

“Yoga for Healthy Ageing” Takes Centre Stage at International Day of Yoga 2026 Celebrations

1,300 Senior Citizens Join Yoga Sessions to Promote Active and Dignified Ageing

प्रविष्टि तिथि: 22 JUN 2026 3:42PM by PIB Delhi

The Ministry of Social Justice and Empowerment marked the International Day of Yoga (IDY) 2026 with special programmes focused on senior citizens under the theme “**Yoga for Healthy Ageing.**” Union Minister **Dr.Virendra Kumar** said yoga brings people together beyond religion, caste and creed while promoting holistic health and well-being



A major Yoga Day event at Bharat Mandapam saw the enthusiastic participation of around **1,300 senior citizens** from across Delhi-NCR. The programme highlighted yoga's role in improving physical fitness, emotional well-being, mental resilience and quality of life among older adults.



Speaking on the occasion, **Monali P. Dhakate, Joint Secretary**, emphasized that healthy ageing includes physical, mental, emotional and social wellness, with yoga serving as a key tool for active and dignified ageing. The ministry reaffirmed its commitment to building an inclusive, age-responsive ecosystem that supports the health, participation and well-being of senior citizens across India.

The Ministry of Social Justice and Empowerment reiterated its commitment to fostering an inclusive and age-responsive ecosystem that promotes the health, dignity and active participation of senior citizens. Through initiatives such as International Day of Yoga and ongoing welfare programmes, the Ministry continues to encourage healthy ageing, social inclusion and enhanced quality of life for elderly citizens across the country.

SM/AJ

(रिलीज़ आईडी: 2276603) आगंतुक पटल : 491

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