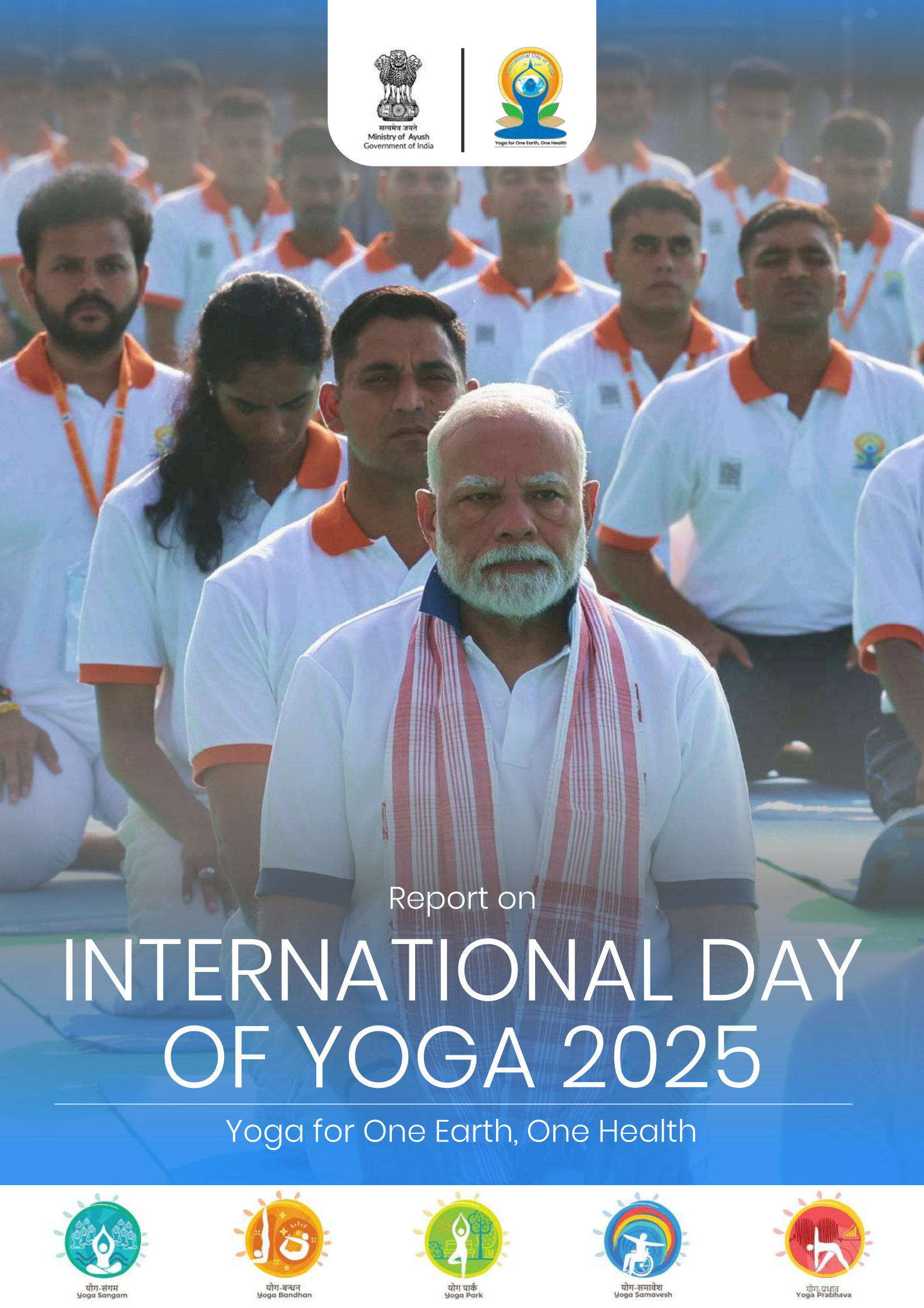




सत्यमेव जयते  
Ministry of Ayush  
Government of India



International Day of Yoga  
Yoga for One Earth, One Health



Report on

# INTERNATIONAL DAY OF YOGA 2025

Yoga for One Earth, One Health



योग-संगम  
Yoga Sangam



योग-बन्धन  
Yoga Bandhan



योग पार्क  
Yoga Park



योग-समावेश  
Yoga Samavesh



योग-प्रभाव  
Yoga Prabhava





सत्यमेव जयते  
Ministry of Ayush  
Government of India



International Day of Yoga  
Yoga for One Earth, One Health

Report on

# INTERNATIONAL DAY OF YOGA 2025

Yoga for One Earth, One Health





“

The theme of  
Yoga Day 2025  
has been kept as  
Yoga for One  
Earth, One Health.  
That is, we wish to  
make the whole  
world healthy  
through Yoga.

”





# MESSAGE FROM HON'BLE MINISTER



To Every Citizen,  
On the Occasion of International Day of Yoga  
2025

The International Day of Yoga (IDY) has brought Yoga to the masses not merely as a physical exercise, but as a holistic way of life. Today, this day stands not only as a symbol of India's rich cultural heritage, but also as a global beacon of health, peace, and balance.

In 2014, our Hon'ble Prime Minister Shri Narendra Modi, while addressing the United Nations General Assembly, stated:

"Yoga is not merely about exercise; it is a means to discover the sense of oneness with yourself, the world, and nature."

The observance of the 11th edition of IDY in 2025, was a matter of great pride and joy. It showed that Yoga is now being embraced across the length and breadth of our nation – from villages to cities, from schools to institutions, and from hospitals to defence establishments – with great enthusiasm and dedication.

"This year, millions of people have not only understood the importance of Yoga but have also integrated it into their daily lives. "

On this occasion, I extend my heartfelt congratulations to all citizens – especially the youth, healthcare professionals, teachers, Yoga gurus, and volunteers – who have adopted Yoga in their lives and have brought to life the message of "One Earth, One Health."

I would also like to thank the Hon'ble Chief Minister of Andhra Pradesh, Shri. Chandrababu Naidu and the entire State of Andhra Pradesh for the Yogandhra campaign that culminated in the largest IDY Celebration ever in Visakhapatnam on 21st June, 2025.

I firmly believe that in the coming years, Yoga will not only remain a key part of our lifestyle but will also serve as a strong foundation in establishing India as a Vishwaguru.

Let us all come together to expand this transformative tradition and take the pledge – Yoga in Every Home, Yoga Every Day.

Thank you.

**Shri Prataprao Jadhav**  
Minister of State (Independent Charge),  
Ministry of Ayush  
Minister of State, Ministry of Health and  
Family Welfare  
Government of India

“

Yoga is not merely about exercise; it is a means to discover the sense of oneness with yourself, the world, and nature.

”



# MESSAGE FROM SECRETARY



The International Day of Yoga (IDY) has, over the past decade, grown into a vibrant and far-reaching global movement, uniting individuals, institutions, and nations around the shared vision of health, balance, and well-being. The observance of IDY 2025, marking the 11th edition of this landmark initiative, is both a celebration of our progress and a reaffirmation of our commitment to embed Yoga more deeply in the fabric of our daily lives.

Under the leadership of the Hon'ble Prime Minister Shri Narendra Modi, India has led the global resurgence of Yoga as a time-tested, evidence-based tool for preventive healthcare and sustainable living. Through the concerted efforts of the Ministry of Ayush, Yoga has been institutionalized across sectors – from school curricula and wellness centres to public health campaigns and international collaborations.

The 10 Signature Events introduced in 2025 have expanded both the reach and depth of Yoga's impact.

“These efforts reflect our vision of “Yoga for One Earth, One Health”, promoting not only personal well-being but also collective ecological consciousness.”

The success of IDY 2025 is a testament to the tireless contributions of countless stakeholders – from Yoga professionals and volunteers to academic institutions, state authorities, defence forces, and Indian Missions abroad. Most importantly, it reflects the growing enthusiasm of citizens who have embraced Yoga not just as a physical discipline, but as a lifestyle rooted in mindfulness, balance, and harmony.

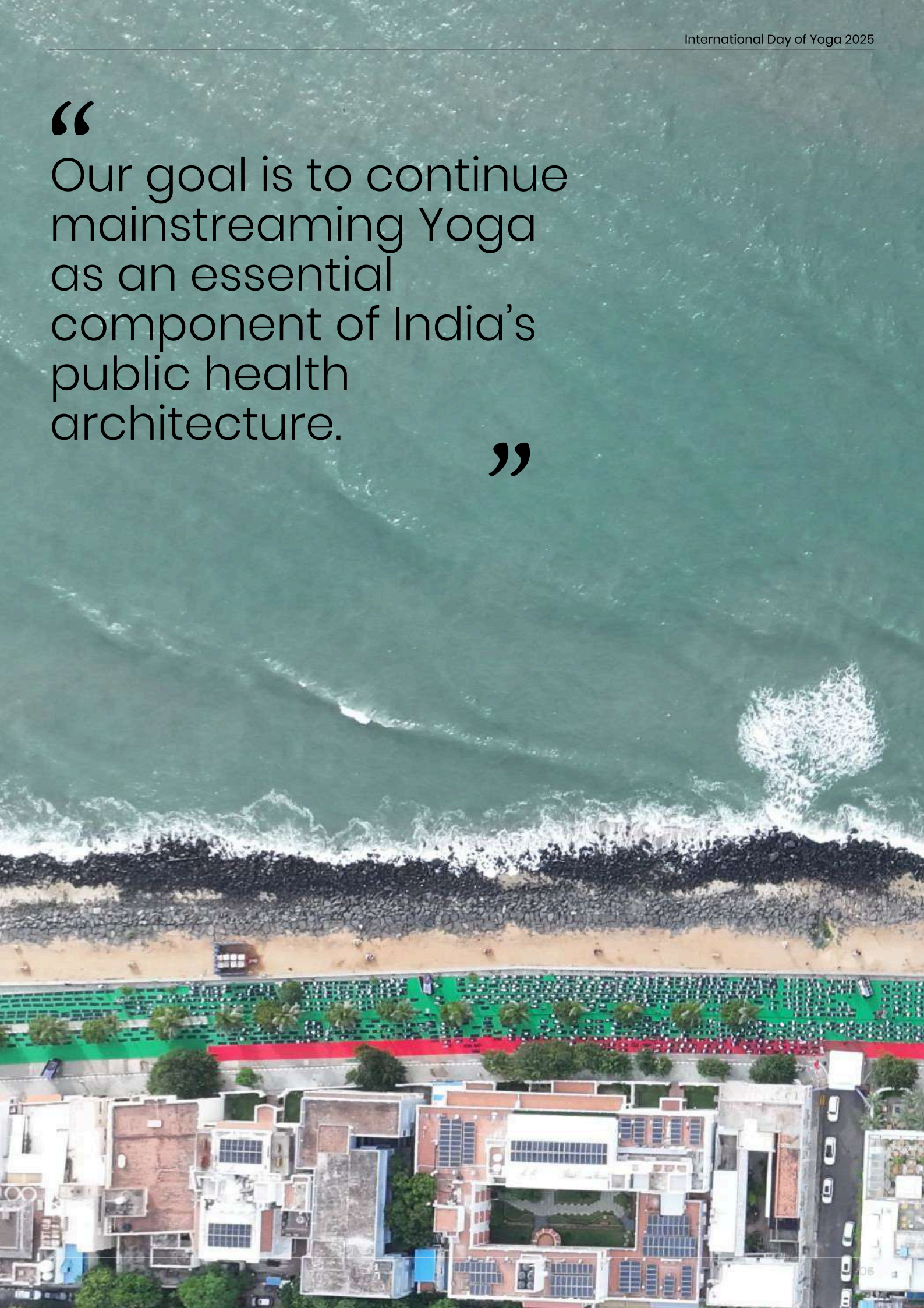
As we look ahead, our goal is to continue mainstreaming Yoga as an essential component of India's public health architecture, while upholding its spiritual, ethical, and philosophical integrity. The Ministry remains committed to ensuring that the benefits of Yoga are available to all – across age groups, geographies, and socio-economic backgrounds – in alignment with our constitutional values of equity and well-being.

