



**HIGH COMMISSION OF INDIA
BRUNEI DARUSSALAM**

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PRESS RELEASE

Celebration of 12th International Day of Yoga at High Commission of India in Brunei Darussalam

Brunei Darussalam joined millions around the world on Sunday, 21 June 2026, to celebrate the 12th International Day of Yoga (#IDY2026) with a serene and joyful gathering at the Multipurpose Hall of High Commission on India. This year's global theme, "Yoga for Healthy Ageing." resonated deeply, highlighting Yoga's growing relevance in promoting harmony, sustainability, and holistic well-being.

2. High Commissioner, Shri Ramu Abbagani warmly welcomed the gathering and reflected on the global significance of the occasion. He noted that International Yoga Day has been observed annually since 2015, following Honorable Prime Minister of India, Shri Narendra Modi's proposal to the United Nations to recognize Yoga as a universal path to physical, mental, and emotional wellness.

3. "It is a joy and an honor to celebrate this day," High Commissioner said. "Yoga trains the mind to become our friend. It helps to be confident and make able to smile through the difficulties in life. It is a gift for all—regardless of age or background. Its practice fosters both health and happiness, cultivating inner balance and enhancing overall well-being."

4. Held in the peaceful surroundings of Brunei Darussalam, the event brought together around 200 yoga lovers including community members, youth, Yoga enthusiasts, members of the Diplomatic Corps, and Friends of India. The gathering served as a reminder that our personal wellness is deeply intertwined with the well-being of the planet—echoing the Indian philosophy of Vasudhaiva Kutumbakam - "The whole world is one family."

5. The morning's highlight was a live Yoga demonstration led by Yoga Teacher Dr. Ujjwal Arun Maske, a passionate and experienced Yoga instructor whose invaluable contributions have helped nurture Brunei's Yoga community. Under his thoughtful guidance, participants engaged in a rejuvenating session which included practice of several Asanas, Pranayama and Meditation, that emphasized the harmony of body, mind, and spirit.

6. After the practice of Yoga Protocol, High Commissioner felicitated the winners of Yoga Posture Contest, Yoga Demonstrators and the Yoga Volunteers.
7. On this occasion, High Commission set up an Ayurveda corner and High commissioner introduced Dr Jyoti Jha an Ayurvedic doctor. High Commissioner said that Yoga and Ayurveda are two sides of same coin and both complement each and help person to lead healthy and long life.
8. The celebration concluded with light Indian refreshments, adding a warm and cultural touch to a truly inspiring morning of unity, mindfulness, and gratitude.

21 June 2026

Brunei Darussalam