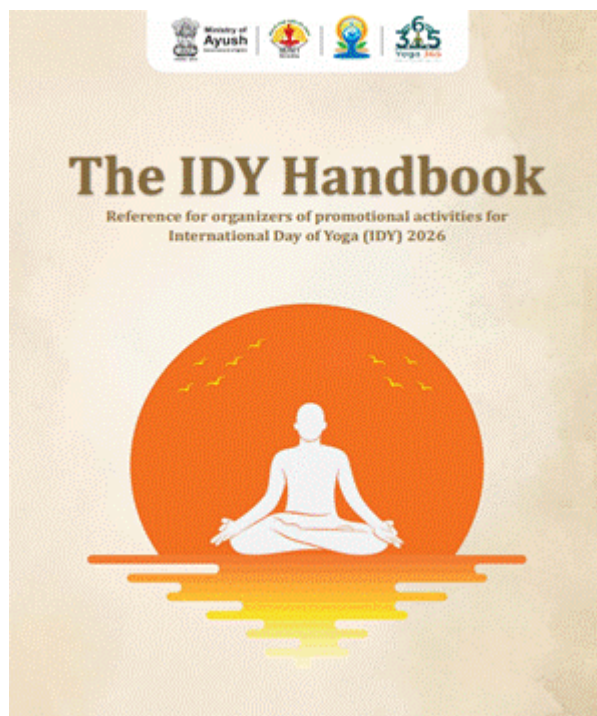


Multilingual IDY 2026 Handbook now accessible to the public

Comprehensive guide on International Day of Yoga, Common Yoga Protocol and Ministry initiatives now available in English, Hindi and 21 Regional languages

Posted On: 26 MAY 2026 3:46PM by PIB Delhi

As preparations for the International Day of Yoga (IDY) 2026 gather momentum across the country and around the world, the Ministry of Ayush presents the *IDY Handbook 2026* as a comprehensive resource for all stakeholders associated with the celebration. Designed to support organizers, institutions, yoga practitioners, government agencies, educational establishments and community groups, the multilingual handbook brings together essential information on IDY, the Common Yoga Protocol (CYP), Ministry initiatives and public participation opportunities in one accessible reference document.



Available in English, Hindi and 21 regional languages, the handbook serves as a single reference source for information related to the International Day of Yoga, the Common Yoga Protocol (CYP), key Ministry initiatives and public participation opportunities associated with IDY 2026.

The publication seeks to enhance accessibility and encourage wider participation by making authentic information on yoga and IDY available in multiple Indian languages. It is intended to support stakeholders across the country, including educational institutions, government departments, civil society organizations and community groups involved in organizing yoga-related activities.

The handbook provides an overview of the evolution of the International Day of Yoga since its adoption by the United Nations in 2014 and outlines the major initiatives planned for IDY 2026. It includes details of the Ministry's signature programmes such as Yoga Sangam, Harit Yoga, Yoga Samavesh, Yoga Park and Yoga Unplugged, along with the scheduled countdown activities leading up to 21 June 2026.

In addition to serving as an information resource, the handbook functions as a practical digital toolkit. It provides QR codes and links to instructional materials, including Common Yoga Protocol videos in English, Hindi and 21 regional languages, enabling citizens across the country to access standardized yoga guidance with ease.

The handbook also carries information on various public engagement activities and participation opportunities, including competitions hosted through MyGov, encouraging citizens to become active partners in the celebration of International Day of Yoga 2026.

The handbook can be accessed at: **IDY Handbook 2026**

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(Release ID: 2265395) Visitor Counter : 1020

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