**Vaidya Rajesh Kotecha**  
Secretary, Ministry of Ayush, Government  
of India

“

Our goal is to continue mainstreaming Yoga as an essential component of India's public health architecture.

”



# MESSAGE FROM JOINT SECRETARY



The International Day of Yoga (IDY) has emerged as one of the most impactful public health and cultural initiatives of our time. As we celebrated the 11th edition of this global observance in 2025, we take pride in the growing momentum and widespread participation that Yoga has inspired across communities, institutions, and age groups. Guided by the vision of Hon'ble Prime Minister Shri Narendra Modi and through the coordinated efforts of the Ministry of Ayush, IDY has become a powerful vehicle to promote holistic health, preventive care, and mental well-being. It has bridged ancient wisdom with modern needs, reaching millions through schools, workplaces, armed forces, healthcare settings, and international platforms.

The theme of IDY 2025 — “Yoga for One Earth, One Health” — resonates deeply with the challenges and aspirations of our times. It reminds us that our well-being is intrinsically linked with the health of our environment and society. This year's observance reflected this ethos through a series of innovative and inclusive initiatives such as the 10 Signature Events, the Yoga Sangam digital platform, and synchronized Yoga demonstrations across 13,00,000+ locations.

The success of IDY 2025 is a result of collective ownership — from Ministries and State Governments to Yoga institutions, NGOs, educational bodies, and international partners. Most importantly, it reflects the growing trust and enthusiasm of the citizens of India, who have embraced Yoga not only as a practice, but as a

way of life. As we move forward, the Ministry remains committed to building a strong and sustainable Yoga ecosystem that supports health equity, research-based interventions, digital inclusion, and community empowerment. We look forward to continuing public participation and stakeholder collaboration in making Yoga a permanent pillar of our national and global wellness journey.

Let us continue to practice, promote, and protect the essence of Yoga — for ourselves, our communities, and our planet.

“Our focus has been to ensure that the message and practice of Yoga are accessible, inclusive, and adaptable — reaching remote villages as well as urban centres, engaging the youth as well as the elderly, and integrating into daily life, not just ceremonial events.”

**Ms. Monalisa Dash**  
Joint Secretary, Ministry of Ayush,  
Government of India

# MESSAGE FROM OFFICER ON SPECIAL DUTY



The celebration of the 11th International Day of Yoga (IDY) 2025 marks a defining moment in India's journey to promote Yoga as a global public good. Over the years, IDY has evolved from a symbolic observance into a large-scale movement that connects communities across geographies, generations, and cultures through the shared practice of Yoga.

This year's theme — "Yoga for One Earth, One Health" — captured the spirit of our interconnectedness with nature and society. The scale and depth of this year's celebration have been unprecedented: from digital innovations such as the Yoga Sangam Portal to the implementation of Ten Signature Events that brought together millions of people in collective action, IDY 2025 demonstrated the power of collaboration and civic participation.

Coordinating an event of such magnitude required not only vision but also robust planning, precise execution, and seamless integration across government departments, institutions, and international partners.

As the Nodal Officer for IDY coordination, it has been a privilege to witness the dedication and enthusiasm of all stakeholders — Ministries, State Governments, Yoga institutions, public sector units, civil society organizations, and most importantly, the citizens of India. Their active participation has been the cornerstone of IDY's success.

I would like to extend a special word of appreciation to the EY PMU for their tireless support, strategic inputs, and operational excellence in enabling the successful execution of IDY 2025 across every level.

As we look ahead, the Ministry of Ayush remains committed to strengthening Yoga's role in preventive health, community well-being, and global cooperation. I invite all citizens to continue integrating Yoga into their daily lives — not just as a practice, but as a way of living in harmony with oneself and the world.

**"Our approach this year emphasized inclusivity — engaging schools, colleges, rural communities, armed forces, wellness centres, corporates, and Indian missions abroad to ensure that Yoga truly reached 'everyone, everywhere'."**

**Shri P.N. Ranjit Kumar**  
Officer on Special Duty (IDY  
Coordination), Ministry of Ayush,  
Government of India

# MESSAGE FROM DIRECTOR, MDNIY



The 11th International Day of Yoga (IDY) 2025 stands as a powerful reminder of Yoga's timeless relevance and its transformative potential in shaping a healthier, more harmonious world. Over the years, IDY has evolved from a single-day celebration into a mass movement that transcends borders, cultures, and generations.

Under the visionary leadership of Hon'ble Prime Minister Shri Narendra Modi ji and the strategic stewardship of the Ministry of Ayush, Yoga has been seamlessly woven into the fabric of public health, education, and community life. This year's theme, "Yoga for One Earth, One Health," reflects the interconnectedness of individual well-being and planetary health— a philosophy long embedded in Yogic thought.

This year's celebration saw unprecedented participation through initiatives like Yoga Sangam platform, alongside the introduction of Ten Signature Events. These efforts have made Yoga accessible to diverse audiences, from rural communities to urban hubs, and from young students to senior citizens, ensuring inclusivity across all walks of life.

IDY 2025 witnessed the synchronized Yoga demonstrations based on Common Yoga Protocol (CYP) across over 13 lakh locations. CYP has always been at the heart and soul of IDY. It is this protocol that has been embraced by people across continents, becoming the harmonious thread that connects a practitioner in New York

with a student in New Delhi, all performing in synchrony.

As we look ahead, MDNIY remains committed to deepening the scientific understanding of Yoga. We envision a future where Yoga is not just practiced but lived — as a way of being that brings calm within, harmony among people, and care for the planet.

On behalf of MDNIY, I extend heartfelt gratitude to all those who have contributed to the success of IDY 2025. Let us continue to walk this path together — with discipline, compassion, and a shared vision of wellness for all.

Yoga is India's gift to the world. Let us honour it not just on this day, but every day.

**Dr. Kashinath Samagandi**  
Director  
Morarji Desai National Institute of Yoga







# EXECUTIVE SUMMARY

The 11th International Day of Yoga (IDY) was celebrated globally on 21st June 2025, marking a decade since Yoga was officially recognized by the United Nations as a holistic discipline that nurtures physical, mental, and emotional well-being. As the decadal celebrations of IDY, this year's observance held special significance, symbolising ten years of global commitment to Yoga as a tool for holistic health and sustainable living. The milestone was appropriately reflected and highlighted across all major initiatives, communications, and thematic elements, reinforcing the evolution of IDY from a symbolic observance to a global movement. To commemorate this milestone, IDY 2025 adopted a thematic and impact-oriented approach, celebrating Yoga's global journey while reaffirming its relevance in today's world. The theme for the year, "Yoga for One Earth, One Health," captured the universal and integrative spirit of Yoga, emphasizing its role in encouraging harmony between humanity and nature.

To bring this vision to life, the Ministry of Ayush introduced ten Signature Events, each highlighting a distinct dimension of Yoga's contribution to society. These events were designed to drive focused engagement and measurable outcomes, featuring curated sessions, awareness campaigns, and outreach initiatives tailored to diverse community groups, age segments, and institutional settings. This approach significantly broadened participation and demonstrated Yoga's adaptability across lifestyles, geographies and sectors.

The Ministry of Ayush led the implementation of IDY 2025 through a whole-of-government approach, coordinating with Central Ministries, State and Union Territory Governments, Yoga institutions, academic bodies, NGOs, and private sector partners. A series of countdown events — held 100 days before in New Delhi, 75 days in Bhubaneswar, 50 days in Nashik, and 25 days in





Puducherry – served as high-visibility platforms to build momentum and mobilize public engagement nationwide.

The celebrations culminated on 21st June with Yoga Sangam, the main event in which the Hon'ble Prime Minister participated, and which was telecasted nationwide. Under the broader celebration of IDY, over 13 lakh yoga events were organised across the country, reflecting widespread public engagement and enthusiasm. These pan-India events saw enthusiastic participation from over 26 crore people from a wide range of sectors including schools, colleges, healthcare institutions, workplaces, and defence establishments. A comprehensive digital registration system enabled millions of participants to receive digital certificates, reinforcing transparency, encouraging documentation and highlighting the growing inclusivity of the event across both urban and rural landscapes.

A strong digital communication strategy played a pivotal role in amplifying the reach and impact of IDY 2025. This included a blend of regular newsletters, thematic podcasts, social media campaigns, and collaborations with digital influencers and content creators. The multi-platform engagement significantly boosted visibility and facilitated global participation. By leveraging regional languages, user-generated stories, and innovative content formats, the campaign achieved deeper resonance across age groups and cultural contexts.

The IDY 2025 report outlines several key achievements across its diverse programs. Among the most notable were record-breaking participation in all ten Signature Events, exponential growth in international collaborations, integration of Yoga practices into schools and workplaces, and increased public awareness of Yoga's environmental and social benefits. These outcomes position IDY 2025 as a benchmark for inclusive celebration and coordinated execution, reaffirming Yoga's enduring role in advancing holistic health, social cohesion, and planetary well-being.

# SIGNATURE EVENTS





**Yoga Sangam:** A groundbreaking initiative unfolding a synchronized, yet distributed mass yoga performance across India on 21st June 2025, the International Day of Yoga.

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**Yoga Bandhan:** An exchange program with partner countries, highlighting the cultural and historical significance of yoga in India's global partnerships.

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**Yoga Park:** A program designed to leave behind a positive legacy of IDY 2025 in form of creation of community assets.

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**Yoga Samavesh:** A celebration of inclusive yoga, through special yoga protocols addressing the unique needs of select marginalized groups.

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**Yoga Prabhava:** A decadal impact assessment report evaluating the public health and social impact of 10 years of International Day of Yoga celebrations.

