



**Consulate General of India
Houston**

PRESS RELEASE

The Consulate General of India in Houston, in partnership with over 19 partner organizations, successfully spearheaded numerous events throughout June 2025 to celebrate the 11th International Day of Yoga (IDY). These celebrations, which included yoga and meditation sessions and demonstrations of common yoga protocols, garnered enthusiastic participation from diverse nationalities across the Southern United States.

More than 35 events were organized in cities across Texas, including Houston, Austin, Dallas, San Antonio, Sugarland, Pearland, Fulshear, and Baytown. The celebrations also extended to other southern states, with events held in Denver (CO), Bentonville (AR), Oklahoma City (OK), Albuquerque (NM), and Kansas City (KS).

This year's International Day of Yoga (IDY) celebrations featured several prominent events. A distinctive session was conducted at NASA Houston, underscoring the widespread appeal of yoga. Notably, for the first time, a yoga session was hosted at Houston's City Hall. The Indian Doctors Association organized a specialized yoga session at the Consulate, illustrating the medical community's endorsement of holistic well-being. Furthermore, the Consulate facilitated several accessible chair yoga sessions, thereby promoting inclusivity among all participants. The flagship event convened at India House, distinguished by the esteemed presence of Dr. David Frawley (Padma Bhushan), who conducted a profound meditation session. Other significant gatherings included events at the Texas State Capitol in Austin, Hemisfair Park in San Antonio, and the Eternal Gandhi Museum of Houston. Students from the University of Houston also demonstrated enthusiastic involvement in the IDY celebrations, reflecting a growing interest in yoga among younger demographics.

Collaborating organizations included the Heartfulness Institute, Art of Living Foundation, SVYASA, India House, I Do Yoga San Antonio, Swastha Yoga, SEWA, HSS, Hindu Temple of Woodlands, Brahma Kumaris, Indian Association of Baytown, Indian Association of Oklahoma, MGMNT Dallas, JK Yog, Sundar Yoga, Hindu Yuva University of Houston, Yoga Bharti, and VHPA.

The events, conducted in both hybrid and in-person formats, saw a combined footfall of over 3,000 enthusiastic participants, underscoring the widespread appeal and growing adoption of yoga for well-being.
