

International Day of Yoga 2026 Theme ‘Yoga for Healthy Ageing’ Highlights India’s Holistic Vision for Longevity and Well-being

**“Yoga Teaches the Art of Ageing Gracefully and Healthily”:
Union Minister Shri Prataprao Jadhav**

Global Scientific Studies on Yoga and Healthy Ageing Increase Dramatically Over the Past Decade

Posted On: 01 JUN 2026 5:50PM by PIB Delhi

The theme of the 12th International Day of Yoga (IDY), to be observed on June 21, 2026, **“Yoga for Healthy Ageing”**, reflects the growing global recognition of yoga as a holistic approach to promoting physical, mental and emotional well-being. Rooted in India’s ancient wisdom and embraced across continents, yoga has emerged as a trusted pathway to healthy and active living. The theme highlights yoga’s transformative potential in fostering vitality, resilience and independence, while reinforcing its role as a cornerstone of preventive healthcare and holistic wellness.

Speaking on the significance of the theme, Union Minister of State (Independent Charge) for Ayush and Minister of State for Health and Family Welfare, Shri Prataprao Jadhav, said, *“The theme for this year’s IDY, ‘Yoga for Healthy Aging’, holds immense relevance today. As life expectancy continues to rise, it is vital that we learn the art of aging gracefully and healthily—a concept beautifully exemplified in India’s ancient civilization, where our sages and yogis sustained longevity and vibrant health through the power of yoga and spiritual discipline.”*

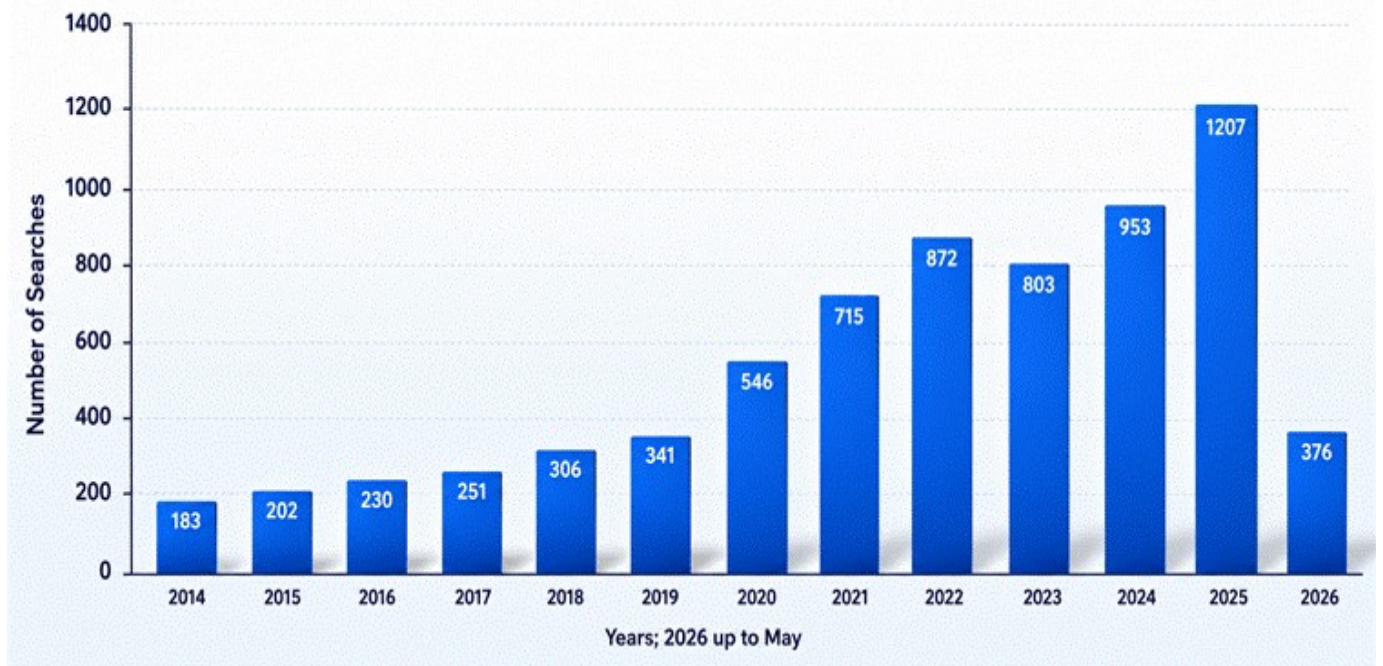
The theme draws attention to the need for enhancing not only lifespan but also “healthspan” — the period of life spent in good health. Through a combination of physical postures, breathing practices, meditation and mindfulness, yoga offers a comprehensive approach to maintaining mobility, mental well-being and emotional resilience throughout the ageing process.

