

**High Commissioner Dr. Rajesh Ranjan's speech on the occasion of 4th
International Day of Yoga on Saturday, 23rd June 2018 at Adansonia Garden,
Adansonia Hotel, Francistown**

- **Ms. C. Mapseka, District Commissioner, Francistown**
- **All heads of Indian Association in Francistown**
- **Media personnel**
- **Ladies and Gentlemen**

1. **I am happy to be with you all today** in Francistown to celebrate 4th International Day of Yoga in Botswana. At the outset, I would like to thank **Art of Living, Francistown and Bharath Association** for organising Yoga Day in Francistown. We commemorated the Day in Gaborone on 17th June where **Hon. Ms Gladys K.T. Kokorwe, Speaker of the National Assembly of the Republic of Botswana** grace the occasion. **Hon.** Speaker mentioned that Yoga augurs well with the Sustainable Development Goal No.3 of global health and well-being.

2. **For this gesture and support,** I thank the Government of Botswana. I am also glad to take this opportunity here and appreciate that Government of Botswana extended their valuable support in the UN while adopting the UNGA Resolution, 2014 to declare June 21 as the International Day of Yoga, as proposed by Government of India.

3. **It is really encouraging** to see you all in this morning to take part in the Yoga Day despite the cold weather. It shows your enthusiasm. Dear friends, I would like to quote Prime Minister Narendra Modi's words at the UN General Assembly in September 2014 mentioning **"Yoga is an invaluable gift of India's ancient tradition. This tradition is 5000 years old. It embodies unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help in well-being."**

4. India believes in the concept of ‘Vasudhaiva Kutumbakam’ that means ‘The world is one family’. If this concept represents one of the finest traditions of India, Yoga represents one of the most powerful means for uniting the world.

5. The true essence of yoga revolves around elevating the life force or ‘Kundalini’ at the base of the spine. It aims to achieve this through a series of physical and mental exercises. At the physical level, the methods comprise various yoga postures or '**asanas**' that aim to keep the body healthy. The mental techniques include breathing exercises or ‘pranayama’ and meditation or ‘**dhyana**’ to discipline the mind. Yoga, which connects body, mind and soul has played a big role in connecting the world too.

6. Yoga is a science. It is an applied science, a systematized collection of laws applied to realise our full potential. It takes up the laws of psychology, applicable to the unfolding of the whole consciousness of man on every plane, in every world, and applies those rationally in a particular case. This rational application of the laws of unfolding consciousness acts exactly on the same principles that you see being applied around you every day.

7. Overall, Yoga is a holistic approach to our complete well-being and has immense potential for achieving peace, harmony and happiness. The observance of the International Day of Yoga seeks to reinforce this message for every individual and motivate them to join our collective pursuit of these aspirations.

8. As we come together to celebrate yoga, we are also celebrating our shared humanity, recognizing our shared opportunities and acknowledging our shared destiny.

9. I am happy to see lots of yoga centres coming up in Botswana to promote Yoga. This is truly an indication of enthusiastic revival of this ancient science.

10. So let’s unleash the power of yoga, feel energized and develop a zest of living.

11. Wishing you all an excellent Yoga experience here!

Thank You All