

11 December 2014

**Statement of H.E. Mr. Sam Kahamba Kutesa,
President of the 69th Session of the General Assembly,
on the Launch of International Day of Yoga**

Delivered by H.E. Alvaro Mendonça E Moura on behalf of the President of the General Assembly

**Excellencies,
Distinguished Delegates,
Ladies and Gentlemen,**

Today's adoption of a resolution on the International Day of Yoga with overwhelming support, as shown by the more than 170 member States that have co-sponsored it, demonstrates how both the tangible and the unseen benefits of yoga appeal to people around the world.

I congratulate the Honourable Shri Narendra Modi, Prime Minister of India, for this initiative whereby the international community will observe the International Day of Yoga on the 21st of June each year.

For centuries, people from all walks of life have practiced yoga, recognizing its unique embodiment of unity between mind and body. Yoga brings thought and action together in harmony, while demonstrating a holistic approach to health and well-being.

I commend the Indian delegation for its work on this initiative and look forward to celebrating the first International Day of Yoga next June.

I thank you for your attention.