

Yoga Sangam embodies global solidarity for health — a powerful movement uniting humanity through Yoga and beyond: Shri Prataprao Jadhav

Yoga Sangam Portal Launched

Nashik celebrates Grand Yoga Mahotsav, more than 6000 practice common yoga protocol in unison

Posted On: 02 MAY 2025 12:51PM by PIB Mumbai

Nashik/Mumbai, 2 May 2025

Nashik, the land of Mahakumbh, witnessed a grand celebration of Yoga as over 6000 enthusiasts came together to mark the 50-day countdown to the International Day of Yoga (IDY) 2025 at the Yoga Mahotsav organised by Morarji Desai National Institute of Yoga (MDNIY), Ministry of Ayush. Held at the spiritually significant Gauri Maidan in Panchavati, the event not only celebrated India's rich Yoga tradition but also marked the launch of the Yoga Sangam Portal — a digital platform for online registration towards facilitating the synchronized nationwide celebration of IDY 2025 on 21st June at more than 1,00,000 locations across India.



The programme was inaugurated by Shri Prataprao Jadhav, Union Minister of State (Independent Charge), Ministry of Ayush, and Minister of State for Health & Family Welfare. Addressing the

gathering, the Union Minister emphasised the importance of Yoga and said that, "Nashik is a sacred city blessed by the presence of great souls, and visiting it filled me with pride and joy. Yoga, once an integral part of Indian tradition, is now flourishing within the international community."



He further added that the Government of India is leaving no stone unturned to make IDY a success and stated, "Thanks to the tireless efforts of the Prime Minister Shri Narendra Modi, today, Yoga forms the foundation of life for millions around the world. As part of efforts to take its benefits to every individual, the International Day of Yoga 2025 is being celebrated as a decade-long global festival."



While launching the Yoga Sangam Portal, he said, "Today, on Nashik's sacred soil, we've launched the '[Yoga Sangam Portal](#)' for online registration, marking a significant step towards International Day of Yoga 2025. Yoga Sangam embodies global solidarity for health, and through initiatives like these, International Day of Yoga is becoming a powerful global movement that unites humanity, promoting Yoga and beyond."

"Morarji Desai National Institute of Yoga and the Ministry of Ayush deserve heartfelt congratulations for their contributions to this decade-long journey of Yoga." " he added.

It is to be noted that Yoga Sangam, one of the ten Signature Events of the International Day of Yoga (IDY) 2025, is a groundbreaking initiative unfolding a decentralised, yet synchronised mass Yoga performance at 1,00,000 locations across India. It will take place on 21st June 2025, the International Day of Yoga. This event will weave a harmonious tapestry of well-being nationwide, as

hundreds of thousands of individuals unite under Yoga's enabling shield. The sheer scale of participation in the event will create a powerful ripple effect of positive energy nationwide.

Yog Mahostav at Nashik also witnessed the esteemed presence of Shri Bhaskar Murlidhar Bhagare, Member of Parliament, Lok Sabha, Nashik; Smt. Devyani Suhas Pharande, MLA, Nashik Central; Smt. Seema Hiray, MLA, Nashik West; Shri Rahul Uttamrao Dhikale, MLA, Nashik East; Lieutenant General Dr. Madhuri Kanitkar, Vice Chancellor of Maharashtra University of Health Sciences (MUHS); Dr. Vishwas Mandlik, Head, Yoga Vidya Gurukul, Nashik; and Ms. Monalisa Dash, Joint Secretary, Ministry of Ayush as distinguished guests.

Ms. Monalisa Das, Joint Secretary at the Ministry of Ayush, delivered the welcome address at the event. While extending her greetings to all the distinguished guests, she remarked that "Vasudhaiva Kutumbakam" — the world is one family — is one of India's greatest guiding principles and a true symbol of global brotherhood and harmony."

A special emphasis was laid on the Common Yoga Protocol during today's Yoga Mahotsav. Developed with inputs from leading Yoga experts, the CYP is designed to help individuals integrate day-to-day Yoga practices such as Pranayama and Dhyana into their lives enhancing flexibility, strength, balance, and overall harmony. The Government of India's Yoga Portal serves as a valuable platform encouraging citizens to embrace, practice, and enjoy Yoga daily.