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**Yoga Connect:** A Global Yoga Summit, that brought together yoga gurus, policy makers, health specialists, celebrities, and social media influencers, from across the world.

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**Harit Yoga:** A sustainability initiative that combined the principles of yoga with environmental sustainability (in line with Ek Ped Maa Ke Naam and Mission LiFE).

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**Yoga Unplugged:** An event designed to engage youth with yoga by presenting it in a dynamic and culturally resonant manner.

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**Yoga Mahakumbh:** A week-long yoga festival, Yoga Maha Kumbh, held at various locations across the country.

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**Samyoga:** An initiative aimed at highlighting the translation of evidence-based Yoga practices into contemporary healthcare systems.

# THE PATHWAY TO IDY 2025



In preparation for the 11th IDY 2025, the Ministry of Ayush conceptualised ten Signature Events as immersive and demonstrative platforms to embody the central theme – “Yoga for One Earth, One Health”. These events were designed not only to reflect the holistic philosophy of Yoga but also to encourage inclusive participation by inviting individuals and institutions to take ownership of initiatives aligned with their interests and expertise. This participatory model enhanced engagement and contributed to the standardization of activities, thereby amplifying the reach and impact of the core message.

To ensure effective planning and seamless execution, a structured implementation framework was established. Furthermore, comprehensive Standard Operating Procedures (SOPs) for each of the 10 Signature events were developed as guiding documents to help

stakeholders in aligning with the overarching vision and operational requirements of each initiative. These SOPs clearly defined roles and responsibilities, provided indicative timelines, and laid out standard protocols to support consistent delivery across diverse contexts.

To further support on-ground execution, comprehensive event-specific toolkits were developed. These toolkits served as practical resources, equipping organizers with essential material such as event logos, operational guidelines, branding templates, QR codes, registration links, flyers, and brochures. By offering a unified set of tools, the Ministry ensured smooth, coordinated and uniform implementation of activities across locations, enhancing both visibility and impact.

# THEME OF IDY 2025: "YOGA FOR ONE EARTH, ONE HEALTH"

The Hon'ble Prime Minister of India, Shri Narendra Modi, formally announced the theme for the 11th IDY "Yoga for One Earth, One Health", during his 'Mann Ki Baat' address on 30th March 2025. This theme underscores deep interconnection between individual well-being and the health of the planet, positioning Yoga as a powerful tool for promoting integrated, sustainable health for both people and the environment.

In his address, the Hon'ble Prime Minister articulated that Yoga is not merely a physical exercise but a holistic discipline that harmonizes the body, mind, and surroundings. By embracing Yoga as a way of life, individuals are empowered to enhance their personal well-being while contributing to the broader goal of planetary health.

This theme reflected India's global vision of wellness – advocating for a lifestyle rooted in balance, mindfulness, and ecological consciousness. In the face of mounting global health and environmental challenges, it calls upon the international community to recognize the inseparability of human and the planet.

"Yoga for One Earth, One Health" positions Yoga as a unifying force – encouraging responsible living, fostering respect for nature, and nurturing a collective consciousness that supports both personal and environmental harmony. Through this theme, IDY 2025 served as a global call to action, inviting individuals across the world to adopt practices that promote sustainable well-being for all life on Earth.



# ADOPTING 'WHOLE-OF-THE- GOVERNMENT' APPROACH



For the 11th IDY 2025, the Ministry of Ayush adopted a comprehensive whole-of-the-government approach, ensuring coordinated planning and execution across all levels of governance and stakeholder groups. This collaborative framework brought together Central and State ministries, yoga institutions, research councils, educational and Ayush bodies, urban and rural local bodies, corporate partners, civil society organizations, and international agencies. Coordination was facilitated through regular virtual consultations, inter-departmental meetings, digital communication channels, and robust monitoring mechanisms to ensure synchronized implementation nationwide.

To strengthen inter-ministerial collaboration, an Inter-Ministerial Committee (IMC) was constituted

under the chairmanship of the Hon'ble Minister of State (Independent Charge), Ayush, Shri Pratap Rao Jadhav. The Secretary, Ministry of Ayush, also held multiple bilateral consultations with respective Secretaries of key ministries to support mobilization and drive participation in IDY 2025.

A few of Ministries/Departments played key roles in the overall success of IDY 2025. The Ministry of Health & Family Welfare mobilized Ayushman Arogya Mandirs (AAM); the Ministry of Education activated schools, colleges, universities, and youth bodies such as the National Cadet Corps (NCC); the Ministry of Jal Shakti leveraged Village Water and Sanitation Committees (VWSCs); and the Ministry of Social Justice & Empowerment led inclusive campaigns under Yoga Samavesh. The Ministry of Environment, Forest and Climate

Change supported the Harit Yoga initiative, while the Ministry of Youth Affairs and Sports engaged young citizens through MY Bharat and Yoga Unplugged.

Across the country, State governments played a pivotal role in expanding the reach and impact of the Ministry's yoga initiatives. From urban centres to remote rural areas, states ensured effective grassroots implementation, mobilized local communities, and supported large-scale participation in various events.

The Ayush Ministry's apex institutions led several impactful national campaigns to promote yoga and wellness across India. The Morarji Desai National Institute of Yoga (MDNIY) spearheaded flagship initiatives such as '100 Days, 100 Cities, 100 Organizations', Yoga Bandhan, Yoga Unplugged, and Yoga Mahakumbh. MDNIY also organized over 70 Yoga Sangam events in Delhi-NCR, conducted instructor training, and deployed certified instructors for events nationwide.

The Central Council for Research in Yoga & Naturopathy (CCRYN) played a vital role by combining scientific rigor with large-scale outreach. Beyond providing research-based guidance and standardized yoga protocols, CCRYN actively organized and led several high-impact events including Yoga Connect, Yoga Prabhav, and also events under Samavesh and Yoga Unplugged, aimed at enhancing awareness and engagement among diverse audiences. These initiatives helped amplify the reach and relevance of yoga, particularly among urban youth and wellness communities.

Additionally, the National Institute of Naturopathy (NIN) contributed scientific expertise and community outreach, while the National Medicinal Plants Board (NMPB) supported over 200 Harit Yoga events by distributing medicinal plant saplings to promote green wellness practices.

Public awareness and engagement were further strengthened by Press Information Bureau (PIB) field units, State Ayush Missions, and the Ministry of Information & Broadcasting through nationwide media coverage. A landmark initiative saw over 2.5 lakh Gram Panchayats receive personalized letters from the Hon'ble Prime Minister, boosting local involvement. Platforms like MyGov hosted competitions, campaigns, and interactive activities to enhance digital participation.

Strategic partnerships with organizations such as the Indian Yoga Association (IYA) and other leading yoga bodies supported nationwide execution, program design, and capacity building.

The private sector contributed through CSR partnerships with bodies like CII, FHRAI, and Ayush Export Promotion Council (AyushExcil), while PSUs including CONCOR, NBCC, and JNPA organized events across their networks. Additionally, Decathlon India emerged as a valued partner by supporting Yoga Connect – one of the 10 Signature events by distributing over 1,500 kits to the participants. AyushExcil and its members have also committed to adopting and supporting 1,481 Yoga Parks across India under the IDY 2025 Yoga Park initiative, contributing through CSR, infrastructure and community programs to promote holistic wellness.

Civil society groups like Ekal Vidyalaya Foundation, Navyoga, and International Naturopathy Organization contributed significantly at the grassroots level, facilitating awareness and participation.

Ayush-affiliated institutions—national institutes, research councils, and NAM units—played a central role in maintaining scientific integrity and consistent messaging.





# BUILDING THE MOMENTUM FOR IDY 2025

The successful completion of a decade of IDY observations in 2025 was being celebrated, and it was felt that the occasion should be befittingly marked by the celebrations. Accordingly, the Ministry of Ayush launched a series of strategic initiatives aimed at sustaining public engagement and amplifying and to build significant momentum leading up to IDY 2025. The core of these efforts was the nationwide campaign titled '100 Days, 100 Cities, 100 Organizations', which commenced on 13th March 2025. Under this initiative, spearheaded by the

Morarji Desai National Institute of Yoga (MDNIY), one Yoga event was organized each day.

Complementing this flagship campaign were multiple activities conducted across the country under the ambit of the Ten Signature Events, each representing a distinct thematic focus aligned with the overarching message of "Yoga for One Earth, One Health." In parallel, several international events were also convened in collaboration with Indian Missions and global partners, thereby reinforcing Yoga's relevance and appeal on the world stage.



# 100-DAY COUNTDOWN TO IDY 2025

## New Delhi, 13th March 2025

The formal launch of the countdown activities to IDY 2025 was marked by the celebration of Yoga Mahotsav at Vigyan Bhawan in New Delhi on 13th March 2025. This high-visibility event served as a curtain-raiser and officially commenced the journey toward the 11th edition of IDY.

Addressing the gathering, the Hon'ble Union Minister of State (Independent Charge) for Ayush, Shri Prataprao Jadhav, highlighted the holistic benefits of Yoga, stating, "Yoga is not just a way of life, but also a powerful means to maintain

mental and physical well-being." The occasion also marked the official announcement of ten Signature Events to be celebrated under the IDY 2025 framework.

Through these initiatives, the Ministry successfully built sustained momentum in the weeks leading up to IDY 2025, fostering nationwide enthusiasm, strengthening institutional partnerships, and ensuring inclusive participation across geographies and sectors.



# 75-DAY COUNTDOWN TO IDY 2025

Bhubaneswar, 7th April 2025

A press release issued on 6 April 2025 announced the upcoming Yoga Mahotsav at Kalinga, Bhubaneswar, featuring a planned mass demonstration of the Common Yoga Protocol and led by the Hon'ble Union Minister of State (Independent Charge) for Ayush, Shri Prataprao Jadhav. As part of the build-up to the 11th IDY 2025, the 75-Day Countdown Event was held in Bhubaneswar on 7th April 2025, marking the official launch of one of the Ten Signature Events - Harit Yoga. The event was graced by the Hon'ble Union Minister of State (Independent Charge) for Ayush, Shri Prataprao Jadhav, who formally inaugurated the campaign.

To commemorate the occasion and symbolise the fusion of wellness and environmental

consciousness, over 5,000 medicinal plants were distributed to Yoga practitioners and participants. The Harit Yoga initiative sought to embed the principles of sustainability into Yoga practice by encouraging individuals to adopt eco-conscious behaviours and contribute to environmental preservation.

This event reflected the Ministry's broader vision of promoting Yoga as a lifestyle for individual well-being and planetary health, reinforcing the IDY 2025 theme - "Yoga for One Earth, One Health." The Bhubaneswar event served as a powerful statement of intent, demonstrating how grassroots ecological action can be integrated with wellness campaigns for long-term impact.



