



KWAZULU-NATAL PROVINCE

SPORT, ARTS AND CULTURE
REPUBLIC OF SOUTH AFRICA

DIRECTORATE:

Ministry

Private Bag X9454, PIETERMARITZBURG, 3200

222 Jabu Ndlovu Street, Pietermaritzburg, 3200

Tel: 033 2643440

**REMARKS BY MEC, MR MNTOMUHLE KHAWULA ON THE
OCCASION OF THE 10TH INTERNATIONAL DAY OF YOGA
Kingsmead Cricket Stadium**

Programme Director

Consulate General of the India in Durban -

Head of Department of Sport, Arts and Culture - Dr Thobile Sifunda

Honoured guests

Ladies and gentlemen

It gives me great pleasure to join you today on this very important day of the celebration of the 10 International Day of Yoga.

As history will tell us, this is the day that is commemorated worldwide and was proclaimed through a United Nations resolution in December 2014 after it was proposed by India's Prime Minister, His Excellency, Narendra Modi.

This is indeed an important occasion to mark and promote the use of yoga, given its benefits to the unity of body, mind and soul.

This day could not have come at a better time for us. As a Province and country, we have just come out of one of the most difficult elections that have heightened the divisions not only along political lines, but also affected race relations in our country. However, the outcome of these elections have forced us a political parties to find a



KWAZULU-NATAL PROVINCE

SPORT, ARTS AND CULTURE
REPUBLIC OF SOUTH AFRICA

way of working together, and this has resulted in the formation of the unity governments in different provinces and at national levels. The voters have told us that we need to put our differences aside and work for the common good of the nation.

Here in our Province, our Premier, Honourable Thami Ntuli has given us clear marching orders to hit the ground running, to ensure that our people's lives change for the better. As a newly appointed MEC for Sport, Arts and Culture, I have committed myself to lead our team in ensuring that we make immediate impact through the sectors that we service - including sport, recreation, arts, culture and heritage.

Promotion of active and healthy lifestyles is one of the core programmes that we run as a department. Encouraging communities to exercise and to make healthy choices is crucial in our quest to build our society. Participating in these activities also help in fostering social cohesion and unity, which is what our country needs at this crucial stage of our democracy.

We will also be focusing our attention to the revival of school sport, which is the bedrock of sport development. Our focus on school sport is not only occasioned by the need to develop talent, but also because we know the crucial role that sport and arts play in keeping our children away from the rampant social ills ravaging our society today. Yoga is one of the activities that we want to encourage for both young and old, because of its benefits in creating a positive mindset at all levels of society.

We are happy to participate in this Yoga session this morning, as encouraged by the late Prime Minister of the Zulu Nation, His Excellency, the Prince Mangosuthu Buthelezi (may his soul continue to rest in eternal peace) who was an ardent



KWAZULU-NATAL PROVINCE

SPORT, ARTS AND CULTURE
REPUBLIC OF SOUTH AFRICA

proponent of practising yoga. In one of his speeches on the occasion of this day in 2022, he said:

‘The beauty of yoga is that it is accessible and beneficial to everyone, regardless of whether you practice it religiously every day, or whether you attend one session. In just one session, you will feel your mind clearing, your burdens lifting and your body becoming more in tune with itself.’

With those few words, I would like to thank you for this invitation and being part of this beautiful occasion.

Thank you.