



Hon'ble Prime Minister Shri Narendra Modi Leads Nationwide International Day of Yoga Celebrations from Kolkata

Union Minister of Youth Affairs & Sports Dr. Mansukh Mandaviya and Film Actor Akshay Kumar joined International Day of Yoga Celebrations from New Delhi

“Yoga and fitness must become part of everyday life to realise the vision of a Viksit Bharat”: Dr. Mandaviya

Lakhs Join International Day of Yoga Celebrations Across SAI Centres and Sports Institutions

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New Delhi, June 21: Hon'ble Prime Minister Shri Narendra Modi today led the nationwide celebrations of the 12th International Day of Yoga from Kolkata, as people across the country joined yoga sessions under the theme ‘Yoga for Healthy Ageing’.

আজ সকালে কলকাতার রেড রোডে একটি যোগ দিবসের এক ব্যতিক্রমী কর্মসূচি অনুষ্ঠিত হয়, যেখানে প্রত্যেকের জীবনে যোগাভ্যাসের গুরুত্ব সম্পর্কে একটি গুরুত্বপূর্ণ বার্তা প্রদানের লক্ষ্যে সমাজের সমস্ত স্তরের মানুষ অংশগ্রহণ করেন।

এবারের, মূল ভাবনা ছিল ‘সুস্থ বার্ধক্যের জন্য যোগ’, যা ফিট এবং... pic.twitter.com/95FVBK
Afhc

— Narendra Modi (@narendramodi) June 21, 2026

In the national capital, Union Minister of Youth Affairs & Sports Dr. Mansukh Mandaviya was joined by actor and fitness icon Akshay Kumar in leading the celebrations at the Jawaharlal Nehru Stadium.

স্থিতি। সন্তুলন। শক্তি। #InternationalYogaDay pic.twitter.com/HWT1hKp1GY

— Dr Mansukh Mandaviya (@mansukhmandviya) June 21, 2026



Nearly 3,000 participants gathered at the stadium for a mass yoga session organised by the Fit India Movement under the aegis of the Ministry of Youth Affairs and Sports.

Simultaneously, yoga sessions were conducted at Sports Authority of India (SAI) centres, National Centres of Excellence, SAI Training Centres, Khelo India institutions and other sports establishments across the country, drawing participation from lakhs of citizens.

Addressing the gathering, Dr. Mandaviya said, "yoga and fitness must become part of everyday life if India is to realise its vision of becoming a developed nation."



The Minister highlighted the role of the Fit India Movement in promoting behavioural change and preventive healthcare through community participation.

During interaction with participants, Dr. Mandaviya emphasised the importance of maintaining good health and adopting fitness practices such as yoga and cycling as part of daily life.

Akshay Kumar also outlined the importance of yoga in promoting physical and mental well-being and encouraged people to make fitness a regular habit.

The programme began with cultural performances, followed by the live-streaming of the Hon'ble Prime Minister's address from Kolkata and a Common Yoga Protocol session led by renowned yoga and wellness instructor Anshuka Parwani, who was felicitated as a Fit India Icon.

Akshay Kumar was also felicitated as a Fit India Icon for his contribution towards promoting fitness and healthy living.



The occasion also recognised India's achievements in Yogasana, with athletes who excelled at the recently concluded World Yogasana Sport Championship in Ahmedabad being felicitated as Fit India Champions.



The event witnessed the presence of Secretary (Sports) Hari Ranjan Rao, Secretary (Youth Affairs) Pallavi Jain Govil, senior Sports Ministry & Sports Authority of India officials and members of the sporting fraternity.

Following the formal programme, participants took part in yoga-related activities, expert-led counselling sessions and a Mallakhamb demonstration showcasing India's traditional fitness practices.



The nationwide observance reflected the growing synergy between flagship initiatives such as Fit India, MY Bharat and Yogasana Bharat in promoting healthier lifestyles.

The celebrations also highlighted the continued global growth of yoga as a wellness movement.

Ayushman Kumar

(रिलीज़ आईडी: 2276016) आगंतुक पटल : 382

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