*Hon'ble Minister, Shri Prataprao Jadhav and Member of Parliament, Dr. Sambit Patra taking part in the lamp lighting ceremony*

# 50-DAY MILESTONE CELEBRATION OF IDY 2025

Nashik, 2nd May 2025

To commemorate the 50-day countdown to the 11th IDY 2025, a large-scale Yoga celebration was organized in Nashik on 2nd May 2025, drawing the enthusiastic participation of over 6,000 individuals from diverse backgrounds. The event highlighted the growing public commitment to Yoga as a medium for physical, mental, and social well-being.

On this occasion, the Ministry of Ayush also launched the Yoga Sangam Portal, a platform developed to streamline and facilitate online registrations for IDY 2025 activities.

The portal played a central role in enabling widespread citizen engagement by supporting the nationwide initiative for a synchronized mass Yoga demonstration across 13,00,000+ locations throughout the country on 21st June 2025. The Nashik event exemplified the convergence of traditional practice with digital innovation, reinforcing the Ministry's commitment to leveraging technology for greater outreach, transparency, and participation in public health initiatives.



*Hon'ble Minister, Shri Prataprao Jadhav performing yoga with the participants*

# 25-DAY COUNTDOWN TO IDY 2025

## Puducherry, 27th May 2025

As part of the final leg of the preparatory campaign for the 11th IDY, the 25-day countdown event was held in Puducherry on 27th May 2025, witnessing the participation of over 6,000 individuals in a large-scale demonstration of the Common Yoga Protocol (CYP). The event reaffirmed Yoga's pivotal role in fostering individual well-being, emotional resilience, and social cohesion.

A significant milestone highlighted during the event was the growing public engagement with the Sangam portal.

Within just 25 days of its launch, the platform recorded over 12,000 registrations, reflecting the enthusiastic response to the Ministry's digital outreach and the public's readiness to participate in the synchronized mass Yoga demonstration, initially planned across 1,00,000 locations on 21st June 2025.

The Puducherry event not only strengthened grassroots mobilization but also underscored the successful integration of digital tools in promoting large-scale citizen participation in national wellness initiatives.



*Hon'ble Minister, Shri Prataprao Jadhav performing yoga with the participants at 25-Day countdown event*

# CURTAIN RAISER

## FOR IDY 2025

New Delhi, 12th June 2025

The Ministry of Ayush organized the official Curtain Raiser for the 11th IDY 2025 at the National Media Centre, New Delhi, on 12th June 2025. This high-level event marked the formal commencement of the final phase of celebrations leading up to the main National Event of IDY 2025, which was led by the Hon'ble Prime Minister of India, Shri Narendra Modi, on 21st June in Visakhapatnam, Andhra Pradesh.

Speaking on the occasion, the Hon'ble Minister of Ayush, Shri Prataprao Jadhav, underscored the significance of the 11th edition of IDY, stating:

“As we enter the 11th year, IDY 2025 is not merely a commemoration, but a collective call to expand the reach and impact of Yoga across all sections of society.”

The event featured a detailed presentation on the Ministry's strategic roadmap for IDY 2025, highlighting key initiatives focused on digital innovation, community-level engagement, and international collaboration — all aimed at reinforcing the central theme of 'Yoga for One Earth, One Health'.



Hon'ble dignitaries at the Curtain Raiser event





# YOGA BANDHAN



Yoga Bandhan was conceptualized to underscore the role of Yoga in fostering international cultural engagement and strengthening people-to-people ties. Anchored in India's ethos of *Vasudhaiva Kutumbakam* (the world is one family), the programme sought to promote global cooperation and understanding through shared values of wellness, balance, and peace. The initiative was led by the Morarji Desai National Institute of Yoga (MDNIY) in collaboration with the Indian Council for Cultural Relations (ICCR), with active coordination and support from the Ministry of External Affairs (MEA). Indian Missions and affiliated cultural institutions worldwide played a key role in curating and mobilizing international

participation, thereby amplifying India's soft power and cultural diplomacy.

As part of Yoga Bandhan, a week-long Yoga Exchange Programme was conducted from 17th to 21st June, bringing together 17 international delegates from diverse countries. The programme included immersive sessions on the Common Yoga Protocol (CYP) and traditional yogic practices, conducted at the MDNIY. Delegates were also provided with curated cultural experiences through visits to significant institutions and heritage sites, such as Akshardham Temple, Rajghat, Pradhan Mantri Sangrahalaya, the All India Institute of Ayurveda



*International delegates engage in a moment of mindfulness and prayer, embracing the spirit of yoga and unity during a session*

(AIIA), and the National Museum, offering deep insights into India's integrative approach to health, spirituality, and culture.

The Yoga Bandhan initiative culminated on 21st June 2025 with the participation of international delegates in Yoga Sangam events at various locations across the country, including Delhi, Jaipur, Chennai, and Jamnagar. In Delhi, the delegation participated in the Yoga Maha Kumbh organized by CONCOR and the Heartfulness Institute.

Through Yoga Bandhan, India reaffirmed its leadership in the global wellness discourse and demonstrated the potential of Yoga as a vehicle for international dialogue and collaboration. The initiative successfully positioned Yoga not only as a health-promoting discipline but also as a bridge for encouraging the cross-cultural understanding, peace, and global harmony.



*Delegates from all over the world came to celebrate Yoga Bandhan*

# SHARED EXPERIENCES, SHARED INTENTIONS

## REFLECTIONS FROM INTERNATIONAL DELEGATES

**Jose Maria  
Marquez Jurado**  
*Spain*



“A unique opportunity for deep personal connections with Indian Institutions on Yoga, Ayurveda, and Indian Culture.”

**Mr. Manisekaran  
Ponnusamy**  
*Malaysia*



“The magnificence of yoga led by the Honourable Indian PM... and hospitality of India Ayush, ICCR and PM department.”

**Mr. Vimukthi  
Jayasundara**  
*Sri Lanka*



“Integration of yoga with ayurveda and applying above to all the activities including art practices and teaching”

**Mrs. Maj  
Ingemann-Molden**  
*Denmark*



“The visit to the temple was so special and intelligently designed, a great introduction to the magnitude of India, how so many people can exist together in harmonized chaos.”

**Mr. Slamet  
Riyanto**  
*Indonesia*



“I want to be able to build networks and relationships to develop traditional yoga in Indonesia with an advanced and integrated system to welcome a bright future.”

**Mr. Gregor  
Kos**  
*Slovenia*



“Importance of being part of the unthinkable global like-minded humans which empowers us endlessly.”

**Prof. Geo  
Lyong Lee**  
*South Korea*



“I experienced a strong sense of togetherness with yogis from around the world.”

**Prof. Danilo  
Forghieri Santaella**  
*Brazil*



“I was really happy with the friends I made, and also with the possibility of representing Brazil and my University in such an important event.”

**Mr. Josh  
Pryor**  
*Australia*



“Insights into the glorious embedding of metaphysics in ubiquitous Indian culture”

悠季瑜伽  
YOQIYOGA

**To:** The Embassy of India in China  
**Subject:** Heartfelt Thanks for the Invitation to Participate in the "Yoga Bandhan" Event

Dear Members of the Embassy of India in China, and Mrs. Neethu,

Greetings from Beijing!

I am writing this letter to express my deepest gratitude to the Government of India and the Embassy of India in China for your kind invitation, which has afforded me the invaluable opportunity to participate in the "Yoga Bandhan" event. This experience has not only greatly enriched my understanding and practice of yoga but has also allowed me to deeply appreciate India's profound cultural heritage as the birthplace of yoga, as well as the warmth and hospitality extended to us throughout the visit.

During the event, I had the privilege of engaging in meaningful exchanges with yoga leaders from 17 countries, sharing our respective practices and insights. This cross-cultural dialogue has broadened my perspective on the global development of yoga and reinforced my belief in its role as a bridge connecting diverse cultures.

What particularly moved me was the exceptional hospitality arranged by the Government of India. Every aspect of our visit, from accommodations to the itinerary, was meticulously planned with the utmost professionalism and care. The visit to MNIY (Morarji Desai National Institute of Yoga) provided us with a comprehensive introduction to the scientific foundations of yoga, the establishment of industry standards, and the Indian government's strategic vision for promoting yoga globally. Furthermore, our visit to the Ministry of Ayush (Ayurveda, Yoga & Naturopathy, Unani, Siddha, and Homoeopathy) and their initiatives to promote yoga and Ayurveda across India deeply impressed upon me the government's commitment to preserving and propagating these traditional practices. The wisdom drawn from history, coupled with decisive action for global promotion, has been truly inspiring and has given me great confidence in the future of yoga.

悠季瑜伽  
YOQIYOGA

It is also worth highlighting that our visits to the National Museum and the Prime Minister's Museum offered me, for the first time, a profoundly emotional and comprehensive understanding of India's journey from colonial rule to its current status as a modern nation. The Prime Minister's Museum, in particular, highlighted the tireless efforts of successive prime ministers since India's independence in advancing the country's economic and cultural development. The remarkable achievements of Prime Minister Shri Narendra Modi in economic growth, cultural revitalization, and enhancing India's global influence left a lasting impression on me. These experiences have given me a more nuanced understanding of India's history and present, as well as the pivotal role of yoga in the nation's development.

The "Yoga Bandhan" event was not merely a celebration of yoga but also a profound cultural exchange and a spiritual elevation. I am sincerely grateful to the Government of India for its dedicated efforts in promoting yoga culture and for providing me with such an unforgettable opportunity for learning and exchange.

Looking ahead, I earnestly hope to build upon the connections made during this visit and establish even closer collaboration with the Government of India in the development and promotion of yoga, particularly in the formulation and global dissemination of yoga standards. I aspire to serve as a cultural envoy of Indian yoga in China, committed to:

1. Promoting standardized yoga teaching systems;
2. Disseminating the authentic essence of yoga culture;
3. Facilitating deeper exchanges between China and India in the field of yoga;
4. Contributing to the global advancement of yoga culture.

Moving forward, I will share the knowledge and inspiration gained from this journey with my country, continuing to spread the spirit of yoga and fostering international cultural understanding. I would also like to encourage all yoga enthusiasts to delve into traditional yoga scriptures, reflect on the holistic yoga system, and embrace yoga not merely as physical exercise but as a path of spiritual cultivation and wisdom.

*Letter of gratitude from Ms. Yin Yang, China*

“This experience has not only greatly enriched my understanding and practice of Yoga but has also allowed me to deeply appreciate India’s profound cultural heritage as the birthplace of yoga...”

# YOGA PARK



As part of the 11th IDY 2025 celebrations, the Ministry of Ayush, in collaboration with multiple stakeholders, launched a nationwide initiative to establish Yoga Parks across the country. These dedicated public spaces aim to make Yoga an accessible and routine aspect of daily life, fostering long-term community well-being and awareness. The initiative witnessed proactive engagement from state governments, municipal bodies, corporate entities, academic institutions, and research organizations.

