



# Ministry of Social Justice and Empowerment to Celebrate International Day of Yoga 2026 at Bharat Mandapam

**“Yoga for Healthy Ageing” will be organised in which 1500 Senior Citizens will participate**

प्रविष्टि तिथि: 20 JUN 2026 3:05PM by PIB Delhi

The Ministry of Social Justice & Empowerment (MoSJE) will organise a special Yoga Day celebration at Bharat Mandapam, New Delhi, on 21 June 2026, from 11:00 AM onwards. As part of the nationwide celebrations of the 12th International Day of Yoga (IDY) 2026, the event is expected to bring together approximately 1,500 senior citizens.

The celebration is being organised in alignment with the national theme of the International Day of Yoga 2026 – **“Yoga for Healthy Ageing”** and reflects the Ministry’s continued commitment towards promoting active and healthy ageing, wellness, independence and social participation among senior citizens.

Reflecting this national vision, the Ministry’s celebration seeks to promote Yoga as a practical and sustainable approach for supporting longevity, emotional well-being, and dignified ageing among our elders.

The programme will include collective performance of the Yoga by senior citizens; and a spiritual discourse focusing on mindful living, inner harmony, emotional wellness and healthy ageing. As the nation prepares to celebrate International Day of Yoga 2026, the Ministry calls upon senior citizens across the country to participate in this collective movement towards a healthier and more inclusive society.

वयोयोगसंगम : a step forward – Ageing with Dignity.

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**SM/AJ**

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