

Union Minister Shri Prataprao Jadhav inaugurates 25-Day Countdown to International Day of Yoga 2025 in Puducherry

Over 6,000 Yoga enthusiasts united in Puducherry for Yoga Mahotsav

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Union Minister of State (Independent Charge), Ministry of Ayush and Minister of State for Health & Family Welfare, Shri Prataprao Jadhav, inaugurated the 25-day countdown event to mark the International Day of Yoga 2025 in Puducherry on 27 May 2025. Lieutenant Governor of Puducherry, Thiru. K. Kailashnathan, and Chief Minister of Puducherry, Thiru. N. Rangasamy, also graced the event.



Puducherry, a serene coastal jewel renowned for its cultural heritage, witnessed a wave of wellness as over 6,000 Yoga enthusiasts gathered to mark this 25-day countdown to the International Day of Yoga (IDY) 2025. The vibrant Yoga Mahotsav, held at the picturesque Gandhi Thidal on Goubert Avenue, Beach Road, was organised by the Morarji Desai National Institute of Yoga (MDNIY), Ministry of Ayush. This remarkable display of enthusiasm and participation in mass demonstration of Common Yoga Protocol (CYP) underscores the growing importance of Yoga in fostering personal and societal betterment.



Addressing the gathering, the Ayush Minister said, “Puducherry, the workplace of Maharishi Aurobindo, is a living example of preserving the eternal values of Indian culture amidst diversity.”

He highlighted the transformative power of Yoga and its relevance in promoting physical and mental well-being. He said, “Yoga is not just an exercise; it is an ancient art of healthy living that interconnects mind and body. Those who adopt Yoga feel peace, power, and clarity.” He further added that the global embrace of Yoga is a testament to the tireless efforts of our energetic Hon’ble Prime Minister, Shri Narendra Modi, whose vision has propelled our Yoga heritage to the entire world. He stated that “this year’s inspiring theme, chosen by our Prime Minister, ‘Yoga for One Earth, One Health,’ perfectly encapsulates our collective aspiration for a healthier planet and a healthier humanity. Yoga is an important need of the present and an integral part of our healthy future – this is the message we want to share from this historic land of Puducherry.”

Speaking on the occasion the Lieutenant Governor of Puducherry, Thiru. K. Kailashnathan, said, “Yoga is a very ancient science of our nation. It signifies the union of body and mind. It is a way of life that integrates mental fortitude and physical well-being. Our ancestors have preserved and passed it down to us for many thousands of years. ‘Our Prime Minister, Shri Narendra Modi, has played a very significant role in taking such Yoga to the world stage. Due to his efforts, the United Nations declared June 21 as the International Day of Yoga. For this, all of us Indians must express our gratitude to him. Today, International Day of Yoga is celebrated worldwide. In many countries, Yoga has been included in the educational curriculum. Yoga has been well-received in government offices, private companies, and defence sectors’, he added.

Chief Minister of Puducherry Thiru. N. Rangasamy said, Puducherry, with its serene environment, spiritual centers, and scenic beaches, is a region of peace and tranquility. It stands as a global destination for inner peace and spiritual pursuit, inspiring people across the world to live with awareness, balance, and a spirit of service — which are the core principles of yoga.

Yoga is not just a physical exercise; it is a journey of inner exploration, self-connection, and harmony with nature. It is a matter of pride that Puducherry has hosted this special event today, he added.

The event was honoured by the gracious presence of several dignitaries, including Thiru. Embalam R. Selvam, Speaker, Legislative Assembly, Puducherry; Thiru. K. Lakshminarayanan, Minister for Public Works Puducherry; Thiru. S. Selvaganabathy, Member of Parliament, Rajya Sabha; Thiru. V. Vaithilingam, Member of Parliament, Lok Sabha and Ms. Monalisa Dash, Joint Secretary, Ministry of Ayush.

Ms. Monalisa Das, Joint Secretary at the Ministry of Ayush, delivered the welcome address at the event.

Yoga demonstrators from the Morarji Desai National Institute of Yoga, led by Dr. Kashinath Samagandi, Director, MDNIY, and Dr. Lakshmi Kandan, Assistant Professor (Yoga Therapy), MDNIY performed a live demonstration of the Common Yoga Protocol.

A key highlight of the event was the significant rise in registrations on the Yoga Sangam Portal, launched on the 50-day countdown to IDY 2025 in Nashik. Over 12,000 people have registered on the portal to date, reflecting growing public enthusiasm for Yoga across India.

This event in Puducherry is part of a series of major milestones leading up to the International Day of Yoga 2025. Earlier milestones include the 100-day celebration at Vigyan Bhawan, New Delhi, on March 13, 2025; the 75-day event at Kalinga Stadium, Bhubaneswar, on April 7, 2025; and the 50-day celebration held at Nashik on May 2, 2025.

This celebration of Yoga was not only a testament to individual health benefits but also to the broader impact of Yoga on social harmony and community well-being.

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

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 exchange programs and knowledge sessions.
- Yoga Parks– Development of 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 – ‘Yoga Connect’ is a Global Online Yoga Summit will bring together yoga experts, policymakers, and health specialists from around the world and provide a global platform for idea exchange on the evolving landscape of yoga and wellness.
- Harit Yoga – A sustainability-driven initiative combining Yoga with tree planting and clean-up drives.
- Yoga Unplugged- A series of event to attract young people to Yoga.
- Yoga Maha Kumbh – A week-long yoga festival, will be held at 10 locations across the country.
- Samyoga – Translation of Yoga evidence into contemporary and modern medicines

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