Unlike other signature events that culminate on 21st June, this initiative has been designed as a year-round campaign, symbolizing the sustained integration of Yoga into India's public health and urban development agenda.

In the lead up to IDY 2025, 5 Yoga Parks have already been established, and 125 more are currently under various stages of development through State-led initiatives.

Additionally, 15–20 parks are projected to be established under CSR support, notably from Indian Medicines Pharmaceutical Corporation Limited (IMPCL), reflecting the growing role of public-private partnerships in scaling health-promoting infrastructure.

A notable example includes Satya Pharmaceuticals, which adopted three Yoga Parks across Delhi and Haryana under its CSR programme, with a focus on workplace wellness, child-friendly environments, and inclusive community participation under themes such as Yoga Park for All and Yoga Park for Children.



*Yoga Park initiative as a part of the IDY 2025 celebrations at the JNPA campus, Mumbai*

Several states demonstrated innovation and leadership in implementation. In Uttarakhand, a month-long district-wide campaign was undertaken from 1st May to 1st June 2025, with the establishment of at least one Yoga Park in each district.

Led by the Hon'ble Chief Minister Shri Pushkar Singh Dhami, the campaign attracted enthusiastic public participation and delivered a strong behavioural message: "योग है मेरी जीवनशैली का अभिन्न अंग" (Yoga is an integral part of my lifestyle). The initiative successfully reached diverse demographic segments, including remote and underserved communities.

The JNPA Yoga Park in Navi Mumbai emerged as a model of institutional collaboration, developed jointly by the Morarji Desai National Institute of Yoga (MDNIY) and the Central Ayurveda Research Institute (CARI). This park integrated structured Yoga programmes into the port township's lifestyle, demonstrating how urban public spaces can be effectively repurposed to promote holistic health and wellness.

In Uttar Pradesh, a large-scale campaign was launched to establish three Yoga Parks in each

divisional district and two in all other districts. The effort was supported by local municipalities and panchayats, further ensuring that Yoga practice extended beyond parks to schools, wellness centres, and village commons, thereby embedding Yoga into the social fabric at multiple levels of governance.

The Ayush Export Promotion Council (AyushExcil) and its member organizations have pledged full support to the Ministry of Ayush's Yoga Park initiative for IDY 2025, committing to adopt and maintain 1,481 Yoga Parks nationwide through CSR funding, infrastructure development, and community engagement, with major contributions from Patanjali (1,000 parks), Himalaya Drugs, Dabur India, Baidyanath, Maharishi Ayurveda, Jiva Ayurveda, Hamdard Laboratories, and others.

Through these efforts, the Yoga Park initiative under IDY 2025 has laid the foundation for sustainable, community-led wellness infrastructure, while reinforcing Yoga's role as a unifying and health-promoting force across rural and urban India.



Meeting with Ayush Industries chaired by the Hon'ble Minister Shri Prataprao Jadhav for Yoga Park

# YOGA SAMAVESH



As a key initiative under the 11th IDY 2025, Yoga Samavesh was conceptualized to extend the transformative benefits of Yoga to a broad spectrum of population groups, particularly those underserved or facing specific health and wellness challenges.

Anchored in the Ministry of Ayush's commitment to equitable access and preventive healthcare, the initiative leveraged evidence-based Yoga protocols to promote physical, mental, and emotional well-being in a focused and inclusive manner.

The programme was structured around ten specialized Yoga protocols, each scientifically developed to meet the needs of distinct demographic and clinical target groups. These included:

Under Yoga Samavesh, over 340 curated Yoga events were organized across India in diverse settings such as hospitals, schools, old age homes, de-addiction centres, and community-based institutions. These events were designed to deliver context-specific Yoga practices, improve wellness outcomes, and foster behavioural change in vulnerable and high-risk populations.

Several leading organizations and institutions contributed to the implementation of Yoga Samavesh through thematic sessions and inclusive outreach. For instance,

- **The Blind Relief Association, in collaboration with Suryodaya Sewa Samiti and supported by the Ministry of Ayush, conducted a specialized Yoga session tailored for visually impaired participants, demonstrating Yoga's adaptability and inclusivity.**
- **MDNIY led multiple sessions under the Yoga Samavesh banner, promoting inclusive participation and increasing awareness of Yoga's holistic health benefits.**
- **At Tata Memorial Hospital, a therapeutic Yoga session was organized for children undergoing cancer treatment, offering emotional relief and fostering a healing environment.**
- **The School of Yoga Therapy, ISCM (SBV), along with the Indian Yoga Association (Pondicherry Chapter) and Gardaí Mental Health Centre, held sessions for individuals recovering from substance abuse, showcasing the rehabilitative role of Yoga in mental health recovery.**
- **The Indian Menopause Society (IMS) conducted around 10 thematic Yoga sessions in collaboration with the National Institute of Homeopathy (NIH), targeting specific groups such as pregnant women, senior citizens, working women, and individuals with chronic conditions like hypertension, asthma, and diabetes.**
- **The Department of Swasthavritta, ITRA organized a week-long Yoga camp for elderly residents at Aapanu Ghar Vriddhashrama, focusing on gentle movement, graceful ageing, and fostering social connection.**
- **Abhyasaa Yoga Centre implemented daily Yoga sessions for municipal women workers, addressing physical fatigue, stress, and occupational health through targeted interventions.**



Under IDY 2025, Yoga Samavesh exemplified a structured and inclusive approach to community wellness. By delivering targeted, evidence-based Yoga interventions to demographically and clinically diverse populations, the initiative reinforced Yoga's role as an affordable, scalable, and culturally rooted solution for preventive and promotive health. The programme demonstrated how Yoga can be effectively adapted to serve the needs of different population groups, strengthening its position as a cornerstone of India's public health narrative.



# YOGA PRABHAVA



The Yoga Prabhav report was released on 14th June 2025 during the Yoga Connect Conclave, in the presence of key dignitaries, including Hon'ble Union Minister of Culture & Hon'ble Union Minister of Tourism, Shri. Gajendra Singh Shekhawat and Hon'ble Minister of State of Ayush (IC) & Minister of State of Health, Family Welfare, Shri. Prataprao Jadhav.

They were joined by several eminent dignitaries including Swami Ramdev, Founder-President,

Patanjali Yogpeeth, Haridwar, Shri Subodh Tiwari, CEO, Kaivalyadhama, Lonavla & Secretary General, Indian Yoga Association, Dr. Hansaji Yogendra, Director, The Yoga Institute, Swami Chidanand Saraswati, Spiritual Head, Parmarth Niketan, and Vaidya Rajesh Kotecha, Secretary, Ministry of Ayush.

The report was prepared by the Central Council for Research in Yoga and Naturopathy (CCRYN). It not only underscores the health benefits of Yoga



*Hon'ble Union Ministers and esteemed yoga gurus inaugurate the Yoga Prabhav Report during Yoga Connect Day, highlighting the far-reaching impact and global relevance of Yoga*

but also highlights its broader societal value – as a tool for preventive health, stress reduction, youth engagement, and social inclusion.

The Yoga Prabhav report is based on a nationwide impact assessment survey, conducted in collaboration with healthcare institutions, Yoga organizations, academic bodies, and public health researchers. The survey involved a broad network of stakeholders, including Yoga instructors, Ayush practitioners, healthcare professionals, and community leaders. Special emphasis was placed on assessing the reach of the Common Yoga Protocol (CYP), the effectiveness of Yoga-based interventions in clinical and community settings, and the behavioural changes fostered through IDY observances over the years.

The study evaluated a wide spectrum of indicators, including physical and mental health outcomes, lifestyle modifications, social cohesion, and the integration of Yoga into daily routines. The methodology incorporated both qualitative and quantitative approaches, ensuring that data collection reflected regional, cultural, and demographic diversity across urban, semi-urban, and rural India.

By providing data-driven insights into the cumulative impact of ten years of IDY, Yoga Prabhava offers an evidence base to strengthen future Yoga promotion strategies, inform policy formulation, and guide programme design. It also reaffirms India's leadership in advancing Yoga as a globally recognized practice that contributes meaningfully to public health and well-being.



# NATIONWIDE IMPACT ASSESSMENT OF IDY: INSIGHTS FROM A DECADAL EVALUATION

To systematically assess the transformative journey of the International Day of Yoga (IDY) from 2015 to 2024, the Ministry of Ayush commissioned the Central Council for Research in Yoga and Naturopathy (CCRYN) to conduct the first-ever Nationwide Impact Assessment Survey, implemented by Surveykshan Research. This large-scale, scientifically rigorous study captured insights from 32,534 respondents from across 34 States and Union Territories, offering an evidence-

based understanding of how IDY has influenced public health behaviour, awareness, institutional engagement, and socio-economic dimensions. The study highlights Yoga's growing presence as a tool for preventive healthcare, educational integration, and cultural diplomacy, and serves as a critical foundation for future policy development, outreach strategies, and institutional programming.





# YOGA CONNECT



Yoga Connect was a flagship knowledge and policy summit that served as a platform for international collaboration, research exchange, and stakeholder engagement in the field of Yoga. It was designed as a high-level dialogue space where global thought leaders, researchers, policymakers, and practitioners deliberated on Yoga's role in public health, innovation, and global diplomacy.

The initiative aimed to position India as a knowledge hub for Yoga-based interventions, scientific research, and holistic wellness models, while building synergies between tradition and evidence, practice and policy, and community and industry.

Yoga Connect was held on 14th June 2025 at Vigyan Bhawan, New Delhi. The hybrid summit brought together over 1,500 in-person participants and virtual delegates from across the globe, including representatives from the United States, United Kingdom, South Korea, and Bahrain. The event showcased India's continued leadership in wellness, science-driven Yoga practice, and global cooperation.

The summit featured the release of six major knowledge products, developed in collaboration with premier institutions:

- **Yoga Prabhava** – A decadal national impact assessment report by CCRYN
- **Surveykshan** – An evaluation of Yoga's behavioural and outreach impact
- **Scientometric Analysis of Global Yoga Research** – A study by CCRYN and Pahle India Foundation

*The report titled “The Research Impact of International Day of Yoga - A Scientometric Analysis of Yoga's Global Influence” summary:*

*The report presents a comprehensive scientometric analysis of Yoga's global research footprint, particularly in the context of the International Day of Yoga (IDY). It highlights how IDY has catalysed a surge in academic interest and scholarly output related to Yoga across disciplines and geographies. Key findings reveal a significant increase in peer-reviewed publications, cross-border research collaborations, and institutional engagement since the inception of*



Hon'ble Minister Prataprao Jadhav addressing the gathering at Yoga Connect

*IDY in 2015. The study also maps thematic trends in Yoga research, showing a growing emphasis on Yoga's role in preventive healthcare, mental well-being, and integrative medicine. Notably, the report underlines India's leadership in Yoga scholarship while also documenting the expanding contributions from countries such as the United States, Germany and Australia.*

- **Bharatiya Vriksha Vaibhavam** – A booklet celebrating India's native trees and ecological wisdom
- **E-book: IDY** – The Yogic Path of a Statesman's Vision – Chronicling the 10-year journey of IDY
- **Yoga Samavesh Video** – Showcasing the reach and inclusion achieved under IDY 2025

These releases were complemented by a series of thematic panel discussions, addressing:

- Yoga for the Prevention of Non-Communicable Diseases
- Common Yoga Protocol Studies and IDY Impact Assessment
- Yoga-Tech and Innovation Showcase
- Yoga for Women's Health Across Life Stages
- Yoga and Industry Engagement
- The Vision of Yoga for All

These sessions encouraged interdisciplinary dialogue, linking traditional knowledge systems with emerging global health needs and technological innovation.

