



Under the Leadership of Prime Minister Shri Narendra Modi, International Day of Yoga 2026 Emerges as a Global Movement with Unprecedented Participation

Millions across the world join IDY 2026 celebrations under the theme 'Yoga for Healthy Ageing'

Yoga Sangam Portal records participation of over 3 crore individuals across 780 districts; more than 7.64 lakh organisations join the nationwide movement

From Siachen to the seas, iconic heritage sites to global landmarks, IDY 2026 showcases Yoga as a universal symbol of health and harmony

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The 12th International Day of Yoga (IDY) 2026 witnessed unprecedented participation across India and around the world, reaffirming Yoga's growing role as a global movement for holistic health and well-being. Under the leadership of Prime Minister Shri Narendra Modi, large-scale Yoga demonstrations and community events were organised across the country, with 35,000 participating at the historic Red Road in Kolkata, West Bengal. This year's theme, "Yoga for Healthy Ageing (स्वस्थ आयु के लिए योग)", highlighted Yoga's contribution to physical fitness, mental resilience and overall wellness, inspiring millions worldwide to embrace Yoga as a way of life.

The Prime Minister Shri Narendra Modi expressed gratitude to people across the world for making IDY 2026 a truly global celebration. Yoga sessions were organised across continents, including the United States, France, Germany, Egypt and several other countries. From the United Nations Headquarters in New York to major cities across Europe, West Asia, Africa and East Asia, participants joined the celebrations, reflecting the universal acceptance of Yoga as a bridge for health, harmony and collective well-being.

Union Minister of State (Independent Charge) for Ayush and Minister of State for Health and Family Welfare, Shri Prataprao Jadhav, acknowledged the contribution of citizens, yoga practitioners, volunteers, institutions and participants across India and the world in making the 12th International Day of Yoga a resounding success. He noted that the enthusiastic participation under the theme "Yoga for Healthy Ageing" reaffirmed Yoga's role in promoting health, harmony and collective well-being, and urged people to continue integrating Yoga into their daily lives for a healthier and happier future.

Secretary, Ministry of Ayush, Vaidya Rajesh Kotecha, expressed appreciation for the enthusiastic participation in the 12th International Day of Yoga (IDY) 2026 celebrations. He noted that the overwhelming involvement of people across India and the world reflects Yoga's growing global acceptance as a way of life. He thanked all participants, volunteers, organising institutions and stakeholders for their contribution to the success of the event. Highlighting the theme 'Yoga for Healthy Ageing', he urged continued integration of Yoga into daily life for promoting holistic health and well-being.

In India, the celebrations witnessed participation from the highest levels of national leadership. President of India Smt. Droupadi Murmu participated in a mass Yoga demonstration at Jabalpur, Madhya Pradesh, while Vice-President of India Shri C. P. Radhakrishnan joined IDY celebrations in Leh, Ladakh. Lok Sabha Speaker Shri Om Birla led a Yoga session with Members of Parliament at the Parliament House Complex, underlining the nationwide spirit of participation.

A key highlight of the 12th International Day of Yoga celebrations was the "Gangotri to Gangasagar" campaign, organised by Morarji Desai National Institute of Yoga (MDNIY) and National Ayush Mission (NAM) under the Ministry of Ayush. Covering nearly 2,525 kilometres from Gangotri to Gangasagar, the campaign connected iconic ghats across Rishikesh, Haridwar, Prayagraj, Varanasi, Patna and Hooghly through Common Yoga Protocol sessions and awareness activities. Symbolically uniting two of India's greatest civilisational legacies — the sacred Ganga and the ancient practice of Yoga — the initiative spread the message of "Yoga for Healthy Ageing" and holistic well-being among communities along the river's course.

Ahead of the main International Day of Yoga (IDY) 2026 celebrations at Red Road, Kolkata, West Bengal witnessed a vibrant series of Yoga-themed events aimed at enhancing public participation and awareness. The initiative "Daud Se Dhyan" featured marathons across eleven locations in Kolkata, encouraging citizens to embrace Yoga and wellness. Celebrations also included "Vande Yogam" and West Bengal Foundation Day programmes along the Hooghly Riverfront, featuring cultural performances, art and photography competitions, and public engagement activities. A mega drone show with nearly 3,000 drones further highlighted India's Yoga journey and paid tribute to renowned Yoga masters, generating widespread enthusiasm ahead of IDY 2026.

