

12th International Day of Yoga Celebrated Across 40 Locations in Delhi with Enthusiastic Public Participation

Historic Red Fort Becomes Major Centre of IDY Celebrations, Showcasing India's Rich Heritage and Yoga Tradition

Mass Participation Across the National Capital Reflects the Spirit of 'Yoga for Healthy Ageing'

प्रविष्टि तिथि: 21 JUN 2026 2:12PM by PIB Delhi

The Ministry of Ayush, Government of India, in collaboration with Archaeological Survey of India (ASI), Ministry of Culture celebrated the 12th International Day of Yoga (IDY) 2026 at 40 prominent locations across Delhi today. The enthusiastic public participation reflects the spirit of Jan Bhagidari and the growing acceptance of Yoga as a way of life.



Organised under this year's theme "Yoga for Healthy Ageing," the celebrations witnessed people from all walks of life coming together to practise the Common Yoga Protocol (CYP), reaffirming Yoga's role in promoting physical well-being, mental balance, emotional resilience and healthy ageing.

Along with Ministry of Ayush and Archaeological Survey of India, the celebrations in Delhi were coordinated by the Morarji Desai National Institute of Yoga (MDNIY), New Delhi Municipal Council (NDMC), Delhi Development Authority (DDA), Archaeological Survey of India (ASI) and various Yoga institutions.

A major highlight of the celebrations in the National Capital was the Yoga session organised at the historic Red Fort (Lal Quila) in collaboration with Brahma Kumaris, Delhi Zone. Thousands of participants practised Yoga against the backdrop of the iconic monument, showcasing the confluence of India's rich cultural heritage, spiritual wisdom and the timeless tradition of Yoga.

The IDY celebration at Red Fort was graced by Dr. (Prof.) Mahesh Dadhich, CEO, National Medicinal Plants Board (NMPB), Ministry of Ayush, Government of India, and Dr. Abdul Qayyum, Director (Technical), NMPB, along with other eminent guests and participants.



Across Delhi, Yoga sessions were organised at iconic and prominent public spaces including Kartavya Path, Lawn of Shantipath, Baansera, Lodhi Garden, Central Park Connaught Place, Talkatora Garden, Swarn Jayanti Park, Siri Fort Sports Complex, Yamuna Sports Complex, Commonwealth Games Village Sports Complex, Aastha Kunj Park and several other parks, heritage sites and sports complexes.

Several eminent dignitaries joined the celebrations across the National Capital. Shri Jagat Prakash Nadda, Union Minister for Health & Family Welfare and Chemicals & Fertilizers, participated in the celebrations at Lawn of Shantipath. Sardar Taranjit Singh Sandhu, Lieutenant Governor of Delhi, along with Shri Harsh Malhotra, Minister of State for Corporate Affairs and Road Transport & Highways, joined the Yoga session at Yamuna Sports Complex. Dr. Raj Bhushan Choudhary, Minister of State for Jal Shakti, participated in the celebrations at Lodhi Garden.



The Yoga sessions commenced following the live telecast of the Prime Minister Shri Narendra Modi's address from the national celebration of IDY 2026 at the historic Red Road, Kolkata. Participants across Delhi joined the nationwide synchronized practice of the 45-minute Common Yoga Protocol, designed to make Yoga accessible and beneficial for people of all age groups.

The theme "Yoga for Healthy Ageing" highlights the importance of Yoga in improving flexibility, mobility, cardiovascular health, cognitive well-being and overall quality of life. As populations worldwide focus increasingly on preventive healthcare and active ageing, Yoga continues to offer a holistic, sustainable and inclusive approach to wellness.

The 12th International Day of Yoga is being celebrated across States and Union Territories of India and in more than 180 countries globally, reinforcing Yoga's universal appeal as India's timeless contribution to global health and harmony.

The celebrations across Delhi's 40 locations showcased the power of collective participation and reaffirmed the message of Yoga as a unifying force for a healthier and more balanced future.

SR/SV/SG

(रिलीज़ आईडी: 2276080) आगंतुक पटल : 319
इस विज्ञापित को इन भाषाओं में पढ़ें: Urdu , हिन्दी , Tamil