

Yoga Sangam 2025 Unites India: Over 30,000 Organisations Join the Movement

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In a powerful testament to India's growing commitment to holistic wellness, Yoga Sangam—the main event of the International Day of Yoga (IDY) 2025 has achieved a remarkable milestone, surpassing 30,000 registrations of proposals by organisations across the country.

The main event of IDY 2025 will be organised in the same manner as the previous years, with the additional feature of online tracking of numerous such events held across the country. This will be done through a facility on the yoga portal of the Ministry of Ayush, wherein aspiring organizations can register their proposals to register an IDY event.

This overwhelming response in terms of registration of proposals reflects a nationwide embrace of Yoga as more than just a practice—it's a movement toward mindful living, community resilience, and national well-being. From schools and Resident Welfare Associations (RWAs) to corporates, NGOs, and government bodies, institutions from every corner of India are uniting under the banner of Yoga Sangam, by registering their intention to organise an IDY event on 21st June 2025.

As the nation gears up to celebrate the 11th International Day of Yoga, the theme for 2025 “Yoga for One Earth, One Health”—continues to inspire a unified movement that transcends geographies, cultures, and professions. From the snow-capped mountains of Ladakh to the sunlit beaches of Kerala, from school playgrounds and office lawns to railway stations and historic temple courtyards, India is coming together in breath and motion.

The active participation of premier institutions such as IITs, IIMs, and Central Universities has infused renewed energy into the movement. These centres of academic excellence are not only hosting large-scale Yoga demonstrations but are also promoting Yoga as a tool for mental clarity, emotional resilience, and leadership development.

How to Participate in Yoga Sangam:

Visit: yoga.ayush.gov.in/yoga-sangam

Register your group or organisation

Conduct a Yoga session on 21st June 2025

Upload participation details post-event to receive an official Certificate of Appreciation

On 21st June, over one lakh locations across the country will transform into vibrant sanctuaries of well-being—each echoing the spirit of India's ancient wisdom and its modern resolve to lead the world in holistic health.

Let us come together in a collective breath to reaffirm our shared resolve towards a Swasth Bharat, Samruddh Bharat. Together, let us make Yoga Sangam the cornerstone of India's movement for holistic health and national well-being.

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