



REPUBLIC OF BOTSWANA

**REMARKS BY THE SPEAKER OF THE
NATIONAL ASSEMBLY**

HON GLADYS K T KOKORWE, PH, MP

**AT THE 4TH INTERNATIONAL
DAY OF YOGA**

**ORGANISED BY THE HIGH COMMISSION OF
INDIA IN GABORONE**

OPEN ARENA, UNIVERSITY OF BOTSWANA

17 JUNE 2018



Your Excellency Dr. Rajesh Ranjan, High Commissioner
of India to Botswana,

Distinguished dignitaries,

Members of the media,

Ladies and gentlemen,

Good morning to you all,

1. I am honoured to join you this morning for the 4th International Day of Yoga, once again successfully hosted by the Indian High Commission.
2. Ladies and gentlemen, as you may be aware; **Yoga** is now recognised by the United Nations as one of the healthy lifestyle choices that foster **complete** well-being. In its long term Global Health objective, the United Nations General Assembly, declared June 21st as the International Day of Yoga. The maiden International Day of Yoga was observed on June 21st, 2015. Since then, Yoga Day is commemorated annually worldwide on or around June 21st.

3. I am informed that Yoga is an ancient practice since time immemorial and has gained world-wide attention and practice. The benefits of practising Yoga are that it **connects the mind, body and soul** and therefore rendering it a truly holistic approach to health and well-being.

4. Yoga enthusiasts or Yogis as they are known, are able to enjoy proper breathing arising from practising Yoga, thereby giving rise to flexibility, strength and vitality in the body while at the same time calming the mind (mental faculties) and reducing stress. Yoga promotes basic postures of the body known as **asanas** which are more than just stretching in other physical exercises. Along with breathing, these **asanas** open the energy channels or **chakras** i.e. psychic centres of the human body while increasing flexibility of the spine, promoting one's concentration, positive thinking, meditation, strengthening bones and stimulating the circulatory and immune systems.

5. **Your Excellency**, our National Vision 2036 under the pillar of Health and Wellness is an aspiration to attain "Human and Social Development" for our Nation. This is further supported by our commitment as a country towards achieving Sustainable Development Goal No 3 of "Good Health and Well-being".

I am therefore grateful to the Indian High Commission for cultivating Yoga amongst our citizens. This is what the Africa Agenda 2063 espouses; peace and harmony for a "Peaceful and secure Africa." Let me therefore urge fellow Batswana to embrace and promote Yoga in our beloved country.

6. In conclusion, your Excellency, ladies and gentlemen, I would like to thank the Government of India and the Indian Mission in Gaborone for creating awareness about Yoga to all Batswana. I am aware of the responsible role that India played in the decision by the UN General Assembly to declare the international day of Yoga.

7. I wish to note here that there are many Yoga centres established and operating in Gaborone. These centres actively promote and teach Yoga to people from different walks of life. I call upon the society at large to participate in Yoga in order to attain greater and notable health benefits from it.

8. Lastly, to all the Yoga enthusiasts I wish unto you harmony, peace, prosperity and a successful event.

Good day.
