



Prime Minister Shri Narendra Modi participates in 12th International Day of Yoga celebrations at Kolkata's Red Road

"Yoga has the unique power to connect people, societies and nations" - Prime Minister Shri Narendra Modi

"Yoga helps us remain healthy, active and energetic as we age" - Prime Minister

"Yoga is not just for personal well-being; it is also a pathway to global peace" - Prime Minister

"Let us not limit Yoga to a single day; let us make it a part of everyday life" - Prime Minister

"People from Darjeeling to Digha and Cooch Behar have participated enthusiastically in Yoga celebrations"- Chief Minister Shri Suvendu Adhikari

"'Yoga 365' encourages citizens to make Yoga a part of their daily lives throughout the year" - Union Minister of State (Independent Charge) for Ayush Shri Prataprao Jadhav

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Prime Minister Shri Narendra Modi today participated in the national celebration of the 12th International Day of Yoga (IDY) at the historic Red Road in Kolkata, West Bengal. Leading the national observance under the theme "Yoga for Healthy Ageing", he performed the Common Yoga Protocol along with thousands of participants, while lakhs of people across India and the world joined the celebrations. Governor of West Bengal Shri R. N. Ravi, Chief Minister Shri Suvendu Adhikari, Union Minister of State (Independent Charge) for Ayush Shri Prataprao Jadhav and other dignitaries were present on the occasion.

Addressing the gathering, Prime Minister Shri Narendra Modi extended greetings to people across India and the world on the occasion of the 12th International Day of Yoga. He noted that 21 June had evolved into one of the largest collective celebrations in the world, with people from different countries and cultures coming together through the practice of Yoga. The Prime Minister remarked that from the

Himalayas to the Indian Ocean and from Bengal to Saurashtra, the entire nation was filled with the energy and spirit of Yoga. He said Yoga has the unique power to connect people, societies and nations, and continues to strengthen the bonds of human unity.

The Prime Minister observed that holding the national celebration in West Bengal was particularly significant given the State's rich spiritual and cultural heritage. Recalling the contributions of great spiritual leaders and thinkers associated with Bengal, including Swami Vivekananda, Sri Aurobindo and other luminaries who helped spread the message of Yoga to the world, he said the land has long nurtured traditions that emphasise the unity of mind, body and spirit. He added that the collective Yoga session in Kolkata reflected this enduring legacy.

Highlighting the theme of International Day of Yoga 2026, “Yoga for Healthy Ageing”, PM Shri Modi said Yoga is not limited to physical exercise or any particular age group, but is a comprehensive approach to life that promotes vitality, resilience and well-being at every stage of life. He said Yoga enables individuals to remain healthy, active and energetic as they age, while helping them maintain physical flexibility, mental balance and emotional strength.

The Prime Minister noted that Yoga teaches the importance of balance in all aspects of life. Referring to the teachings of the Bhagavad Gita, he said balanced habits, balanced actions and balanced living form the foundation of well-being. He observed that many of the challenges faced by modern society stem from imbalance in lifestyle, and Yoga offers a practical pathway towards harmony, discipline and inner peace.

Emphasising the holistic nature of Yoga, Shri Modi said its benefits extend beyond physical fitness to mental wellness and emotional stability. He remarked that Yoga fosters self-awareness, reduces stress and contributes to a more peaceful and harmonious society. The Prime Minister added that while Yoga enriches individual lives, it also serves as a powerful force for promoting understanding, cooperation and peace across the world.

Calling upon citizens to make Yoga an integral part of daily life, the Prime Minister urged people not to limit Yoga to a single day of observance. He highlighted the “Yoga 365” initiative and the 100-day online Yoga programme launched this year, which witnessed participation from more than 30 lakh people across 130 countries. He expressed confidence that wider adoption of Yoga would contribute to a healthier, stronger and more self-reliant society, and concluded with the prayer, “Sarve Bhavantu Sukhinah, Sarve Santu Niramayah”.

Chief Minister Shri Suwendu Adhikari welcomed Prime Minister Shri Narendra Modi and other dignitaries to Kolkata and expressed gratitude for selecting West Bengal as the venue for the national celebration of the 12th International Day of Yoga. He said the event had generated unprecedented enthusiasm across the State, with people from all districts, from Darjeeling to Digha and Cooch Behar, participating in Yoga activities and celebrations. He noted that large numbers of citizens had joined the observance in Kolkata and across West Bengal, reflecting the growing acceptance of Yoga as a way of life.

Highlighting Bengal's rich spiritual and cultural heritage, Shri Adhikari recalled the contributions of Swami Vivekananda and other great thinkers who emphasised the importance of Yoga for the development of mind, body and character. He said that the principles of Yoga are deeply embedded in India's civilisational traditions and continue to inspire people towards a balanced and disciplined life. He thanked the Prime Minister for bringing the International Day of Yoga celebration to Kolkata and conveyed the gratitude of the people of West Bengal for the opportunity to host the landmark event.

Welcoming the gathering, Union Minister of State (Independent Charge) for Ayush Shri Prataprao Jadhav said that under the visionary leadership of Prime Minister Shri Narendra Modi, Yoga has evolved into a truly global movement for health and well-being. He noted that since the adoption of the United Nations

resolution on the International Day of Yoga in 2014, Yoga is now celebrated in more than 180 countries, reflecting its universal appeal and growing relevance in contemporary society.

Referring to this year's theme, "Yoga for Healthy Ageing", Shri Jadhav highlighted the Ministry's "Yoga 365" initiative aimed at encouraging citizens to make Yoga a part of their daily lives throughout the year. He also highlighted several initiatives undertaken for IDY 2026, including large-scale public outreach programmes, digital participation campaigns and innovative Yoga activities. Reiterating the Government's commitment to promoting India's traditional systems of medicine, he said that the Ministry of Ayush is working to expand access to Ayush services and strengthen the country's wellness ecosystem under the guidance of the Prime Minister.

The celebration witnessed enthusiastic participation from Yoga practitioners, students, volunteers, representatives of various organisations and members of the public at Kolkata's Red Road. Lakhs of people across the country and around the world also joined the observance through Yoga sessions, community events and virtual platforms, reflecting the widespread appeal of Yoga as a movement for health and well-being.

The celebrations are witnessing unprecedented public participation, with registrations on the Yoga Sangam Portal having crossed six lakh organisations. The overwhelming response reflects the enthusiasm of institutions, communities and citizens towards making Yoga a true people's movement.

International Day of Yoga 2026 is also witnessing remarkable global participation. Through the coordinated efforts of the Indian Council for Cultural Relations (ICCR), more than 210 Indian Missions are organising Yoga celebrations across nearly 2,500 locations worldwide.

Adding a cultural dimension to the celebrations, the Ministry of Culture, in collaboration with the Archaeological Survey of India (ASI), is organising special Yoga events across 100 iconic locations in the country, connecting India's rich cultural heritage, historical landmarks and Yoga traditions.









Celebration of the 12th International Day of Yoga 2026 in Ministry of Ayush



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