The summit was graced by senior dignitaries including *Shri Gajendra Singh Shekhawat*, Union Minister of Culture and Tourism; *Shri Prataprao Jadhav*, Union Minister of State (Independent Charge) for Ayush and MoS, Health & Family Welfare; and *Vaidya Rajesh Kotecha*, Secretary, Ministry of Ayush. Spiritual leaders and institutional heads such as *Swami Ramdev*, *Dr. Hansaji Yogendra*, *Swami Chidanand Saraswati*, *Acharya Balkrishnaji*, *Prof. H.R. Nagendra*, and *His Holiness Bhikkhu Sanghasena* enriched the summit with their presence and contributions.

As part of the industry engagement component, Decathlon India supported the event by distributing 1,500+ yoga kits to participants, reinforcing private sector alignment with national wellness priorities.



*Dignitaries and spiritual leaders inaugurate Yoga Connect Day with the traditional lamp lighting ceremony*

# HARIT YOGA



Harit Yoga emerged as one of the most widely embraced Signature Events under IDY 2025, advancing the vision of Yoga as not only a personal wellness practice but also a catalyst for environmental consciousness. The initiative emphasized the deep interconnection between mind, body, and the environment, encouraging individuals and communities to align their well-being with ecological responsibility. Designed as a convergence of Yoga and sustainable practices, Harit Yoga reflected the Ministry's commitment to holistic health and planetary harmony.

Organized in collaboration with environmental organizations, local governing bodies, and community-based institutions, Harit Yoga saw the successful conduct of over 320 events across the country.

The initiative integrated traditional Yoga sessions with eco-friendly actions such as tree plantation drives, beach clean-up campaigns, and community-led conservation efforts, offering a multidimensional approach to sustainability. In addition, educational outreach on climate change, resource conservation, and sustainable lifestyle choices was carried out, furthering environmental literacy among participants.



Harit Yoga at Kalinga Stadium, Bhubaneswar marks 75-day countdown to IDY 2025, with Hon'ble Minister Shri Prataprao Jadhav

A significant milestone under the Harit Yoga initiative was the observance of World Earth Day on 22nd April 2025, marked by the organization of 32 events nationwide, with the participation of over 1,000 individuals. The Indian Yoga Association (IYA), in collaboration with its state chapters, led a nationwide tree plantation campaign, reinforcing the message that the practice of Yoga is intrinsically linked to the well-being of the planet.

The drive witnessed enthusiastic participation from 12 IYA state chapters, including Tamil Nadu, Chhattisgarh, Nagaland, Delhi, Karnataka, Maharashtra, Uttar Pradesh, Pune, Jaipur, and Uttarakhand, as well as institutional support from MDNIY, New Delhi.

The initiative also saw notable international engagement, with 18 Harit Yoga events conducted across countries including Canada, Japan, Georgia, Brazil, Cuba, Germany, Myanmar, Spain, Switzerland, Jordan, Saudi Arabia, Chile, Fiji, Scotland, New Zealand, and Guyana. On World Environment Day (5th June), impactful events were held in Tokyo and Osaka, Japan, drawing participation from over 200 individuals, reflecting the global resonance of India's message of environmental Yoga.



Tree plantation drive under Harit Yoga at Teli Gundar School, Chhattisgarh

Through its integrated approach, Harit Yoga successfully reinforced the principle that the practice of Yoga extends beyond the individual to embrace collective ecological well-being. By merging ancient wisdom with contemporary environmental concerns, the initiative demonstrated how Yoga can be a transformative force in fostering a culture of sustainability, awareness, and active stewardship. Its popularity and expansive reach at both national and international levels have positioned Harit Yoga as a vital pillar in the evolving narrative of Yoga for Planetary Health.

As part of the nationwide Harit Yoga initiative under IDY 2025, a diverse set of activities were undertaken to promote the integration of Yoga with environmental consciousness. These interventions reflected the growing recognition of yoga intrinsically linked to the well-being of the planet.

In a significant development, the Federation of Hotel & Restaurant Associations of India (FHRAI) announced its sector-wide commitment to advancing the objectives of Harit Yoga. The campaign, launched in conjunction with Earth Day, aims to embed Yoga-based wellness programming and sustainable practices across the hospitality ecosystem.

By targeting diverse spaces such as hotels, resorts, and tourism hubs, FHRAI demonstrated a scalable model for integrating wellness and sustainability, thus echoing Harit Yoga's philosophy of holistic and environment-conscious living.

On 21st May 2025, a landmark Harit Yoga session was held at the Embassy of Ethiopia in New Delhi, exemplifying the initiative's diplomatic and cross-cultural engagement. The event was graced by Ambassador Fesseha Shawel Gebre, who praised Yoga as a "precious gift from India to the world," emphasizing its potential to foster intercultural understanding and global harmony. The session

combined traditional Yoga practices with reflections on sustainability, positioning India's ancient heritage within a modern global context.

A major highlight of the campaign was the observance of World Environment Day on 5th June 2025, during which 30 Harit Yoga events were organized simultaneously across 30 locations, spanning states such as Uttar Pradesh, Delhi, Maharashtra, Puducherry, Haryana, and Himachal Pradesh.



*Harit Yoga at the Ethiopian Embassy in New Delhi*

These sessions went beyond Yoga practice to include tree plantation drives, awareness campaigns on environmental protection, and community-driven clean-up initiatives, thereby expanding the footprint of Harit Yoga into the domain of grassroots environmental action.

The Tamil Nadu State Chapter of the Indian Yoga Association (IYA) played a leading role in scaling the campaign regionally. The chapter conducted

12 Harit Yoga events across Puducherry, drawing participation from over 400 individuals, including youth, wellness practitioners, and local residents. These events fostered community bonding while advocating for lifestyle changes rooted in Yoga and sustainable living.

Adding to the regional momentum, the North-Eastern Institute of Ayurveda and Homeopathy (NEIAH), Shillong, hosted a vibrant Harit Yoga event on 10th June 2025. The session witnessed the involvement of nearly 200 participants, including faculty, students, and community members. Set amidst green surroundings, the event underscored the synergy between natural members. Set amidst green surroundings, the event underscored the synergy between natural ecosystems and Yoga practice and also included dialogues on biodiversity conservation and eco-conscious habits.

Crucially, the success of the tree plantation activities was made possible with the support of the National Medicinal Plants Board (NMPB), which served as a key implementation partner by providing medicinal plant saplings for plantation.

This collaboration strengthened the convergence between traditional plant-based knowledge systems and contemporary conservation efforts, giving Harit Yoga a deeper ecological and cultural significance.

Through these meaningful engagements, Harit Yoga has evolved into a people-led, planet-sensitive movement that bridges health, heritage, and sustainability. The initiative has not only deepened the public understanding of Yoga's environmental dimensions but also laid the foundation for long-term, behaviour-driven ecological consciousness across communities and institutions.

#### **Ek Ped Maa Ke Naam:**

During IDY2025, the Ministry of Ayush launched Harit Yoga, explicitly aligned with Prime Minister's

"Ek Ped Maa Ke Naam" campaign. In this initiative, yoga sessions were seamlessly integrated with treeplanting drives - participants practiced yoga first, then planted trees or medicinal plants as symbolic acts of nurturing both personal wellness and planetary health. Key institutions across the country took part by hosting yoga gatherings followed by sapling plantation under the campaign framework.

This meaningful gesture not only promotes ecological awareness but also beautifully complements yoga's core philosophy of living in harmony with nature. By integrating tree plantation into IDY 2025 celebrations, the initiative reinforces the shared commitment to a healthier planet and a more compassionate world.

#### **Mission LiFE**

IDY 2025's official theme- "Yoga for One Earth, One Health"-mirrors the core ethos of Mission LiFE, an Indian government initiative launched to encourage eco-conscious, pro-planet lifestyles. Harit Yoga offered a bridge between personal wellness and environmental stewardship. Under Harit Yoga, yoga sessions were organised in natural surroundings, tree-planting drives, and clean-up campaigns, effectively integrating Yoga practice with environmental action, as advocated by Mission LiFE.

By aligning these efforts, a unified message was projected: achieving mental, physical, and planetary health are inseparable goals.

Participants were encouraged not only to engage in yoga for self-care, but also to adopt lifestyle changes that reflect environmental responsibility - reinforcing the campaign's invitation to become everyday "ProPlanet People" through sustainable daily habits. In essence, IDY 2025's collaboration with Mission LiFE transformed Yoga Day into more than a wellness celebration-it became a movement for sustainable, conscious living aligned with the global call for planetary wellness.



Students of Yamuna Water Sports Club performed yoga on the Yamuna River, on the occasion of IDY 2025



National Institute of Sowa-Rigpa organized Harit Yoga at the Trans Himalayan Herbal Garden, Leh



Harit Yoga session at All India Institute of Ayurveda, Goa



IDY 2025 countdown programme organised by NEIAH, Shillong

# YOGA UNPLUGGED



Yoga Unplugged was conceptualized as a dedicated youth engagement initiative under IDY 2025, with the objective of presenting Yoga in a culturally relevant, contemporary, and accessible format for young individuals. Recognizing the growing need for mental well-being, emotional resilience, and physical health among youth, the campaign positioned Yoga as a dynamic practice that can be seamlessly integrated into their everyday lives. The initiative focused on cultivating mindfulness, creativity, and self-discipline while leveraging both offline and digital platforms to maximize outreach.

The campaign gained significant traction with the active participation of educational institutions, youth organizations, and digital platforms, leading to the successful conduct of over 100 events across formats. A key milestone was the event conducted on 17th June 2025 by the

National Institute of Sowa-Rigpa (NISR) in collaboration with the Central Institute of Buddhist Studies (Deemed University) at Nagarjuna Auditorium, Leh. As one of the 10 Signature Events under IDY, the programme witnessed participation from over 400 students, who engaged in Yogasana demonstrations, quizzes, and cultural competitions, making it a powerful showcase of youth-driven wellness engagement in the Himalayan region.

