



Ministry of Ayush Begins 75-Day Countdown to IDY 2026 with Yoga Mahotsav–2026 in Lonar

Asia Book of Records Set with Collective Trikonasana Practice at Yoga Mahotsav–2026

Mass Trikonasana Reflects Spirit of Collective Participation and Shared Wellness: Shri Prataprao Jadhav

Yoga Mahotsav–2026 Symbolises Global Awakening Towards Holistic Health: Shri Jadhav

Posted On: 07 APR 2026 2:56PM by PIB Delhi

The Morarji Desai National Institute of Yoga (MDNIY), Ministry of Ayush, organised *Yoga Mahotsav–2026* at Chhatrapati Shri Shivaji Maharaj Udyan, Lonar, district Buldhana, Maharashtra today. The event marked a significant milestone as it entered the Asia Book of Records for the largest gathering performing *Trikonasana*.

Nearly 5,000 participants assembled at dawn to perform the *Common Yoga Protocol (CYP)*, transforming the historic town of Lonar into a vibrant centre of collective wellness. The large-scale participation highlighted the growing global acceptance of Yoga as a powerful medium for promoting unity, health, and well-being.

Shri Prataprao Jadhav, Union Minister of State (Independent Charge) for Ayush and Minister of State for Health & Family Welfare, described the event as a “strong beginning to the 75-day countdown to the International Day of Yoga (IDY) 2026.” He noted that hosting the celebration in the geologically significant Lonar region symbolises a broader global awakening towards holistic health and harmony. Emphasising the importance of Yoga, he stated that the practice continues to enhance physical health, mental well-being, and emotional balance.

Highlighting the significance of the record-setting *Trikonasana* performance, Shri Jadhav stated that the achievement reflects the spirit of collective participation and shared wellness inherent in Yoga. He also underlined the importance of *Ayush Aahara*, emphasising the role of traditional and natural foods such as millets, ragi, coconut oil, and medicinal spices in boosting immunity and promoting holistic health.

Addressing the gathering, Ms. Monalisa Dash, Joint Secretary, Ministry of Ayush, described Yoga as one of India’s most valuable contributions to the world, noting that it represents a way of life that fosters harmony between mind, body, and spirit.

The programme featured a live demonstration of the Common Yoga Protocol led by Prof. (Dr.) Kashinath Samagandi, Director, MDNIY. The session included *Yogasana*, *Pranayama*, and *Dhyana*, enabling participants to experience the comprehensive benefits of Yoga.

Yoga Mahotsav–2026 also showcased several flagship initiatives of the Ministry of Ayush, including the “Yoga for Air Travel” protocol, “10 Yoga Protocols for Non-Communicable Diseases,” and the *Yoga 365* campaign aimed at integrating Yoga into daily life. A toll-free helpline (1800-315-7008) offering 14 days of free guided Yoga practice was also highlighted.

The event marked the formal commencement of the 75-day countdown to the 12th International Day of Yoga (IDY) 2026. The programme was attended by senior officials of the Ministry of Ayush, representatives of the district administration, and other distinguished guests.

Over the past eleven editions, the International Day of Yoga has emerged as one of the largest global movements for health and well-being, with increasing international participation each year. The forthcoming 12th edition will focus on addressing non-communicable diseases, promoting geriatric health, and exploring the integration of emerging technologies, including Artificial Intelligence, with Yoga.

The Ministry of Ayush reaffirmed its commitment to promoting Yoga as a mass movement through *Jan Bhagidari*, encouraging wider participation across the country and globally in the lead-up to IDY 2026.







SR/SV/SG

(Release ID: 2249649) Visitor Counter : 501

Read this release in: Urdu , हिन्दी , Marathi , Manipuri , Bengali , Gujarati , Odia , Telugu , Kannada