



50 Days to International Day of Yoga 2026: Telangana Prepares to Celebrate Yoga Mahotsav Tomorrow

Set to Make a Historic Record Attempt for Asia Book of Records for the Maximum Number of People Practising Bhujangasana

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Morarji Desai National Institute of Yoga (MDNIY), under the Ministry of Ayush, will organise Yoga Mahotsav 2026, marking the 50-day countdown to 12th International Day of Yoga (IDY 2026) on May 02, 2026, at Kanha Shanti Vanam, Ranga Reddy district, Telangana. The tranquil premises of Kanha Shanti Vanam, home to the globally renowned Heartfulness Meditation Centre near Hyderabad, is all set to host this grand celebration.

The programme will begin at 6:00 a.m. and is expected to witness large-scale participation from Yoga enthusiasts practicing Common Yoga Protocol (CYP) from across the country.

A major highlight of the event will be a mass demonstration of Bhujangasana, with participants coming together in a synchronised practice aiming to set a historic record in the Asia Book of Records.

The event will be graced by Hon'ble Union Cabinet Minister, Coal and Mines, Shri G. Kishan Reddy, and Hon'ble Union Minister of State (Independent Charge), Ministry of Ayush and Minister of State for Health and Family Welfare, Shri Prataprao Jadhav along with Kamlesh D Patel (Daaji), President, Heartfulness.

Highlighting the significance of the Yoga Mahotsav, Shri Prataprao Jadhav stated:

“I urge everyone to transform the upcoming 50-day journey into a powerful collective resolve. Yoga should not be confined to a single day; rather, it must be embraced in every moment of our daily lives and in every breath we take. In this spirit, the Ministry of Ayush has launched Yoga 365, in collaboration with Habuild, to encourage citizens to make Yoga a daily practice. Let us all come together and take positive steps towards building a healthy body, a calm mind, and a strong and prosperous India.”

Secretary, Ministry of Ayush, Vaidya Rajesh Kotecha, and Joint Secretary, Ministry of Ayush, Ms. Monalisa Dash, along with Senior officials from Ayush, Yoga Gurus, experts from Ayush systems and modern medicine, and Yoga practitioners from across the country, will also be present.

Dignitaries from various embassies and international organisations will also participate in the 50-day countdown event, reflecting the growing global engagement with Yoga and India's wellness traditions. These include Nawab Mir Nasir Ali Khan, Honorary Consul of the Republic of Kazakhstan in Hyderabad; Surat Singh Malhotra, Honorary Consul of the Kingdom of Lesotho; Kiran Kumar, Honorary Consul of

Bulgaria; Dr Murthy Devarabhotla, Trade Commissioner for Cuba; Dr Tasneem Shariff, Trade Commissioner for Namibia; Gareth Wynn, British Deputy High Commissioner in Hyderabad; Vikram Jain from the Canada Trade Office; and Ramakrishna, representing the Australian Visa Application Centre.

This programme will witness wide international participation, with Consulate Generals and representatives of the Heartfulness Institute joining virtually from across the globe—including Singapore, China, Vietnam, Colombia, Malaysia, Brazil, and even the Uganda refugee camp—along with participants from centres across India. Ayush Aahara will also be distributed during the programme.

Observed annually as a key phase ahead of IDY, the countdown period serves to deepen outreach and strengthen public engagement through a series of programmes, mass demonstrations, and awareness initiatives across the country.

With the 50-day countdown set to begin, Yoga Mahotsav 2026 is expected to further energise preparations and reinforce the message of Yoga as a powerful tool for preventive healthcare, mental well-being, and holistic living, in line with the Government's vision of a healthier and more resilient India.

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