



English rendering of PM's address at 12th International Day of Yoga celebrations in Kolkata, West Bengal

प्रविष्टि तिथि: 21 JUN 2026 8:25AM by PIB Delhi

Honourable Governor Shri R. N. Ravi Ji, the energetic Chief Minister Shri Suwendu Adhikari Ji, my colleague in the Union Government Shri Prataprao Jadhav Ji, all other distinguished dignitaries present on the dais, all the participants gathered here in Kolkata, everyone joining this Yoga celebration from across India and around the world, and my dear fellow countrymen, My greetings to all of you.

June 21st is the day when, in some parts of the Earth, the longest duration of daylight occurs. And because of International Yoga Day, June 21st has also become the day of the world's largest collective celebration. From different corners of the globe, extraordinary images of yoga are arriving. In India, from the Himalayas to the Indian Ocean, from the Northeast and Bengal in the east to Saurashtra in the west, the entire nation appears filled with the energy and consciousness of yoga. The whole country, the whole world, looks connected - and that is the true power of yoga. Yoga unites everyone, yoga brings everyone together. On this occasion, I extend my heartfelt greetings to the entire world, to all of humanity, on International Yoga Day.

Friends,

Today, on Yoga Day, I would like to commend the people of Kolkata for the Yoga of Cleanliness that has been created here, especially in Bengal. This is a wonderful initiative – the consistent efforts and civic duty that have been undertaken here for the Swachhata Se Swagat initiative have become a great inspiration for all our countrymen.

Friends,

Being in Bengal on the occasion of Yoga Day is truly special. This sacred land of Bengal, where saints like Bhagwan Ramakrishna Paramhansa were born, where Swami Vivekananda introduced yoga to the entire world, where great yogis like Maharshi Aurobindo were born, where Lahiri Mahasaya elevated the yoga tradition to new heights - experiencing collective yoga on this soil gives a unique spiritual feeling. Gurudev Rabindranath Tagore, born on this land, believed that the identity of man lies not in remaining separate, but in connecting with the world around him. This connection is the essence of yoga. Maharshi Aurobindo also said - our entire life is yoga, whether we are aware of it or not. When yoga becomes part of our nature, it becomes the foundation of human unity.

Friends,

Yoga is not merely a means of physical exercise. Yoga is not limited to any one age group. In India, we know and have seen that yoga is a light in human life, a union with consciousness and energy. That is why this year's theme for International Yoga Day has been chosen as Yoga for Healthy Ageing. Even as age advances, we can remain healthy, energetic, and active - yoga shows us the way for this.

Friends,

When we speak of "Yoga for Healthy Aging," It means that we can work to ensure that age does not reduce human potential. Yoga can help human life to aspire for constant growth. Our target must be to be more flexible at 40 than we were at 20. Our target must be to be more energetic at 50 than we were at 30. Our target must be to be more resistant to lifestyle diseases at 70 than we were at 50. This is where Yoga can help us. It helps us tune our bodies to be flexible. It keeps our energy levels high, it also helps us maintain a calm stress-free life and helps keep lifestyle diseases away. Moreover, with regular practice, Yoga teaches us to remain lifelong learners of our own bodies and minds. The more we know about ourselves, the better we can manage ourselves. That is why, Yoga for Healthy Aging. This theme must be seen as one for people of all ages, not just for the elderly.

Friends,

In the Gita, Lord Krishna spoke about yoga: "Yukta ahara viharasya, yukta cheshtasya karmasu, Yukta swapnavabodhasya, yogo bhavati dukhaha." This means through balanced food and recreation, balanced actions and duties, balanced sleep and wakefulness, yoga becomes the destroyer of sorrow. Balance is the foundation of yoga. Balance is also the foundation of our lives. Yet, in modern times, most people struggle with imbalance in life. Yoga teaches us the art of living in a balanced way. Yoga shows us the do's and don'ts. And when we learn to guide our body properly, health becomes our natural state.

Friends,

Yoga does not only focus on our physical health. Yoga shows the path from mental health to physical health. That is why it is said in yoga - "Yukta cheshtasya karmasu" - meaning, awareness of what we should do and what we should not do. This awareness becomes a source of peace in our lives, and it also opens the path to world peace. That is why yoga today is not only essential for our personal lifestyle, but it is also a necessity for a better future of the world.

Friends,

On International Yoga Day, millions of people connect with yoga. But today gives us the opportunity to renew our shared resolve. Let us pledge that yoga will not be limited to just one day, yoga will not be confined to just one program. We will make yoga a part of our lives, a part of our families, and a part of future generations.

Friends,

In this direction, the initiative "Yoga 365" has also been advanced this year. Under this, a 100-day online yoga program was organized, which saw unprecedented public participation. More than 3 million people from 130 countries took part in it.

Friends,

When society is healthy, the nation becomes more capable, more prosperous, and more confident. I wish for all of you: "Sarve bhavantu sukhinah, sarve santu niramayah." With this, I once again extend my heartfelt greetings to all of you on International Yoga Day.

Thank you very much!

DISCLAIMER -This is the approximate translation of Prime Minister's Speech. Original Speech was delivered in Hindi.

MJPS/SS/VJ/ST

(रिलीज़ आईडी: 2275922) आगंतुक पटल : 869

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