



# Yoga Mahotsav to commemorate the 100-day countdown to International Day of Yoga-2026

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The Morarji Desai National Institute of Yoga (MDNIY), Ministry of Ayush, Government of India, is organising *Yoga Mahotsav-2026* - an event to mark the beginning of the 100-day countdown to International Day of Yoga-2026, on March 13, 2026 at Vigyan Bhawan. The Ministry of Ayush, with its various stakeholders, has chalked out a 100-day countdown programme wherein 100 organisations **are promoting yoga in 100 places/cities**. A grand program is scheduled on March 13, 2026 at Vigyan Bhawan from 9.00 A.M. onwards.

**The event is expected to witness the auspicious presence of Hon'ble Cabinet Ministers.** The event will be graced by the **Hon'ble Union Minister of State (Independent Charge), Ministry of Ayush and Minister of State, Ministry of Health and Family Welfare, Shri Prataprao Jadhav; Secretary, Ministry of Ayush, Government of India, Vaidya Rajesh Kotecha; President, S-VYASA Society, Bengaluru, Dr. H.R. Nagendra; Joint Secretary, Ministry of Ayush, Government of India, Ms. Monalisa Dash along with eminent dignitaries, Yoga Gurus, Yoga Masters, Ayush Experts, modern medicine and allied science, delegates, Yoga enthusiasts, and Yoga Sadhaks.**

**Hon'ble Ayush Minister Shri Prataprao Jadhav said,** "As you are aware, at the initiative of Hon'ble Prime Minister Shri Narendra Modi, the United Nations General Assembly took a historic decision in 2014 to declare 21st June as the International Day of Yoga. This worldwide acceptance of Yoga is a matter of pride for our country, as Yoga is an integral part of our cultural and spiritual heritage. The Ministry of Ayush is the nodal Ministry for observation of the International Day of Yoga (IDY). Every year, the main event of IDY observation is a Mass Yoga Demonstration which is led by, led by the Hon'ble Prime Minister himself. The preparations for IDY-2026 are already underway."

It is important to note that the **100-day countdown to the International Day of Yoga** is observed each year as a significant phase in the lead-up to the celebration. During this period, the Ministry seeks to expand its outreach and promote the message of Yoga widely, aiming to connect with people across the country and encourage greater public participation in the 100 days leading up to International Day of Yoga **2026**.

For the upcoming 12th International Day of Yoga (IDY), the Ministry proposes to commemorate the occasion at 100 iconic locations across the country. With the 100-day countdown programme already underway, preparations for IDY-2026 are gaining momentum, inspiring people across the nation to celebrate and adopt Yoga as a path to holistic well-being.

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