



सत्यमेव जयते

प्रधान मंत्री  
Prime Minister

New Delhi

वैशाख 16, शक संवत्, 1944

06<sup>th</sup> May, 2022

**Your Excellency,**

Namaste!

On June 21, 2022, the world will come together to mark the 8th International Day of Yoga.

Yoga, which originated in India centuries ago, is globally becoming more and more popular than ever before. Ancient Indian scriptures say, “योगः कर्मसु कौशलम्”, which means - “efficiency in action is Yoga”.

In a world beset by various challenges, over a billion people see Yoga as an enhancer of their physical, mental, spiritual and intellectual wellbeing. The beauty of Yoga lies in its simplicity. All it requires is some time and a little space. In this day and age, where fast paced lifestyles and packed routines are the norm, Yoga assures inner peace and tranquility. The rise in lifestyle-related, non-communicable diseases has also drawn many people to Yoga.

Over the last two years, our planet has valiantly fought a once-in-a-century pandemic in the form of COVID-19. Among the many learnings from the last two years is the critical importance of remaining fit and boosting one’s natural immunity. Here again, Yoga has a key role to play.

During these past eight years, your Government has provided wholehearted support to celebrate International Day of Yoga in your country. For this, I extend my heartfelt gratitude to you and your entire team.

I seek your continued support in making this 8th International Day of Yoga a grand success. May Yoga contribute to creating a healthier and peaceful planet.

With the assurances of my highest consideration, and my best wishes to you and your family for sustained good health and wellbeing,

Yours sincerely,

(Narendra Modi)

**Dr. The Honourable Ralph Everard Gonsalves**  
Prime Minister of Saint Vincent and the Grenadines