

Ministry of Social Justice & Empowerment Celebrates International Day of Yoga 2026 with Senior Citizens at Bharat Mandapam

'वयो योग संगम' (Vayo Yog Sangam) Highlights the Importance of Yoga for Healthy, Active and Dignified Ageing

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As part of the nationwide celebrations of the 12th International Day of Yoga (IDY) 2026, the Ministry of Social Justice & Empowerment (MoSJE) organised a special Yoga Day event at Bharat Mandapam, New Delhi, bringing together approximately 1,300 senior citizens under the theme “वयो योग संगम – Yoga for Healthy Ageing.”

Held in alignment with the national theme of International Day of Yoga 2026, the event reflected the Ministry’s continued commitment to promoting active and healthy ageing, wellness, dignity and social participation among senior citizens.



The programme witnessed enthusiastic participation from senior citizens representing different parts of Delhi-NCR and provided an opportunity to reinforce the importance of adopting Yoga as a sustainable practice for enhancing physical health, emotional well-being and quality of life in later years.



The event featured a collective Yoga session, during which participants practised Yoga in a structured and inclusive manner under expert guidance. It also included a spiritual discourse by Dr. Ramesh Bijlani, an Indian writer, inspirational speaker and medical scientist. This was followed by a devotional musical presentation by Ms. Khyati Mehra and her team, creating an atmosphere of reflection, positivity and emotional well-being. The spiritual and musical segments underscored the values of mindful living, inner harmony and holistic wellness, complementing the broader message of active and healthy ageing.

Speaking on the occasion, Ms. Monali P. Dhakate, Joint Secretary, Department of Social Justice & Empowerment, highlighted that healthy ageing extends beyond physical well-being to encompass emotional, social and mental wellness. She noted that Yoga serves as an important tool for promoting active and dignified ageing while strengthening social participation among senior citizens. She further emphasised the Ministry's commitment to creating an enabling ecosystem that supports the health, inclusion and overall well-being of elderly citizens across the country.

Participants expressed appreciation for the initiative and reaffirmed their commitment to integrating wellness-oriented practices into their daily lives.

The Ministry reiterated its efforts to build an inclusive and age-responsive support ecosystem and to promote initiatives that strengthen the health, participation and well-being of senior citizens nationwide.

The event concluded with a collective reaffirmation of the message that healthy ageing is central to building an empowered and inclusive India.

वयो योग संगम – एक कदम सक्रिय एवं स्वस्थ वृद्धावस्था की ओर.

SM/AJ

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इस विज्ञप्ति को इन भाषाओं में पढ़ें: Urdu , हिन्दी