The celebrations reached every corner of the country through Yoga sessions organised at iconic historic locations, including Red Fort, Delhi; Har Ki Pauri, Uttarakhand; Konark Sun Temple, Odisha; Hampi Group of Monuments, Karnataka; Leh Palace, Leh, Ladakh; Mahabalipuram Shore Temple, Tamil Nadu; Sarnath, Uttar Pradesh; Kachari Fort, Silchar, Assam; Charminar Precincts, Hyderabad, Telangana; Gateway of India, Mumbai, Maharashtra; Nalanda Mahavihara, Bihar; Sabarmati Riverfront, Ahmedabad, Gujarat and several other places.

Reflecting the spirit of Jan Bhagidari, the Yoga Sangam Portal, developed by Ayush Grid recorded participation of more than 3.07 crore individuals across 36 States and Union Territories covering 780 districts. More than 7.46 lakh images from Yoga events across the country were uploaded on the portal, while over 2.66 lakh participation certificates were generated.

The initiative received registrations from more than 7.64 lakh organisations across the world, including 4.24 lakh government institutions, 2.46 lakh educational institutions, private institutions, NGOs and other stakeholders. West Bengal (3.45 lakh organisations), Rajasthan (1.67 lakh), Madhya Pradesh (35,742), Assam (25,285) and Uttar Pradesh (22,285) emerged among the leading contributors. The Yoga Billboard facility also received over 15,000 images, enabling wider participation from citizens across the country.

In the run-up to the International Day of Yoga (IDY) 2026, several landmark milestones highlighted nationwide participation and global outreach. The 75-day countdown event in Buldhana, Maharashtra, saw nearly 5,000 participants performing Trikonasana in unison, earning a place in the Asia Book of Records

for the largest gathering performing the asana. At the 50-day countdown event at Kanha Shanti Vanam, over 6,000 participants performed Bhujangasana simultaneously, also entering the Asia Book of Records for the largest synchronized yoga performance. Further, on 14 June 2026, the Ministry of Ayush achieved a Guinness World Record for the most viewers for a YouTube Live Yoga stream, with 4,35,831 viewers joining a global online Yoga session via its official YouTube channel.

