

International Day of Yoga 2025 Is Not Just a Milestone, It is a Global Wellness Movement: Union Ayush Minister, Shri Prataprao Jadhav

IDY 2025 to Unite Millions in Historic Yoga Session Led by the Prime Minister at Visakhapatnam

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The Ministry of Ayush hosted the curtain raiser for the 11th International Day of Yoga (IDY) at the National Media Centre, New Delhi. The event marks the formal commencement of the grand celebration of IDY 2025 and leading to the National Event to be led by the Prime Minister Shri Narendra Modi on 21st June in Visakhapatnam, Andhra Pradesh.



The Union Minister of State (Independent Charge) Ministry of Ayush and Union Minister of State for Health & Family Welfare, Shri Prataprao Jadhav addressed media persons along with Vaidya Rajesh Kotecha, Secretary, Ministry of Ayush. Senior officials from the ministry were also present on the occasion.



Speaking at the press conference, the Minister of Ayush, Shri Prataprao Jadhav, reflected on the remarkable journey of the International Day of Yoga (IDY) over the past decade. “When the United Nations General Assembly adopted 21st June as the International Day of Yoga in 2014—following the visionary call of our Prime Minister Shri Narendra Modi—it marked the beginning of a global wellness movement rooted in India’s traditional wisdom,” the Minister said.

The Minister recalled that since 2015, IDY has been celebrated with extraordinary enthusiasm across the world. “From the record-setting first event in New Delhi to landmark celebrations in Mysuru, New York, and Srinagar, each edition of IDY has united people from diverse cultures in the shared pursuit of health, harmony, and peace,” he noted.

Highlighting the importance of this year’s milestone, the Minister stated, “As we enter the 11th year, IDY 2025 is not just a commemoration—it is a collective call to scale up our efforts and deepen yoga’s reach across all segments of society.” He added that the theme ‘*Yoga for One Earth, One Health*’ aligns with the global health vision presented during India’s G20 Presidency and reflects the Indian civilisational ethos of ‘*Sarve Santu Niramaya*’, meaning—“May all be free from disease.”

The Minister also mentioned that the national event on 21st June 2025 will take place in Visakhapatnam, Andhra Pradesh, where Prime Minister Shri Narendra Modi will lead the Common Yoga Protocol (CYP) session with more than five lakh participants. Simultaneously, ‘*Yoga Sangam*’ sessions will be conducted at over one lakh locations across the country, making it one of the largest synchronised yoga demonstrations in history.

The Minister also acknowledged the significant contribution of the Government of Andhra Pradesh and its Chief Minister, Shri N. Chandrababu Naidu, for launching the “*YogaAndhra*” campaign—an ambitious initiative to cultivate a community of 10 lakh regular yoga practitioners across the state.

The Minister highlighted that IDY 2025 will feature *ten Signature Events* spread over 100 days, designed to resonate with various segments of society and promote yoga as a holistic way of life. These events—ranging from *Yoga Samavesh* for inclusivity to *Yoga Bandhan* for international partnerships—represent the government’s strategic vision of taking yoga from the mat to the masses.

The Minister further noted the enthusiastic public response to the series of countdown events—held at 100-day, 75-day, 50-day, and 25-day milestones in Delhi, Bhubaneswar, Nashik, and Puducherry, respectively—which have built strong momentum in the lead-up to the main event.

Calling upon the media, Shri Jadhav urged, “Yoga is not just a practice of postures and breathing—it is a way of life. With your support, we aim to make IDY 2025 a landmark event that inspires millions to integrate yoga into their daily routines and help create a healthier, happier, and more harmonious society.”



Sharing updates on global participation, Secretary, Ministry of Ayush, Vaidya Rajesh Kotecha noted that over 60 countries have already initiated activities in the run-up to IDY 2025. He added that yoga enthusiasts worldwide are actively organising events aligned with the theme ‘Yoga for One Earth, One Health’ and the ten Signature Events, reflecting the truly international character of this movement.

At the press conference, Shri P.N. Ranjit Kumar, Officer on Special Duty (IDY Coordination), Ministry of Ayush, delivered a comprehensive presentation detailing the scale, vision, and strategy for IDY 2025. He elaborated on the decadal journey of the IDY movement, provided insights into the 10 Signature Events, and highlighted the collaborative partnerships being forged with state governments, civil society, and international stakeholders to ensure wide-reaching and inclusive participation.

The presentation concluded with a compelling overview of how the Ministry of Ayush is using digital tools, grassroots mobilisation, and global partnerships to amplify the message of “*Yoga for One Earth, One Health*”—positioning IDY 2025 as not just a national observance but a global wellness celebration.

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