

**Consulate General of India
Jaffna**

Press Release

International Day of Yoga 2024- event at Mullaitivu on 20 June 2025

In a precursor to the International Day of Yoga 2025, Consulate General of India, Jaffna organised an Yoga event successfully at the Puthukkudiyiruppu Central College drawing participation from over 1500 enthusiastic school students. The event formed part of the broader celebrations ahead of the global observance of Yoga Day and highlighted the growing recognition of yoga as a means to achieve holistic well-being.

2. The event was inaugurated by Consul General of India, Jaffna, Shri Sai Murali, alongside the Honourable (Dr.) Sellaththamby Thilaganathan, Member of Parliament for the Mullaitivu District.

3. Addressing the gathering, Consul General Shri Sai Murali elaborated on the global reach of International Yoga Day, attributing its worldwide celebration to the initiative of Indian Prime Minister Narendra Modi. He emphasized the multifaceted health benefits associated with the practice of yoga, encouraging its adoption as a lifestyle. Consul General also extended his heartfelt appreciation to the students of Puthukkudiyiruppu Central College for their active participation and for integrating yoga into their daily lives.

4. Honourable MP (Dr.) Sellaththamby Thilaganathan conveyed his gratitude to India for elevating yoga to a global platform. He commended the Consulate General of India in Jaffna for its consistent support in organizing yoga events across the region. MP Thilaganathan further spoke on the profound impact of regular yoga practice, noting its potential to enhance longevity and contribute significantly to overall well-being.

5. The event at Puthukkudiyiruppu Central College was a testament to the growing enthusiasm for yoga among the youth of Mullaitivu district and reflected the strengthening cultural and people-to-people ties between India and Sri Lanka. As part of the event, yoga mats and T-shirts were also distributed to the students by the Consul General.

6. A few representative photographs are enclosed.

**Jaffna
21st June 2025**