

Daud Se Dhyan 2026 Brings Kolkata Together Ahead of 12th International Day of Yoga Celebrations

Chief Minister of West Bengal Shri Suwendu Adhikari and Union Ayush Minister Shri Prataprao Jadhav flag off the Marathon in Kolkata

Dignitaries participate in Yoga session; initiative promotes health, cleanliness and holistic well-being

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Ahead of the 12th International Day of Yoga (IDY) 2026, Kolkata witnessed enthusiastic participation in “Daud Se Dhyan 2026 – From Movement to Stillness”, a unique initiative organised under the Swachhata Se Swagat Programme, bringing together the core values of health, cleanliness, civic responsibility and overall well-being.

Chief Minister of West Bengal Shri Suwendu Adhikari and Union Minister of State (Independent Charge) for Ayush and Minister of State for Health & Family Welfare, Shri Prataprao Jadhav, jointly flagged off the ‘Daud Se Dhyan 2026’ Marathon early this morning from the Kolkata Municipal Corporation (KMC) Headquarters to the historic Writers’ Building. The marathon was followed by a Yoga and meditation session at Writers’ Building, promoting the message of holistic health and well-being.

The event witnessed the participation of ministers Shri Indranil Khan, Smt. Agnimitra Paul and Shri Tapas Roy; MLA Shri Bijoy Ojha; Chief Secretary, Government of West Bengal, Dr. Manoj Kumar Agarwal; Secretary, Ministry of Ayush, Vaidya Rajesh Kotecha; along with several other dignitaries. Former tennis player Shri Leander Paes also joined the Yoga session, adding enthusiasm and inspiring wider public participation in the celebrations.

As part of the initiative, a **2 km Yoga Run was organised simultaneously across 11 locations in Kolkata**, encouraging citizens to embrace Yoga as a way of life. The run brought together people from different sections of society and highlighted the journey from energetic movement towards mindfulness and meditation.

The Yoga Run was conducted at prominent locations including **P.A.C. Tent Maidan, Elliot Park, RSM Square (Central), Tala Park (Belgachia), Subhas Sarobar (Beliaghata), Captain Bhery (EM Bypass), Golpark (Vivekananda Park), Gitanjali Stadium (Kasba), KFR Ground (Behala), Sanghamitra School Playground (West Port), and Chandipura Rangara Ground (Bhangar).**

The event formed part of the series of activities being organised across West Bengal in the run-up to **International Day of Yoga 2026**, strengthening public participation and awareness about Yoga. The message of “**Daud Se Dhyān**” reflected the essence of Yoga — transforming movement into stillness, discipline into balance, and collective action into a journey towards holistic well-being.







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