Growing Scientific Recognition

The role of yoga in healthy ageing is receiving increasing attention from the global scientific community. According to data available on PubMed Central, scholarly publications related to “Yoga for Healthy Aging” have witnessed a substantial increase during the last decade.

While only 183 research papers were published on the subject in 2014, the number rose to 1,207 publications by 2025. The research output crossed 500 publications in 2020 and has continued to grow steadily, reflecting expanding scientific interest in the role of yoga in addressing age-related physical and mental challenges.

Search query: Yoga for Healthy Aging



The growing body of evidence supports the long-held understanding within India's traditional knowledge systems that healthy ageing requires a balanced approach encompassing physical, mental and social well-being.

Emerging Opportunities in the Silver Economy

The focus on healthy ageing also coincides with the rapid growth of the global “silver economy”, which encompasses products and services catering to senior citizens. In India, the senior-focused economy—including healthcare, wellness services, rehabilitation, assisted living, digital health and elder care—is estimated at nearly ₹73,000 crore and is expected to witness significant expansion in the coming years.

With individuals in the 45–64 age group increasingly representing a major consumer segment worldwide, demand for preventive health solutions and wellness-oriented lifestyles is growing steadily. In this context, yoga is emerging as a cost-effective and accessible intervention that supports healthy ageing and active living.

Ministry of Ayush Initiatives

The Ministry of Ayush has undertaken several initiatives to promote yoga as a year-round wellness practice and to strengthen its role in preventive healthcare.

Among these is the Ministry's evidence-based **“10 Yoga Protocols for Non-Communicable Diseases (NCDs) and Target Groups”**, which includes a dedicated protocol designed specifically for the geriatric population. The protocol focuses on enhancing flexibility, balance, mobility, respiratory function and emotional well-being through age-appropriate yoga practices.

The Ministry is also promoting the **“Yoga 365”** initiative to encourage daily adoption of yoga beyond the annual observance of International Day of Yoga. The initiative aims to make yoga accessible through technology-enabled platforms and home-based practice modules, enabling wider participation in daily yoga practice.

Another important initiative, **“Yoga Samavesh”**, seeks to ensure that the benefits of yoga reach vulnerable and underserved sections of society. Through inclusive programmes such as chair yoga, low-impact routines and community-based wellness sessions, the initiative aims to support senior citizens in maintaining independence, social participation and overall well-being.

Supporting Healthy Ageing through Innovation

The theme of IDY 2026 also complements wider government efforts to address the needs of an ageing population. Initiatives such as the Seniorcare Ageing Growth Engine (SAGE) are encouraging innovation, entrepreneurship and start-up participation in elderly care solutions.

As awareness of yoga's benefits continues to expand, opportunities are also emerging for wellness professionals, caregivers, digital health providers and community organisations working in the field of senior care. The growing emphasis on geriatric wellness is expected to create demand for trained professionals capable of supporting holistic and non-clinical aspects of healthy ageing.

A Holistic Pathway to Healthy Ageing

The theme “Yoga for Healthy Ageing” conveys a timely message as societies worldwide adapt to changing demographic realities. By promoting preventive healthcare, active lifestyles and holistic well-being, yoga offers a practical pathway for improving quality of life across all age groups.

As the world prepares to celebrate International Day of Yoga 2026, the theme reaffirms India's commitment to sharing a time-tested tradition that supports healthy, active and graceful ageing.



Ministry of
Ayush
Government of India



International Day of Yoga 2026

A Few Minutes Today
Benefits for Years.

**Yoga for
Healthy Ageing**



SR/SV/SG

(Release ID: 2267598) Visitor Counter : 1865

Read this release in: Marathi , Tamil , Kannada , Urdu , हिन्दी

