

“Yoga Unplugged” the youth-centric initiative for International Day of Yoga (IDY) 2025 gets a boost with leading Yoga institutions joining the program

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“Yoga Unplugged,” the youth-centric initiative for International Day of Yoga (IDY) 2025, is gaining remarkable momentum as leading yoga institutions come together to inspire the next generation.

Kaivalyadhama, one of the oldest and most respected yoga institutes in the world, has launched a series of impactful youth-focused initiatives signaling their endorsement to “Yoga Unplugged”. One among the initiatives is the “Yoga for Young Minds” campaign, where the institute offers free access to the Common Yoga Protocol training through its online platform. The objective is to make yoga accessible to students and young changemakers across the country. Additionally, Kaivalyadhama aims to take part in Yoga Connect, a virtual global summit featuring leading yoga experts, through “Yoginar”— an online offering.

Designed to connect with youth through innovative and engaging formats, the initiative is set to become a highlight of this year’s IDY celebrations.

Established by Swami Kuvalayananda in 1924, Kaivalyadhama follows the undiluted principles of yoga, as described in the Yoga Sutras of Maharishi Patanjali. Kaivalyadhama was founded with the distinct purpose of merging yoga tradition with science, to make this knowledge relevant and accessible to the world. This makes their foray into “Yoga Unplugged” all the more significant.

More yoga institutions are expected to join the “Yoga Unplugged” movement in the coming days, and their efforts are sure to motivate youth across the nation to be part of this transformative journey.

Signature Events of IDY 2025

To mark the 11th edition of IDY, the Ministry of Ayush has announced 10 signature events that will shape this year’s celebrations:

1. **Yoga Sangam** – A synchronized yoga demonstration at 100,000 locations.
2. **Yoga Bandhan** – Fostering international partnerships through exchange programs between India and partner countries.
3. **Yoga Parks** – Development of dedicated yoga parks for long-term community engagement.
4. **Yoga Samavesh** – Inclusive yoga programs for children, seniors, persons with disabilities, and marginalized groups.
5. **Yoga Prabhav** – A decadal impact study on yoga’s role in public health.
6. **Yoga Connect** – A virtual global yoga summit featuring renowned experts and healthcare professionals.
7. **Harit Yoga** – A sustainability initiative combining yoga with tree planting and environmental clean-up drives.
8. **Yoga Unplugged** – Youth-focused events to inspire the next generation to embrace yoga.
9. **Yoga MahaKumbh** – A week-long yoga festival across 10 cities, culminating in a grand celebration.
10. **Samyoga** – A 100-day campaign integrating yoga with modern healthcare systems for holistic wellness.

The Ministry of Ayush invites individuals, institutions, and communities across India and the world to join

this mass movement of wellness. Let us come together on 21st June 2025 to celebrate the transformative power of yoga and embrace a healthier, more harmonious way of life.

To organize a Yoga Sangam event in your locality, please register on the official portal:

yoga.ayush.gov.in/yoga-sangam

MV/AKS

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