

PRESS RELEASE

Grand Celebration of the 11th International Day of Yoga – 2025 Birmingham | June 27, 2025

The iconic Victoria Square, in front of Birmingham's historic Council House, came alive on Saturday, 21st June, as more than 400 yoga enthusiasts gathered to celebrate the 11th International Day of Yoga. The event was hosted by India in UK (Consulate General of India, Birmingham) and marked with great enthusiasm and community spirit.

Held under the global theme “One Earth • One Health • One Yoga”, the celebration highlighted yoga's profound ability to harmonise personal well-being with planetary health.

The morning began with a calm yet energising Yoga Protocol session, skillfully led by Dr. Madhu Gowda, Ms. Maria Simpson, and Ms. April Lewis. Together, they guided participants through a series of foundational yoga postures and breathing exercises, creating a serene and unified atmosphere. The crowd moved in perfect synchrony, embodying the essence of unity and wellness.

Consul General Dr. Venkatachalam Murugan welcomed participants on a beautiful sunny day and spoke about yoga's ancient roots and enduring relevance in today's fast-paced world. Dignitaries including Lord Lieutenant Mr. Derrick Anderson and Deputy Mayor Cllr Nitish Raut addressed the gathering, sharing warm messages of support, solidarity, and wellness.

The celebration concluded with a graceful group yoga performance and closing remarks by the Head of Chancery, who extended heartfelt thanks to the many community organisations that made the event possible — including Brahma Kumaris, Art of Living, Heartfulness, Purple Mind, Anupama Wellness, Aatman Wellness, Sutton Parivar, Shivodham, and the Midlands Kannada Association, among others.

A sincere thank you to all who joined in the heart of Birmingham to stretch, breathe, and celebrate together. The event once again reaffirmed the universal message: Yoga is for everyone — and for the Earth.
