

PRESIDENT OF INDIA PARTICIPATES IN A MASS YOGA DEMONSTRATION ON THE INTERNATIONAL YOGA DAY AT JABALPUR, MADHYA PRADESH

**YOGA IS A POWERFUL MEDIUM FOR CONNECTING THE
INDIVIDUAL TO THE SELF, SOCIETY TO NATURE, AND
HUMANITY TO THE VAST UNIVERSAL CONSCIOUSNESS:
PRESIDENT DROUPADI MURMU**

प्रविष्टि तिथि: 21 JUN 2026 12:56PM by PIB Delhi

On International Yoga Day, the President of India Smt Droupadi Murmu participated in a mass yoga demonstration at Jabalpur, Madhya Pradesh today (June 21, 2026).



Speaking on the occasion, the President congratulated the yoga practitioners across the world on the occasion of International Yoga Day. She said that today, we are celebrating that great tradition of India, which has shown humanity the path to a healthy, balanced and meaningful life. Yoga is an invaluable gift of our cultural heritage to the global community.



The President said that Yoga is a powerful medium for connecting the individual to self, society to nature, and humanity to the vast universal consciousness. At a time when the world is facing numerous challenges, Yoga can play a significant role in guiding humanity towards peace, balance, harmony and collective well-being.



The President said that the United Nations General Assembly declared June 21 as the International Day of Yoga in 2014 due to India's initiative. That declaration has further strengthened the recognition of yoga as a powerful medium for global well-being. Today, millions of people across many countries are making yoga a part of their daily lives.



The President said that the theme for International Yoga Day 2026, ‘Yoga for Healthy Ageing’, highlights the role of Yoga in ensuring a healthy, active, self-reliant and dignified life for the elder members of society. The lifestyle we adopt today forms the foundation of our future health and well-being. Yoga helps individuals remain active and self-reliant even as they age. At the same time, it fosters mental peace and emotional balance.

The President said that the Government of India is continuously working to take yoga to the masses through yoga education, research, training and public awareness. She was happy to note that numerous organizations are inspiring people across the globe to adopt yoga practices. She said that driven by the dedicated efforts of yoga-related organizations, yoga will reach every individual and become a cornerstone for the well-being of entire humanity. She urged people to make yoga an integral part of their daily lives. She said that by doing so, they will contribute to the noble goal of building healthy individuals, healthy families, healthy society, healthy nation and a healthy world.

[Please click here to see the President's Speech-](#)

MJPS/SS/ST

(रिलीज़ आईडी: 2276019) आगंतुक पटल : 1300

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