In parallel, the Morarji Desai National Institute of Yoga (MDNIY) curated a series of youth-centric competitions to promote creative expression and awareness. Activities included Yogasana demonstrations, Yoga Shalaka quizzes, Photography contests, Poster-making, and Reel-making challenges, all designed to resonate with young audiences and encourage peer-driven messaging around Yoga as a lifestyle.



Unplugged event organized by Transstadia University in Ahmedabad

**Youth Festival MDNIY:**

As part of the Yoga Unplugged initiative—a signature event under the celebrations of the International Day of Yoga (IDY) 2025—the Yoga Youth Festival 2025 was organized from 13th to 16th June, 2025 at the Morarji Desai National Institute of Yoga (MDNIY), Ministry of Ayush, Government of India. The festival aimed to foster awareness, creativity, and engagement among youth through a series of competitive and educational activities centred around yoga and its values.

**Poster Making Competition (13th June):**

Conducted in two rounds – Poster Creation and Presentation. Participants creatively showcased yoga-related themes, and the top three scorers were declared winners based on both artistic expression and conceptual clarity.

**Yogasana Competition:**

The Yogasana Competition was conducted in two categories—male and female—and was held over two rounds. After the preliminary screening, selected participants advanced to the final round conducted on 16th June. Winners from each category were selected based on their performance, posture accuracy, and overall presentation.

**Yoga Shalaka Competition (16th June):**

A unique and intellectually engaging Yoga Shalaka Competition was also held on 16th June at MDNIY. The competition was designed to assess the participants' knowledge and interpretation of key yogic scriptures, including Sadhanapada and Samadhipada from the Patanjala Yoga Sutra, and selected chapters (3rd, 4th, 6th, and 12th) from the Bhagavad Gita. The competition was structured in three stages: a memory test, a scriptural understanding test, and a deeper interpretative assessment. It was conducted under the guidance of a panel of esteemed jury members—Prof. Shiv Shankar Mishra and Dr. Kamini Kumari—with support from faculty members and the core committee of the Yoga Unplugged programme.

**Photography & Reel Making Competitions (Online):**

In addition to on-ground activities, the institute invited online entries for Photography and Reel Making Competitions. The theme for the Photography Competition was "Yoga Anywhere", encouraging participants to capture moments that reflect the universal applicability of yoga. For the Reel Making Competition, the theme was "Yogic Dincharya", focusing on the integration of yoga into daily life. Entries were judged on creativity, theme relevance, and execution, and top entries were awarded accordingly.



*NISR and CIBS collaboratively hosted Yoga Unplugged event to inspire youth participation in Yoga, in Leh*

Overall, the Yoga Youth Festival 2025 witnessed enthusiastic participation and showcased the dynamic ways in which youth connect with yoga, both as a discipline and a lifestyle.

**Digital Engagement through MyGov Platform:**

In a significant digital outreach effort, MyGov hosted a series of contests aimed at promoting youth participation in the virtual space. Between 27th March and 30th May 2025, the platform launched the ‘Yog Geet’ jingle competition, inviting youth to compose original 25–30 second jingles in Indian languages, focused on the theme of Yoga’s health benefits. Additionally, an essay competition themed ‘Yoga for One Earth, One Health’ was conducted from 7th April to 30th May, engaging students and scholars in reflective writing on Yoga’s role in global health.

An e-poster contest, open between 8th April and 30th May, encouraged the creation of infographic-style visuals addressing wellness topics such as stress management, immunity, and women’s health. These activities created a

high-engagement digital ecosystem that complemented physical events while amplifying awareness through peer-to-peer networks.

**Samarpan Volunteering Programme: Youth-Led Yoga Movement:**

A notable innovation under Yoga Unplugged 2025 was the launch of the Samarpan Volunteering Programme, commemorating a decade of IDY. The programme was designed to strengthen grassroots participation by engaging youth as volunteer ambassadors of Yoga. Students across universities and colleges were encouraged to actively contribute to Yoga-based awareness, training, and community outreach initiatives.

Participating institutions were recognized as Samarpan Partner Universities, and each appointed a Samarpan Coordinator (faculty



member) to oversee and record student participation. Volunteers were required to contribute a minimum of 36 hours (over at least 12 days) to qualify for a certificate from the Ministry of Ayush. These records were submitted to MDNIY for verification and certification. The program saw encouraging participation from over 50 universities and more than 750 students, reflecting the strong youth interest in public service through wellness.

Yoga Unplugged 2025 successfully positioned Yoga as a relevant and empowering practice for India's youth. By combining cultural relevance, digital creativity, and structured volunteering, the initiative created multiple channels of engagement that nurtured awareness, participation, and leadership among young citizens. The campaign reinforced Yoga as not

only a practice of health and balance but also a movement of social cohesion, national pride, and intergenerational continuity. Through youth-centric interventions, Yoga Unplugged ensured that the message of "Yoga for Life" reached the next generation in formats they could relate to, adopt, and advocate.

In 2025, the initiative witnessed active participation from over 50 universities and more than 750 student volunteers across the country.



# YOGA MAHAKUMBH



Yoga MahaKumbh (YMK) emerged as a flagship celebration under IDY 2025, envisioned to bring citizens together through the shared values of wellness, inner harmony, and India's rich cultural heritage. It was designed as a decentralized and inclusive national festival and sought to amplify mass engagement in Yoga through large-scale gatherings, diverse thematic activities, and public-private collaboration across urban and remote landscapes.

The initiative aimed to transform Yoga from a symbolic observance into a grassroots movement, emphasizing continuity of practice and integration into everyday life. Multiple lead-up events were held in the lead up to IDY 2025, culminating in widespread participation across the country on 21st June 2025. These efforts were coordinated by the Ministry of Ayush in partnership with Central Public Sector Enterprises,

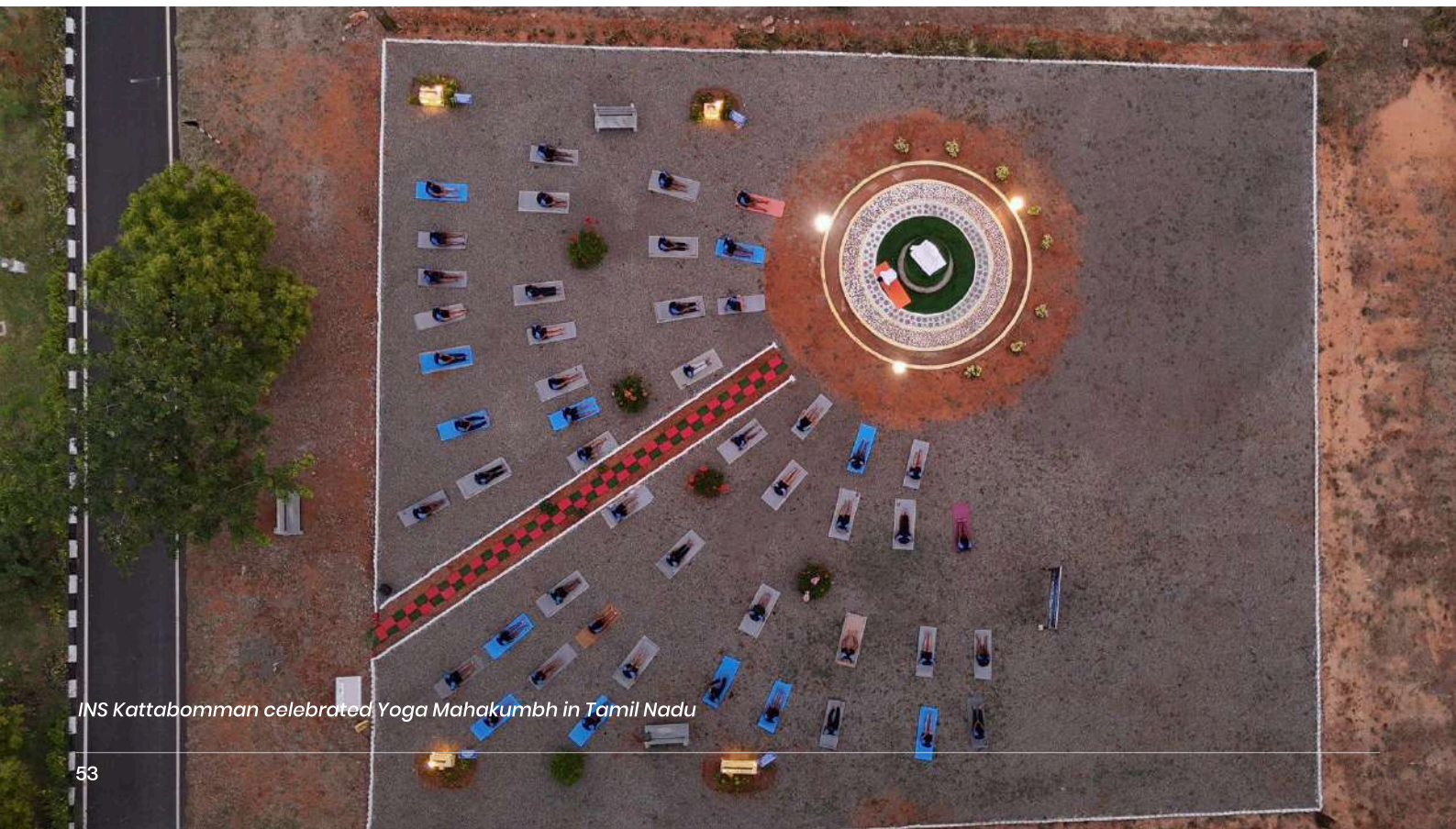
spiritual and community organizations, and various State Governments.

## **Noida, Uttar Pradesh: Grassroots-Led Harit Yoga Initiatives:**

The first of such Mahakumbhs was launched In Noida, Uttar Pradesh, by Arham Dhyana Yog. They conducted a series of grassroots-led programmes beginning 15th June, with a focus on Harit Yoga and youth participation. At Ved Van Park, children and youth engaged in creative competitions, including essay writing and debates themed around "Yoga for Daily Life", showcasing the intellectual and emotional resonance of the practice.

## **New Delhi: Heartfulness MahaKumbh:**

Another Yoga Maha Kumbh was hosted at the Heartfulness Meditation Centre, RK Puram, from 18th June to 20th June. The event was jointly



*INS Kattabomman celebrated Yoga Mahakumbh in Tamil Nadu*

organized by the Container Corporation of India (CONCOR) and the Heartfulness Institute, with operational support from the Morarji Desai National Institute of Yoga (MDNIY).

This event featured structured Yoga sessions, mindfulness workshops, holistic health consultations, cultural performances, and thematic discussions, drawing more than 1,000 participants, including international delegates, students, working professionals, and Yoga enthusiasts.

