guided by experienced instructors, the participants joined eagerly, in the spirit of IDY-2025. Local sponsors again played a pivotal role, providing food and t-shirts to ensure a memorable experience for all.

3. Other Yoga events hosted by Consulate General of India Durban in collaboration with Swami Vivekananda Cultural Center Durban as a lead up to International Day of Yoga 2025 included:

- Yoga for School Children at Pietermaritzburg Railway Station on the 9 May 2025
- Yoga for Health workshop in collaboration with Umlutazana Yoga Studio at the Umhlathuzana Civil Hall in Chatsworth on 26 May 2025
- Yoga at the Durban Botanic Gardens on 31 May 2025
- Yoga with Comrade Marathon runners from India on 7 June 2025
- Yoga at East London in partnership with the East London Malayalee Association on 7 June 2025
- Yoga in Free State was held at the Free State Sport Science Institute in Bloemfontein on 10 June 2025.
- St Vincent Children’s Home in Marianhill saw yoga for children on 13 June 2025

4. The Consulate General of India, Durban has built a strong legacy of promoting yoga through impactful International Day of Yoga celebrations across Kwa-Zulu Natal, Eastern Cape and Free State provinces. To sustain momentum for IDY-2025, the Post proactive approach extends beyond these curtain-raisers, workshops, community sessions, and digital campaigns over the past 75 days. By collaborating with local governments, schools, and organizations, the Post aims to deepen yoga's reach, encouraging sustainable lifestyle changes among South Africans.

5. We would like to extend an invite to the public to join our Yoga classes that are held every Thursday at the Consulate: Swami Vivekananda Cultural Center, 1 Kingsmead Boulevard, 2<sup>nd</sup> Floor Rennie House, Kingsmead Office Park, Durban.

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