



YOGA MAHOTSAV-2026

IDY has evolved into a global celebration of wellness: Union Ayush Minister

Yoga is a powerful discipline for mental clarity, physical health and emotional balance: Union Ayush Minister

New Yoga Protocols launched by Union Ayush Minister

Yoga Mahotsav-2026 marks the beginning of the 100-day countdown to the 12th International Day of Yoga (IDY)

MDNIY signs MoU with Habuild under Yoga 365 campaign to offer free daily online Yoga sessions

Yoga 365 aims to help individuals adopt Yoga as a daily habit: Union Ayush Minister

Posted On: 13 MAR 2026 6:24PM by PIB Delhi

Union Minister of State (Independent Charge) for Ayush and Minister of State, Ministry of Health & Family Welfare, Shri Prataprao Jadhav, today inaugurated Yoga Mahotsav-2026 in New Delhi, marking the 100-day countdown to the 12th edition of the International Day of Yoga (IDY) 2026. On the occasion, the Minister launched “10 Yoga Protocols for Non-Communicable Diseases (NCDs) and Target Groups”, designed for individuals across different age groups and health conditions.

The Ministry of Ayush, the nodal ministry for the International Day of Yoga, has successfully organised eleven editions of IDY with steadily growing global participation. Yoga Mahotsav-2026 formally marks the beginning of the 100-day journey towards the 12th International Day of Yoga, aiming to promote the diverse dimensions of Yoga and inspire a global movement for health, well-being and peace.

Addressing the gathering, the Minister said, “Over the past eleven years, under the visionary leadership of Hon’ble Prime Minister Narendra Modi, the International Day of Yoga has evolved into a global celebration of wellness. Yoga is not merely a lifestyle practice but a powerful discipline that promotes mental clarity, physical health and emotional balance. Its benefits helped millions maintain resilience and well-being even during challenging times such as the pandemic.”

Launching the 10 Yoga Protocols for Non-Communicable Diseases and Target Groups, the Minister said that these protocols are designed for people across different age groups and life stages, enabling them to take greater responsibility for their health, enhance physical and mental resilience, and improve overall quality of life.

Referring to the recently held Post-Budget Webinar, the Minister recalled that the Hon'ble Prime Minister, Shri Narendra Modi, had emphasised India's vision of preventive and holistic healthcare, noting that Yoga and Ayurveda are essential pillars of this approach.

The Minister also launched the "Yoga for Air Travel" protocol, a specially designed five-minute routine of seated yogic practices, breathing exercises and brief meditation. Developed by experts, the protocol aims to reduce travel-related stress, improve circulation, ease muscular discomfort and promote mental calmness during air journeys.

As part of the 100-Day Countdown to IDY 2026, the Morarji Desai National Institute of Yoga (MDNIY) exchanged an MoU with Habuild under the Yoga 365 campaign to offer free daily online Yoga sessions.

Highlighting the initiative, the Minister said, "Yoga 365 aims to help individuals adopt Yoga as a daily habit, encouraging consistent practice and deeper engagement in the run-up to the International Day of Yoga 2026."

During the programme, Saurabh Bothra shared a toll-free number 1800-315-7008 with participants to facilitate online registration for the Yoga 365 campaign.

Vaidya Rajesh Kotecha, Secretary, Ministry of Ayush, highlighted several digital initiatives to expand access to Yoga. He informed that the Ministry, through the Ayush Grid, has developed an AI-based tool to guide Yoga practitioners in correcting their postures while performing Yogasanas.

The Secretary further noted that Yoga continues to gain immense global popularity, and that the participation of more than 26 crore people in IDY 2025 reflects the movement's growing momentum. He also added that to make Yoga more accessible, courses such as the Advanced Y-Break have been made available on the Karmayogi Bharat, where more than 10 lakh participants have already enrolled.

Speaking on the occasion, H. R. Nagendra, President of the S-VYASA Society, emphasised the growing importance of Yoga in addressing lifestyle disorders and Non-Communicable Diseases. He noted that Yoga has proven to be an effective preventive and therapeutic approach and should therefore be integrated across all levels of society.

Welcoming the dignitaries, Monalisa Dash, Joint Secretary, Ministry of Ayush, said, "Yoga is one of the greatest gifts of India to the world. It represents a holistic philosophy that harmonises the mind, body and spirit."

The day began with a live demonstration of the Common Yoga Protocol (CYP) at 7:00 AM at the Morarji Desai National Institute of Yoga, attended by more than 1,000 Yoga enthusiasts. The CYP includes a series of Yogasanas, Pranayama and meditation practices that contribute to improved flexibility, strength, balance and inner harmony.

The one-day Yoga Mahotsav-2026 featured three thematic technical sessions:

- Yoga for the Geriatric Population
- Business Module for Yoga Entrepreneurship
- Yoga and Artificial Intelligence

These sessions brought together eminent experts from the fields of Yoga, medicine and scientific research, serving as an important knowledge-sharing platform and reinforcing the scientific and therapeutic potential of Yoga.

The Director of the Morarji Desai National Institute of Yoga presented the vote of thanks and briefed participants on upcoming programmes in the lead-up to the International Day of Yoga 2026.

Approximately 1,500 participants, including Yoga masters, scholars, policymakers, bureaucrats, corporate professionals, Yoga practitioners and experts from allied sciences, attended Yoga Mahotsav–2026.

Yoga Mahotsav–2026 sets the stage for a renewed global movement towards holistic health and well-being. From Kartavya Path to the United Nations, the International Day of Yoga has strengthened India's leadership in promoting global health and wellness. As the countdown to IDY 2026 begins, the Ministry of Ayush reaffirmed its commitment to spreading the message of Yoga worldwide and inspiring millions to adopt this timeless practice for a healthier, happier life.







SR/SV

(Release ID: 2239779) Visitor Counter : 533

Read this release in: Marathi , हिन्दी , Tamil , Malayalam