

Ministry of Ayush convenes Inter-Ministerial Committee meeting to plan International Day of Yoga 2026

Yoga has evolved into a people's movement promoting a healthy lifestyle: Union Minister Shri Prataprao Jadhav

IDY 2026 will be a true whole-of-government & whole-of-society movement, driven by collective & Inclusive participation: Shri Jadhav

Yoga gaining global acceptance as a tool for health, wellness and inner balance: Shri Sibi George, Secretary (West), MEA

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The Ministry of Ayush convened a crucial meeting of the Inter-Ministerial Committee (IMC) today to deliberate on the planning and coordinated execution of activities for the International Day of Yoga (IDY) 2026. The meeting, held in New Delhi today, brought together senior officials from various Ministries and Departments of the Government of India and Prominent Yoga Gurus, representatives from Yoga Institutions and Organisations.



The meeting was chaired by Shri Prataprao Jadhav, Minister of State (I/C), Ministry of Ayush and Minister of State for Health and Family Welfare, underscoring the Government's commitment to further strengthening the global and national outreach of Yoga as a tool for holistic health and well-being.



In his address, the Shri Prataprao Jadhav extended his greetings to all dignitaries, senior officials, Yoga experts and institutional representatives present at the meeting. Reflecting on the recent 50-day countdown to IDY 2026 event held in Hyderabad, he noted the growing public enthusiasm and participation in Yoga, emphasizing that Yoga has evolved beyond a practice limited to sessions and mats into a widespread people's movement promoting a healthy lifestyle.

Highlighting India's global leadership, the Minister noted that under the visionary leadership of Prime Minister Shri Narendra Modi, International Day of Yoga observance has reached over 190 countries since 2015, inspiring millions worldwide to adopt Yoga for physical health, mental balance, and inner peace.

Emphasizing the importance of a "whole-of-government approach," the Minister called upon all Ministries and Departments to actively contribute to the success of IDY 2026. He outlined key focus areas including maximizing participation in the Common Yoga Protocol observance on June 21, integrating Yoga into institutional frameworks such as schools, workplaces, and healthcare systems, ensuring inclusivity across rural and underserved populations, border and remote areas, leveraging digital platforms for outreach, and maintaining timely implementation and reporting of activities.

The Minister emphasised cooperation, coordination and active participation in a time bound manner from all the Ministries and other stakeholders and said, "Let us all work together to ensure that the 12th International Day of Yoga is celebrated with unprecedented public participation, effective coordination, and widespread awareness."

Reaffirming India's global commitment to the promotion of yoga, Shri Sibi George, Secretary (West), Ministry of External Affairs, stated that the MEA will extend full support for the worldwide observance of International Day of Yoga 2026 through its network of embassies, consulates, and missions abroad. He emphasized that Indian Missions abroad will play a pivotal role in coordinating large-scale outreach activities, partnerships, and community engagement initiatives to further expand the global footprint of yoga.

Highlighting ongoing international efforts, he noted that the six-month Yoga practice initiative in Japan, undertaken with the support of the Ministry of Ayush and Heartfulness, has witnessed encouraging participation and success, reflecting the growing global acceptance of Yoga as a tool for health, wellness, and inner balance. He expressed confidence that such sustained international engagements would significantly contribute to making IDY 2026 a truly global movement."

In his welcome address, Vaidya Rajesh Kotecha, Secretary, Ministry of Ayush, warmly greeted all participants and highlighted the significance of the meeting in shaping the roadmap for IDY 2026. He described Yoga as a vital component of India's cultural and spiritual heritage that has evolved into a global health movement. "Recalling the United Nations General Assembly's recognition of June 21 as the International Day of Yoga in 2014, he noted the steady expansion of its global footprint, marked by widespread participation across countries and communities. "IDY is not merely a one-day event but a sustained global campaign promoting health, balance, and holistic living", He said.

Dr. H. R. Nagendra President, S-VYASA University noted the steadily growing global community of yoga practitioners, stating that participation in the International Day of Yoga has seen remarkable expansion in recent years. He highlighted that more than 26 crore people participated in IDY last year and expressed confidence that this number is expected to exceed 30 crore this year. Emphasizing the importance of evidence-based practice, he underscored that a growing body of research has established Yoga as highly beneficial for overall health and wellness, while also demonstrating its effectiveness in the prevention and management of non-communicable diseases (NCDs).

Shri Swami Dr. Bharat Bhushan, President, Mokshayatan International Yogashram, reiterated his full support for the celebrations of International Day of Yoga 2026. He emphasized that efforts around IDY must focus on inculcating the practice of Yoga into the daily lifestyle of every citizen across the globe. Highlighting Yoga's transformative potential, he stated that it has the power to uplift individuals from all forms of adversity and guide them towards a healthier and more balanced life.

A comprehensive presentation on the proposed activities and strategy for IDY 2026 was made by Ms. Monalisa Dash, Joint Secretary, Ministry of Ayush outlining key initiatives, thematic focus areas, and outreach plans. The presentation was followed by detailed discussions, wherein representatives from participating Ministries and Yoga Gurus and representatives from Yoga organisations/Institutions shared their inputs, suggestions, and commitments towards amplifying the impact of IDY celebrations across the country and internationally.



The discussions emphasized a whole-of-government approach, leveraging institutional networks, media platforms, and community participation to ensure wider engagement and visibility for IDY 2026. Special focus was placed on youth participation, digital outreach, and integration with ongoing national health and wellness initiatives.

The Ministry of Ayush reaffirmed that the outcomes of the meeting will serve as a guiding framework for coordinated action across Ministries and stakeholders in the run-up to International Day of Yoga 2026. With a renewed emphasis on inclusivity, innovation, and global engagement, the Ministry expressed confidence that IDY 2026 will further strengthen India's leadership in promoting Yoga as a universal pathway to health, harmony, and well-being.

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