



Union Ministry of Health and Family Welfare Celebrates 12th International Day of Yoga 2026 Across the Country

**"Yoga is More Than a Physical Exercise; It is a Source of
Consciousness, Vitality and Inner Energy": Prime Minister
Shri Narendra Modi at International Day of Yoga Celebrations
in Kolkata**

**"Yoga Enables Us to Be More Flexible at 40, More Energetic
at 50 and More Resilient at 70": Prime Minister Shri Narendra
Modi**

**Union Health Minister Shri J. P. Nadda Leads International
Day of Yoga Celebrations at Shantipath; Highlights Yoga's
Global Recognition Under Prime Minister Shri Narendra
Modi's Leadership**

**"Yoga, India's Timeless Gift to Humanity, Has Become a
Global Movement Under the Leadership of Prime Minister
Shri Narendra Modi": Union Health Minister Shri J. P. Nadda**

**More Than 1.87 Lakh Ayushman Arogya Mandirs Join
International Day of Yoga Celebrations Across the Country:
Union Health Secretary**

प्रविष्टि तिथि: 21 JUN 2026 10:14AM by PIB Delhi

Union Ministry of Health and Family Welfare today celebrated the 12th International Day of Yoga (IDY) 2026 with great enthusiasm and active participation across the country, reaffirming the Government's commitment towards promoting holistic health, wellness and preventive healthcare through the practice of yoga.

The national celebrations were led by the Hon'ble Prime Minister Shri Narendra Modi, who participated in the International Day of Yoga event in Kolkata and addressed thousands of yoga enthusiasts. Addressing the gathering, Prime Minister Shri Narendra Modi emphasized that yoga is far more than a physical

exercise and is not confined to any particular age group. He described yoga as a source of consciousness, vitality and inner energy that enriches human life and has been an integral part of India's cultural and spiritual heritage for centuries.



Referring to this year's theme, "Yoga for Healthy Ageing", the Prime Minister said that the theme serves as a guiding principle for building a society that remains healthy, active and energetic throughout life. He noted that healthy ageing is not merely about adding years to life, but about adding vitality, purpose and well-being to those years.

The Prime Minister observed that when we speak of yoga for healthy ageing, it signifies a collective commitment to ensuring that advancing age does not diminish human potential. Rather, yoga empowers individuals to continue aspiring for growth, excellence and self-improvement at every stage of life.

Highlighting yoga's transformative potential, Shri Modi remarked that the aspiration should be to become more flexible at the age of forty than at twenty, more energetic at fifty than at thirty, and more resilient to lifestyle-related diseases at seventy than at fifty. He noted that yoga provides the discipline, strength and balance required to achieve these goals by nurturing physical fitness, mental clarity and emotional well-being.



The Prime Minister further stated that yoga inspires individuals to pursue continuous growth and self-discovery. Through regular practice, it strengthens the body, calms the mind and cultivates inner resilience, enabling people to lead healthier and more fulfilling lives. He underscored that yoga offers a holistic pathway to wellness and can play a pivotal role in addressing the health challenges associated with modern lifestyles and ageing populations across the world.

The Prime Minister called upon citizens to adopt yoga as a lifelong discipline, emphasizing that its benefits extend far beyond personal well-being. He observed that yoga nurtures harmony between the individual and society, promotes collective wellness and strengthens the foundations of a healthier and more conscious nation.

As part of the nationwide observance, Union Minister of Health and Family Welfare Shri Jagat Prakash Nadda participated in a mass yoga session organised at Shantipath, New Delhi. The Union Health Minister joined citizens, healthcare professionals, officials and volunteers in performing various yoga asanas and breathing exercises.



Addressing the gathering. The Union Health Minister has extended his warm greetings to all participants on the occasion of the 12th International Day of Yoga. He highlighted that yoga, an ancient gift of India's civilizational heritage, has today emerged as a global movement for health and well-being owing to the visionary leadership of Prime Minister Shri Narendra Modi.

Shri Nadda recalled that on 27 September 2014; while addressing the United Nations General Assembly, Prime Minister Shri Narendra Modi had called upon the international community to recognize and celebrate yoga as a means of achieving harmony between mind and body, humanity and nature. Following this historic initiative, the United Nations, in December 2014, adopted a resolution declaring 21 June as the International Day of Yoga. Since then, nearly 190 countries have joined the celebrations, making it one of the most widely observed global initiatives.



Referring to this year's theme, "Yoga for Healthy Ageing", Shri Nadda emphasized that yoga offers a holistic pathway to healthy and active ageing by promoting physical fitness, mental clarity, emotional balance and overall well-being. He noted that in an era marked by increasing stress, sedentary lifestyles and lifestyle-related disorders, yoga provides a natural and sustainable means of restoring balance and harmony within the body and mind.

Shri Nadda stated that yoga is not merely a form of physical exercise but a way of life that nurtures a deeper connection between the individual and the universal consciousness. "Yoga enables us to achieve balance between the mind, body and soul. It is a continuous and lifelong practice that guides individuals towards self-improvement, inner peace and holistic well-being," he said.

Furthermore, He observed that regular practice of yoga contributes significantly to enhancing longevity, improving quality of life and fostering resilience against physical and mental health challenges. He urged citizens to embrace yoga as an integral part of their daily routine and adopt healthier lifestyles for long-term wellness.



The Union Health Minister lauded Prime Minister Shri Narendra Modi's efforts in elevating yoga to the global stage, describing it as a remarkable service to humanity. He stated that the worldwide acceptance of yoga and the United Nations' recognition of the International Day of Yoga stand as testimony to yoga's universal appeal and relevance. He noted that yoga should not remain confined to any one nation or culture but should continue to serve as a shared global practice for the welfare of humanity.

Calling upon all citizens to make yoga a part of their everyday lives, Shri Nadda said that the observance of International Day of Yoga is not merely a one-day event but a reminder to embrace a healthier, more balanced and more conscious way of living.

The Ministry also organized a special yoga session at Kartavya Bhawan, New Delhi, led by Union Health Secretary Smt. Punya Salila Srivastava. Officers and staff members of the Ministry participated enthusiastically in the programme and reaffirmed their commitment towards incorporating yoga into their daily lives.



She reiterated the Prime Minister's message that yoga is a practice for people of all age groups and serves as a powerful means of promoting physical fitness, mental well-being and holistic health throughout every stage of life. She also emphasized that yoga has emerged as an important pillar of preventive healthcare and healthy living.

Highlighting the extensive reach of this year's celebrations, Smt. Srivastava stated that yoga sessions were being organised across the country through more than 1.87 lakh Ayushman Arogya Mandirs, enabling millions of citizens to participate in and benefit from the practice of yoga.



International Day of Yoga is observed annually on 21st June following the adoption of a resolution by the United Nations General Assembly in 2014. Over the years, the observance has grown into a global movement, with millions of people across countries participating in yoga sessions and wellness activities.

SR

HFW/ PM-HFM- 12th IDY Celebrations /21 June 2026/1

(रिलीज़ आईडी: 2275947) आगंतुक पटल : 401

इस विज्ञप्ति को इन भाषाओं में पढ़ें: Urdu , हिन्दी , Punjabi