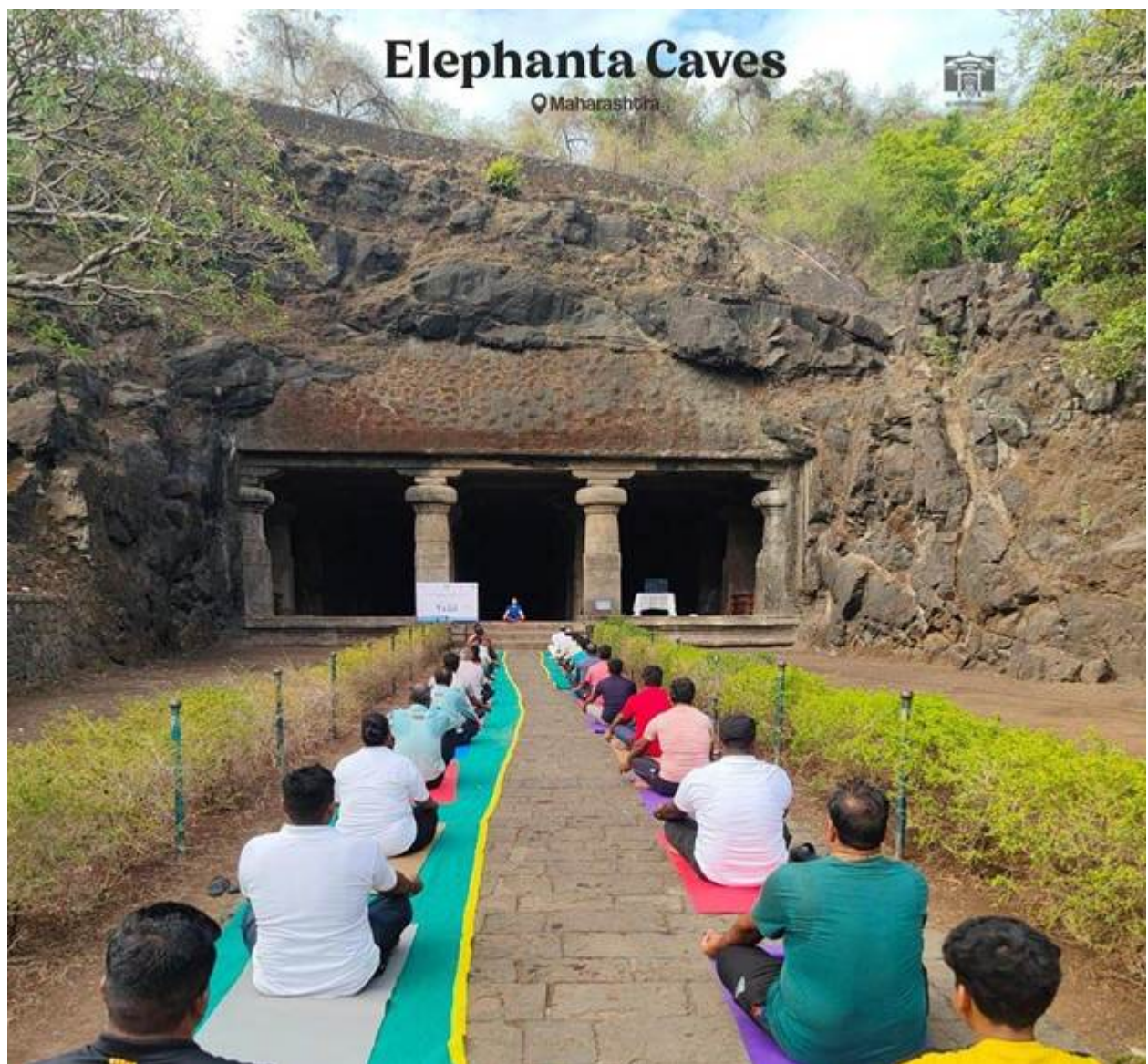
IDY 2026 witnessed a whole-of-government approach with active participation from various Ministries and Departments including the Ministry of Defence, Ministry of Civil Aviation, Ministry of Housing and Urban Affairs, Ministry of Jal Shakti, Ministry of Social Justice & Empowerment, Lok Sabha Secretariat, CBI, Enforcement Directorate, CISF, National Mission for Clean Ganga (NMCG) and Inland Waterways Authority of India (IWAI). These initiatives promoted the message of wellness, preventive healthcare and healthy ageing among citizens.

The Ministry of Jal Shakti, NMCG and IWAI organised Yoga sessions across the Ganga basin and aboard vessels on National Waterway-2 on the Brahmaputra River in Assam, showcasing the connection between wellness and environmental consciousness. The Ministry of Social Justice & Empowerment organised “Vayo Yoga Sangam – Yoga for Healthy Ageing” at Bharat Mandapam, New Delhi, where around 1,300 senior citizens participated, highlighting Yoga’s contribution towards active and dignified ageing.

The Ministry of Defence led extensive celebrations across the country, with Yoga sessions organised from the Siachen Glacier to Kanyakumari, the Rann of Kutch, northeastern states and naval platforms at sea. Defence Minister Shri Rajnath Singh, senior military leadership and thousands of personnel participated in the celebrations. The Indian Army, Navy, Air Force and Coast Guard organised events across commands, while defence representatives from several countries joined the celebrations, reflecting Yoga’s global resonance.

The Indo-Tibetan Border Police celebrated IDY 2026 at Pangong Tso in Ladakh at an altitude of nearly 14,000 feet, demonstrating the importance of Yoga in building strength, discipline and mental resilience. The National Cadet Corps (NCC) organised one of the largest youth-led Yoga movements, with more than 8.30 lakh cadets, Associate NCC Officers, Permanent Instructors and staff participating in synchronised Yoga sessions across over 5,000 locations nationwide.

The 12th International Day of Yoga 2026 marked yet another milestone in India’s journey of taking Yoga to the world. With participation from citizens, institutions, armed forces, youth organisations and global communities, IDY 2026 reinforced Yoga’s role as a timeless practice for physical health, mental well-being, emotional balance and healthy ageing, further strengthening India’s leadership in promoting holistic wellness across the globe.









📍 Elephant stable, Hampi



📍 Nalanda Mahavihara



📍 Sarnath, Varanasi



📍 Red Fort, Agra





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