

Embassy of India

Mexico City

Press Release: Embassy of India in Mexico City and High Commission of India to Belize Celebrates 12th International Day of Yoga 2026 with Enthusiastic Participation Across Mexico and Belize

Mexico City, June 21, 2026

The Embassy of India in Mexico and High Commission of India to Belize celebrated the 12th International Day of Yoga (IDY) 2026 with great enthusiasm across Mexico and Belize, bringing together communities in a shared celebration of health, harmony and well-being. The main celebration in Mexico was held at the iconic Monumento a la Revolucion, Mexico City, witnessing the participation of around 800 participants, including yoga enthusiasts, members of the Indian community and friends of India.

2. The event in Mexico City was graced by the presence of distinguished guests including H.E. Ms. Zaira Aguilera, Member of the Chamber of Deputies of Mexico and President of the Mexico–India Friendship Group; Ms. Jessica Braver, Head of Office, United Nations Resident Coordinator’s Office in Mexico; and Mr. Erick Hernández Iturbide, Director of Event Planning, INDEPORTE, Government of Mexico City.

3. Addressing the gathering, Dr. Pankaj Sharma, Ambassador of India to Mexico and High Commissioner of India to Belize, highlighted that Yoga, inspired by the vision of Hon’ble Prime Minister of India Shri Narendra Modi, has evolved into a global movement promoting wellness, unity and harmony. Speaking on the theme of IDY 2026, “Yoga for Healthy Ageing,” Ambassador emphasized that Yoga is a way of life that promotes physical health, mental well-being and balance, while also reflecting shared values of holistic well-being across cultures.

4. The distinguished guests shared their perspectives on the universal appeal of Yoga and its role in promoting healthier and more connected societies. They highlighted Yoga’s contribution to well-being, its significance in strengthening cultural and people-to-people exchanges, and the role of initiatives such as the International Day of Yoga in bringing communities together across borders.

5. As part of the celebrations in Mexico City, a collective yoga session was conducted by Gurudev Tagore Indian Cultural Centre (GTICC), Embassy of India in Mexico City. Participants experienced the ancient practice of Yoga and its message of physical, mental and spiritual well-being. The event also showcased India’s rich spiritual and cultural traditions through a soulful bhajan performance by ISKCON. Participants were served traditional Indian snacks by ISKCON, including *suji ka halwa*, further adding a cultural dimension to the celebration.

6. The spirit of the International Day of Yoga 2026 also resonated across Belize, where celebrations were organized at multiple locations, including in front of the Ministry of Health & Wellness in Belmopan, the village of Placencia, and Caye Caulker. Organized with the valuable support of the Government of Belize and community members, the celebrations witnessed enthusiastic

participation from local communities, yoga enthusiasts and friends of India, reflecting the growing popularity of Yoga across Belize.

7. The International Day of Yoga 2026 celebrations across Mexico and Belize reflected India's strong cultural bonds with both countries and the growing appreciation of Yoga as a global movement that brings communities together through the shared pursuit of health, peace and harmony.

8. **International Yoga Day 2026 celebrations in Mexico City:**









9. **International Yoga Day 2026 celebrations in Belize:**



IDY Celebrations in front of the Ministry of Health and Wellness of Belize:







IDY 2026 Celebrations in Placencia Village, Belize:





IDY 2026 Celebration in Caye Cauker, Belize:

