

**LEADER OF GOVERNMENT AND FINANCE MEC NOMUSA DUBE-NCUBE'S
MESSAGE OF SUPPORT AT THE SIVANANDA WORLD PEACE FOUNDATION'S
8TH INTERNATIONAL YOGA DAY**

DURBAN, 19 JUNE 2022

*President of the Sivananda World Peace Foundation, Prince Ishwar Ramlutchman
Mabheka Zulu*

Premier of KwaZulu-Natal; Mr Sihle Zikalala

Deputy Minister of Health; Dr Sibongiseni Dhlomo

Mayor of eThekweni Metro; Cllr Mxolisi Kaunda

Prime Minister of the Zulu Nation; Prince M G Buthelezi

Mrs Shameen Thakur Rajbansi

Yoga Experts and Practitioners

Good Morning Ladies and Gentleman!

Thank you for making us part of this momentous event that has made many people around the world a better humankind.

We have gathered here today to celebrate the 8th International Yoga Day. I am extremely glad to have been invited to this august gathering here in Durban today. First of all, I would like to express my gratitude to The Sivananda World Peace foundation for having started the International yoga day 8 years ago. Today we feel joy to be together promoting Yoga for Humanity.

Emerging from the Covid-19 pandemic which threatened to annihilate life on earth, the practice of Yoga is one of the practices that should be embraced by people. Because

of its health benefits, yoga is not meant only for those among us who practice a certain religion. It's fulfilling and it keeps us content!

We acknowledge the work of the Sivananda World Peace Foundation in South Africa, mainly in the field of building schools, erecting monuments, building halls, creating oneness amongst the people of KwaZulu-Natal through social cohesion and promoting yoga in schools and in rural communities.

On December 11, 2014, the UN declared June 21 as International Yoga Day. The significance of the chosen date is that it is the Northern Hemisphere's longest day, which is commemorated as a culturally significant day in various areas of the world. It is also the start of summer. The various breathing techniques in yoga help in calming the mind of people. It also brings awareness in you and the capability to stay still. Moreover, you can also achieve inner peace through meditation. It also helps in bringing discipline and dedication in one's life.

Health benefits of Yoga

- Improves posture
- Increases flexibility
- Builds muscle strength
- Boosts metabolism
- Helps in lowering blood sugar
- Increases blood flow
- Keep diseases at bay
- Increases self-esteem

On behalf of the KwaZulu-Natal Government we would like to pledge our support for this practice and its benefits. We are at a critical time where our people need calmness and tranquillity in their lives for health and spiritual upliftment.

We congratulate the Sivananda World Peace Foundation and all its yoga experts for the milestone which was achieved through obtaining the first World Amazing Olympia Record. This feat was achieved through having the largest gathering doing yoga on a floating platform on the Indian Ocean on Thursday the 16th of June in Richards Bay. This is a milestone for our province and South Africa at large. We pledge our support in promoting yoga in our communities.

Thank You!