

The World Celebrates the 11th International Day of Yoga 2025 with Historic Participation and Outreach with Celebrations

2,000 Global Events organized across 191 countries

13 lakh Pre-registrations of Events Across India

Two Guinness World Records created at Visakhapatnam

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The 11th International Day of Yoga (IDY 2025), celebrated globally on June 21, 2025, achieved resounding success with unprecedented worldwide participation. Under the leadership of Prime Minister Shri Narendra Modi, the IDY celebrations have underscored yoga's increasing global appeal and India's pivotal role in promoting holistic health and wellness.

Across India, 13.04 lakh Yoga Sangam events were registered till June 20th for June 21st on Yoga Portal, showcasing widespread grassroots engagement. Globally, yoga demonstrations took place in 191 countries at approximately 1,300 locations outside India, culminating in an estimated 2,000 global events. This vast international outreach reaffirmed yoga's universal relevance in fostering global health, harmony, and well-being.

India also achieved two significant Guinness World Records in Visakhapatnam, highlighting yoga's deep penetration and wide acceptance. The First being the Largest gathering for a yoga session at a single venue: An impressive 302,000 (3.02 lakh) participants joined on June 21, 2025 and second Record of the Largest mass Surya Namaskar demonstration when 22,122 tribal students participated on June 20, 2025.

To showcase India's rich geographic and cultural heritage around IDY programmes, the Ministry of Ayush could achieve remarkable results through the Whole of Government approach, and as a result, fifteen iconic yoga events were organised at strategically significant and culturally diverse locations nationwide. These events aimed to symbolize India's natural beauty, national spirit, and civilizational ethos, while spreading the message of wellness and unity through yoga.

Yoga demonstrations emphasized physical resilience and national service in some of the country's most challenging terrains such as **Siachen Glacier** where Indian Army personnel performed yoga at the world's highest battlefield, **Galwan Valley** where sessions were held at over 15,000 feet, symbolizing India's message of peace and inner strength, **Rohtang Pass, Sela Tunnel, and Pangong Lake:** Border Roads Organisation (BRO) and Indo-Tibetan Border Police (ITBP) personnel practiced yoga in extreme weather,

Chenab Rail Bridge (Jammu & Kashmir): Yoga was performed atop the world's highest railway bridge, marrying engineering excellence with spiritual harmony, **Rann and Creek sector, Kutch (Gujarat):** The Konark Corps of the Indian Army organized a prelude to IDY 2025 in India's westernmost region, **Indira Point (Andaman & Nicobar Islands):** Yoga was celebrated at India's southernmost tip by the Andaman & Nicobar Command, **Mumbai Offshore Oil Rig:** ONGC personnel participated amidst the Arabian Sea, **New Pamban Bridge (Tamil Nadu):** Railway officers, staff, Scouts & Guides and students collectively marked the occasion, symbolizing connection and flow.

Special yoga sessions at historic and spiritually significant locations highlighted India's rich cultural heritage such as **NaMo Ghat, Varanasi:** The 91 UP Battalion of the NCC conducted vibrant sessions on the banks of the Ganga, reflecting spiritual vibrancy and youth participation, **Kishangarh Fort, Jaisalmer:** Ms. Seema Prahari of the BSF Rajasthan Frontier hosted a culturally rich event in the desert fort, **Pahalgam and Sonmarg (Jammu & Kashmir):** Athletes from the J&K Sports Council held sessions in scenic meadows, promoting wellness in nature, **Bainang County, Tibet Autonomous Region:** Indian pilgrims on the Kailash Manasarovar Yatra via the Nathu La route performed yoga, symbolizing cross-border spiritual resonance.

In collaboration with the Geological Survey of India (GSI), yoga sessions were organized at twelve Geological Heritage Sites of scientific, ecological, and cultural importance. These included: Rahioli Dinosaur Fossil Park (Gujarat), Bhimbetka Rock Shelters (Madhya Pradesh), Nighoj Natural Potholes (Maharashtra), Gangani River Gorge (West Bengal), Siwalik Fossil Park (Himachal Pradesh), Arwah-Lumshynna Cave (Meghalaya), St. Thomas Mount Charnockite (Tamil Nadu), Peninsular Gneiss at Lalbagh (Karnataka), Mangampeta Barytes Deposit (Andhra Pradesh), among others.

These fifteen iconic events collectively underscored the profound connection between India's ancient yogic wisdom and its unique geological legacy, embodying the spirit of 'Yoga for All, Yoga Everywhere.' They powerfully demonstrated how this ancient practice continues to thrive as a living tradition, inspiring resilience, wellness, and unity across diverse terrains and communities nationwide.

The Ministry of Ayush extends its heartfelt gratitude to various ministries and departments, state governments, the international community, Indian Armed Forces, Yoga institutions and associations, educational institutions, NGOs, and millions of yoga enthusiasts worldwide for making IDY 2025 a historic celebration of unity, wellness, and peace.

MV/AKS

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