



Yoga for Healthy Ageing is a Global Call for Health, Dignity and Well-being Across Generations: Union Minister Shri Prataprao Jadhav

Prime Minister Shri Narendra Modi to Lead Global Yoga Movement From Kolkata on International Day of Yoga 2026

Kolkata's Historic Red Road to Host 12th International Day Of Yoga Celebrations On 21 June

Over 4 Lakh Participants Create Guinness World Record ahead of IDY 2026; Celebrations Planned at 2,500 Locations Worldwide

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The Ministry of Ayush today hosted the Curtain Raiser for the 12th International Day of Yoga (IDY) at the National Media Centre, New Delhi. The event marked the formal commencement of the nationwide and global celebrations leading up to International Day of Yoga 2026, which will culminate in the national event to be led by Prime Minister Shri Narendra Modi on 21 June at Kolkata, West Bengal.

Shri Prataprao Jadhav, Union Minister of State (Independent Charge), Ministry of Ayush and Minister of State for Health & Family Welfare, addressed media representatives in the presence of Vaidya Rajesh Kotecha, Secretary, Ministry of Ayush; Ms. Monalisa Dash, Joint Secretary, Ministry of Ayush; Shri Satyajit Paul, Deputy Director General, Ministry of Ayush; and Shri Dharendra Ojha, Principal Director General, Press Information Bureau.

Speaking at the press conference, Shri Prataprao Jadhav said that the theme of IDY 2026, **"Yoga for Healthy Ageing"** (स्वस्थ आयु के लिए योग) addresses one of the most important challenges and opportunities of the present century.

"Across the world, people are living longer than ever before. The real challenge, however, is to ensure that these added years are healthy, active, independent and meaningful. Yoga offers a time-tested and holistic pathway towards healthy ageing (स्वस्थ आयु) by strengthening physical health, promoting mental well-being and enhancing overall quality of life," the Minister said.

Reflecting on the remarkable journey of the International Day of Yoga since its inception, Shri Jadhav noted that the adoption of India's proposal by the United Nations General Assembly in 2014, under the visionary leadership of Prime Minister Shri Narendra Modi, transformed yoga from an Indian tradition into a global movement for health and wellness.

"Today, yoga has transcended borders, cultures and languages. It has emerged as a shared global movement that brings people together in the pursuit of health, harmony and well-being," the minister remarked.

Highlighting the growing international outreach of the movement, the Minister informed that, in coordination with the Indian Council for Cultural Relations (ICCR), more than **210 Indian Missions abroad will organise International Day of Yoga events at nearly 2,500 locations across the world.**

"This unprecedented participation demonstrates the universal appeal of yoga and its relevance in addressing contemporary health challenges across societies," the minister said.

The Minister also announced a major milestone achieved in the run-up to IDY 2026. Referring to the special nationwide live yoga session organised on 14 June, Shri Jadhav stated that **more than four lakh participants joined simultaneously, creating a new Guinness World Record.**

"This achievement reflects the extraordinary enthusiasm of people towards yoga and demonstrates how public participation in the movement continues to reach new heights every year," the minister added.

Shri Jadhav further informed that the Ministry of Culture will organise special International Day of Yoga events at **100 iconic locations across the country**, bringing together India's rich cultural heritage and yoga traditions.

"This initiative will create a unique convergence of wellness, culture and national pride, transforming International Day of Yoga into a celebration that resonates across generations and geographies," the minister said.

The Minister announced that the main national celebration of International Day of Yoga 2026 will be held on 21 June at Kolkata's historic Red Road under the leadership of Prime Minister Shri Narendra Modi. He also highlighted the successful organisation of countdown events held over the past few months, including the 100-day countdown in New Delhi, the 75-day event at Lonar in Maharashtra, the 50-day programme at Kanha Shanti Vanam in Hyderabad and the 25-day countdown celebration at Khajuraho.

Shri Jadhav further highlighted the ongoing **"Gangotri to Gangasagar: Ganga Tat Yoga Yatra"** being organised from 13 to 20 June. Covering locations including Gangotri, Haridwar, Varanasi, Patna, Hooghly and Gangasagar, the initiative seeks to connect yoga with environmental stewardship, river culture and community participation.

The Minister also informed that Kolkata will host a series of special programmes ahead of the main event. On 19 June, the city will witness the **"Doud se Dhyan"** programme promoting the link between physical fitness and mental wellness. On 20 June, celebrations including **"Vande Yogam"** and West Bengal Day observances will showcase the harmonious blend of yoga, patriotism and cultural heritage.

Calling upon citizens to actively participate in the celebrations, Shri Jadhav said, "Yoga is one of India's greatest contributions to humanity. I urge people of all age groups to join the International Day of Yoga 2026 celebrations and embrace yoga as a daily practice for a healthier, happier and more fulfilling life."

Earlier, Shri Dharendra Ojha, Principal Director General, PIB, welcomed the dignitaries and members of the media. Ms. Monalisa Dash, Joint Secretary, Ministry of Ayush, made a detailed presentation outlining the theme, major initiatives and implementation strategy for IDY 2026. A special film on the International Day of Yoga was also screened during the programme.

The press conference concluded with an interactive session during which Shri Prataprao Jadhav responded to questions from media representatives on the theme of healthy ageing (स्वस्थ आयु), preparations for the national event in Kolkata, global participation, the Guinness World Record achievement and various initiatives planned in the run-up to International Day of Yoga 2026.





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