

Prime Minister Highlights Yoga's Expanding Global Impact, Calls for Greater Participation in International Day of Yoga 2026

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Prime Minister Shri Narendra Modi today underscored the transformative power of yoga as a global movement for health, well-being and active living while addressing the inaugural session of the First World Yogasana Championship 2026 in Ahmedabad. His remarks come as nations across the world prepare to celebrate the 12th International Day of Yoga (IDY) on 21 June 2026 under the theme "Yoga for Healthy Ageing."

Referring to the growing global acceptance of yoga, the Prime Minister recalled India's successful initiative at the United Nations to establish the International Day of Yoga, which received unprecedented support from countries across the world. He noted with satisfaction that yoga, meditation and pranayama have increasingly become an integral part of the daily lives of millions, contributing to better physical and mental well-being.

Highlighting the significance of this year's International Day of Yoga theme, Shri Modi observed that people everywhere are seeking sustainable ways to remain healthy, active and productive throughout their lives. He described yoga as one of the most effective and accessible means to achieve this objective, emphasizing its role in promoting preventive healthcare and enhancing quality of life across all age groups.

The Prime Minister also noted that the First World Yogasana Championship is being organized at a time when preparations for International Day of Yoga 2026 are gaining momentum worldwide. Describing the event as a "double dose of health and wellness" ahead of IDY celebrations, he said such initiatives contribute to increasing awareness about yoga and inspire greater public participation.

Shri Modi highlighted the Government of India's efforts to promote year-round engagement with yoga through the Ministry of Ayush's Yoga 365 initiative. Calling upon participants from different countries to carry the message of yoga back to their communities, he encouraged them to become ambassadors of Yoga 365 and help spread awareness about yoga's benefits across the globe.

The Prime Minister reiterated that yoga is a powerful tool for achieving holistic health and well-being, requiring minimal resources while delivering lifelong benefits. Urging people to embrace yoga as a daily practice, he emphasized that regular yoga can play a significant role in preventing diseases and fostering healthier societies.

The Ministry of Ayush welcomes the Prime Minister's inspiring message and reaffirms its commitment to expanding the reach of yoga through International Day of Yoga 2026 and the Yoga 365 movement. With the theme "Yoga for Healthy Ageing," this year's celebrations aim to encourage individuals of all ages to adopt yoga as a lifelong companion for health, vitality and active ageing.

As the world moves towards International Day of Yoga 2026, the Ministry invites citizens, institutions and communities across India and abroad to participate in the celebrations and join the collective movement towards a healthier and more resilient future through yoga.

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