



# PREPARING TO CELEBRATE INTERNATIONAL DAY OF YOGA 2026

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Physical fitness, mental resilience and inner balance are essential attributes of every Air Warrior. Upholding these values, Indian Air Force is gearing up to celebrate International Day of Yoga on 21 June 2026 with the conduct of Common Yoga Protocol, reaffirming its commitment to fitness, resilience and holistic well-being.

The Indian Air Force will commemorate the International Day of Yoga by organising yoga across the length and breadth of the country, spanning diverse terrains and regions—from the high-altitude Mountains of Leh in the north to beaches of Car Nicobar in the south and from the eastern frontiers of Tawang to the sacred city of Dwarka in the west. Apart from Airwarriors and families, school children and NCC cadets will also participate in yoga being organised at various Air Force Stations across the country, reflecting the Indian Air Force's commitment to promoting health, well-being and the timeless values of yoga.

The theme for this year's International Day of Yoga is "Yoga for Healthy Ageing", highlighting the role of yoga in promoting physical vitality, mental resilience and holistic wellness across all stages of life. Yoga continues to inspire individuals to lead healthier, more balanced life while fostering inner strength and mindfulness.

As the nation prepares to mark this global celebration, the Indian Air Force looks forward to joining millions across the world in promoting a healthier future through the transformative power of yoga.

Strong in Body. Calm in Mind. United in Spirit

# Indian Air Force prepares for International Day of Yoga 2026



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**JS/VK/SM**

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