Following the addresses, demonstrators from the Morarji Desai National Institute of Yoga, led by Dr. Kashinath Samagandi, Director, MDNIY, performed a live demonstration of the Common Yoga Protocol. The session saw the active participation of more than 6000 Yoga enthusiasts, creating a vibrant atmosphere of collective energy and discipline. The event was streamed live across various social media platforms of the Ministry of Ayush, MDNIY, and other prominent Yoga institutions.

The Yoga Mahotsav at Nashik marks a significant step in the run-up to IDY-2025, reaffirming the Government of India's commitment to promoting holistic health, wellness, and environmental sustainability through Yoga.

Before this, MDNIY and the Ministry of Ayush had organised a Yoga Mahotsav on March 13, 2025, at Vigyan Bhawan, New Delhi, marking the 100-day countdown to IDY-2025. Similarly, a grand event was organised on April 7, 2025, on the occasion of the 75-day countdown at Kalinga Stadium, Bhubaneswar.

10 unique signature events to guide events to the International Day of Yoga 2025. This year, IDY activities will revolve around 10 unique signature events to mark the 11th edition of the global event, which makes it the most expansive and inclusive:

- Yoga Sangam – A synchronised Yoga demonstration at 1,00,000 locations.
- Yoga Bandhan – Global partnerships with 10 countries to host Yoga sessions at iconic landmarks.
- Yoga Parks– Development of 1,000 Yoga Parks for long-term community engagement.
- Yoga Samavesh – Special Yoga programs for Divyangjan, senior citizens, children, and marginalised groups.
- Yoga Prabhav – A decadal impact assessment on Yoga's role in public health.
- Yoga Connect – A Virtual Global Yoga Summit featuring renowned Yoga experts and healthcare professionals.
- Harit Yoga – A sustainability-driven initiative combining Yoga with tree planting and clean-up drives.
- Yoga Unplugged- An event to attract young people to Yoga.
- Yoga Maha Kumbh – A week-long festival across 10 locations, culminating in a central celebration led by the Prime Minister.
- SamYogam – A 100-day initiative integrating Yoga with modern healthcare for holistic wellness.

Yoga Sangam Portal can be accessed through the following link: <https://yoga.ayush.gov.in/yoga-sangam>

The International Day of Yoga (IDY) has become a global wellness movement, uniting millions across countries. Here's a brief look at its key milestones:

- IDY 2015 – New Delhi: The first IDY at Rajpath saw 35,985 participants, setting two Guinness World Records.
- IDY 2016 – Chandigarh: 30,000+ participants gathered at the Capitol Complex, including 150 Divyangjan performing Yoga Protocol for the first time. The Prime Minister emphasised Yoga's role in treating ailments like diabetes.
- IDY 2017 – Lucknow: 51,000 participants joined at Ramabai Ambedkar Maidan, with Yoga highlighted as affordable 'health insurance'.
- IDY 2018 – Dehradun: 50,000+ participants at Forest Research Institute, with the theme "Yoga for Public Health". ISRO launched the BHUVAN-Yoga and Yoga Locator apps.
- IDY 2019 – Ranchi: Focused on 'Yoga for Heart Care', with eco-friendly Yoga accessories benefiting Khadi artisans.
- IDY 2020 – Virtual: Amid the pandemic, 12.06 crore people joined online. The "My Life, My Yoga" contest attracted entries from 130 countries.
- IDY 2021 – Virtual: Themed "Yoga for Wellness", reaching 496.1 million people globally. Iconic celebrations occurred at Times Square, the Eiffel Tower, and Tokyo Skytree.
- IDY 2022 – Mysuru: 15,000 participants at Mysore Palace, with a 'Guardian Ring' global Yoga relay and VR-powered digital exhibition.
- IDY 2023 – Jabalpur & UN HQ, New York: With 23.44 crore participants, this IDY set two Guinness World Records, including the most significant Yoga session (1.53 lakh participants in Surat). The 'Ocean Ring of Yoga' covered 35,000 km.
- IDY 2024 – Srinagar: Held at SKICC, Srinagar, with 7,000 participants braving the rain. The 'Yoga for Space' initiative saw ISRO scientists join in. A Guinness World Record was set in Uttar Pradesh, with 25.93 lakh people pledging to Yoga. 24.53 crore global participants marked this as a historic celebration.

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(Release ID: 2126073)