#### **New Delhi – Kidwai Nagar: NBCC Wellness Celebration:**

In New Delhi, NBCC (India) Ltd., in collaboration with the Ministry of Ayush and MDNIY, hosted one more YMK celebration at Kidwai Nagar. The event offered Yoga practice sessions, guided meditation, wellness therapies, and expert health talks, culminating in a mass gathering on 21st June to mark the IDY.

#### **Maharashtra: Institutional Wellness at JNPA:**

In Maharashtra, JNPA (Jawaharlal Nehru Port Authority) organized Yoga Maha Kumbh events

aimed at institutional wellness. Sessions were held at the JNPA Township, Skill Development Centre in Belapur, and the Administration Building, focusing on stress management, employee wellness, and capacity building. These programmes brought together educators, port workers, families, and trainees, reinforcing the inclusivity of the initiative.

#### **Ladakh: International Festival of Yoga and Meditation (IFYM):**

In Ladakh, the International Festival of Yoga and Meditation (IFYM) was held starting 15th June 2025, in collaboration with the Mahabodhi International Meditation Centre (MIMC), the Ladakh Autonomous Hill Development Council (LAHDC - Leh), and the UT Administration of Ladakh. The festival offered immersive Yoga and meditation experiences amidst the Himalayan landscape, supported by environmental awareness campaigns and street theatre performances (Nukkad Nataks) across Leh town and nearby areas. These performances were strategically designed to disseminate knowledge about the benefits of Yoga and promote mental health awareness, particularly among youth and public.



*Participants performing Yoga as part of Yoga Mahakumbh in Noida*

The Yoga Maha Kumbh 2025 served as a model of public-private partnership, geographic inclusivity, and mass awareness, strengthening Yoga's position as a catalyst for physical well-being, mental peace, and social cohesion. From high-altitude terrains to metropolitan centres, the celebration demonstrated how Yoga can be

contextualized and adapted across diverse populations and landscapes. By bringing together institutions, communities, and individuals through dynamic programming and shared intent, the initiative reaffirmed India's leadership in encouraging a health-conscious, culturally grounded, and globally aware citizens.

## KEY HIGHLIGHTS AND THEMATIC ACTIVITIES

On 18th June, a high-altitude Yoga session was organized at Pangong Lake (4,350 meters), attracting more than 50 participants, including residents, tourists, and armed forces personnel. The session focused on breathing techniques and gentle Asanas suitable for high-altitude conditions, symbolizing the adaptability of Yoga across geographies.



### **Pangong Lake & Nubra Valley: High-Altitude and Community Outreach Sessions:**

On 20th June, a community outreach event was held in Nubra Valley, Ladakh. The event featured widespread participation from local village residents, schoolchildren, and stationed security forces. The session included Common Yoga Protocols, stretching, and relaxation techniques aimed at promoting psychological resilience in challenging terrains.

### **State-Led Celebrations: Yoga Mahotsavs Across India:**

In addition, several States launched their own thematic celebrations under titles such as 'Yoga Mahotsav', 'Yoga Utsav', and 'Yoga Festivals' as part of the wider observance of IDY 2025. These state-led initiatives featured a diverse array of activities including mass Yoga demonstrations, public awareness drives, cultural performances

wellness workshops, and exhibitions rooted in local traditions. Region-specific Yoga protocols and indigenous practices were showcased, reflecting the unique cultural and wellness identities of each region. These events mobilized large-scale public participation across urban centres, rural communities, and tribal areas, significantly strengthening grassroots engagement. Collectively, these efforts contributed to a vibrant and decentralized national movement, reinforcing India's yogic legacy while promoting social cohesion, cultural pride, and holistic well-being.





Yoga Mahakumbh organised by the Mahabodhi Meditation Centre in Leh

# SAMYOGA



As a part of IDY celebrations, Ministry of Ayush launched Samyoga, a signature initiative designed to underscore the role of evidence-based Yoga practices in complementing both conventional and traditional healthcare systems.

The initiative aimed to strengthen interdisciplinary collaboration by integrating Yoga with systems such as Ayurveda, Siddha, Unani, Homeopathy, Naturopathy, and Sowa-Rigpa. Through Samyoga, Yoga was positioned not merely as a wellness tool but as a scientifically validated therapeutic intervention supporting holistic health outcomes across diverse medical frameworks.

Samyoga was implemented through a series of nationwide events curated and conducted by premier research councils, Yoga institutions, and state chapters of key organizations. A total of 41 Samyoga events were successfully organised across various States and Union Territories, reaching practitioners, health professionals, and the public.

- The Central Council for Research in Ayurvedic Sciences (CCRAS) organised two flagship events on 28th and 30th May 2025, which saw active participation from over 300 individuals, including researchers, clinicians, and Yoga therapists.



- The Indian Yoga Association (IYA), through its Tamil Nadu Chapter, led a robust campaign, conducting 16 online sessions—each with participation exceeding 100 attendees—and five offline events across key regional centres.
- Thirteen Samyoga events were successfully held across five States and UTs, namely Andhra Pradesh, Tamil Nadu, Puducherry, Arunachal Pradesh, and Sikkim, further amplifying the initiative’s reach at the grassroots level.
- On 7th June, the National Ayush Mission, Sikkim organised a high-impact Samyoga session, drawing more than 100 participants, including local health officials and practitioners from the Ayush sector.
- In the Union Territory of Ladakh, two key events were conducted—one by the National Institute of Sowa-Rigpa (NISR), Leh on 16th June, and the other by CCRAS on 18th June, both of which witnessed over 300 participants and highlighted Yoga’s relevance in high-altitude health and wellness.
- Additional contributions included a session by the Satyananda Yoga and Ayurveda Research Institute, Motihari on 15th June, and an event hosted by the National Homoeopathy Research Institute in Mental Health (NHRIMH), Kottayam, under the aegis of CCRH, on 16th June, focused on Yoga’s application in mental healthcare.

The Samyoga initiative successfully showcased the evolving role of Yoga as a complementary modality within India’s pluralistic healthcare ecosystem. By bridging scientific research with traditional knowledge systems, Samyoga contributed to policy-level discourse and practical models for integrative health. The initiative also reinforced the Ministry’s vision of mainstreaming Yoga through evidence-informed approaches, while promoting inter-system synergy across Ayush disciplines.



*CCRAS-RARI Vijayawada hosts Yoga event celebrating the countdown to IDY 2025*

# INTERNATIONAL EVENTS IN LEAD UP TO IDY 2025

Apart from thousands of domestic events, a large number of events were conducted internationally in the lead up to IDY 2025. Over 60 countries participated in IDY celebrations held across key global cities, reflecting widespread international engagement, cultural resonance, and the growing global enthusiasm for Yoga as a tool for holistic well-being—truly a global movement.



Yoga in New Zealand



Yoga in Japan



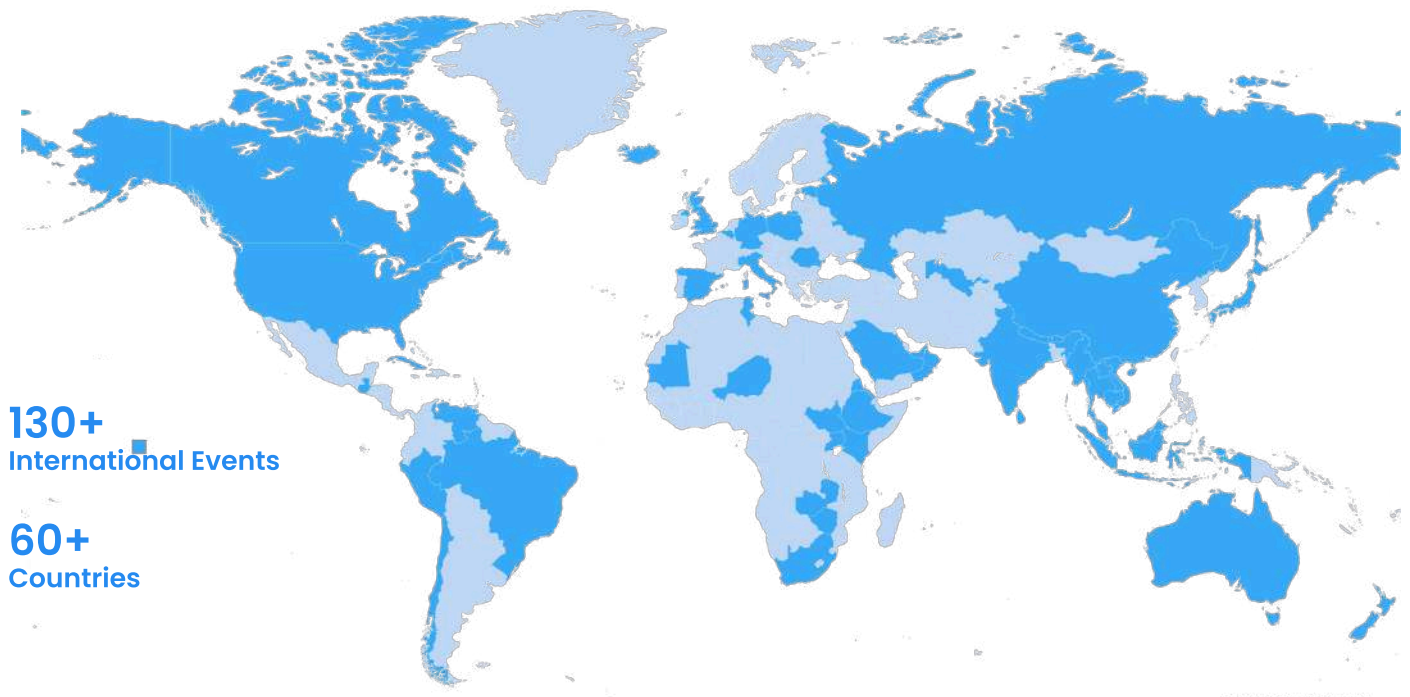
Yoga held at Ministry of Health Campo Grande, Brazil



Yoga in Frankfurt, Germany



Yoga for senior citizens in the Embassy of India in Iceland



*Events held across the world in the lead-up to IDY 2025*

### Osaka:

Ministry of Ayush led India's participation at World Expo 2025 in Osaka, by conducting daily yoga sessions at the India Pavilion – Bharat, drawing international crowds and showcasing the global appeal of India's ancient practices.

Running from May 2 to October 13, these sessions are a joint effort by the Ministry of Ayush, India Trade Promotion Organisation (ITPO), Indian diplomatic missions in Japan, and the Heartfulness Institute.

The initiative was launched on May 2 during Japan's Golden Week, with dignitaries including India's Ambassador to Japan, Shri Sibi George, and the Consul General in Osaka-Kobe, Shri Chandru Appar, in attendance. From June 29 to July 5, the Pavilion put a spotlight on traditional Indian medicinal herbs and Ayush products, along with a business networking event on June 30 to foster international collaborations. India's presence at the Expo reflects its guiding philosophy of Vasudhaiva Kutumbakam – "the world is one family".



# INTERNATIONAL DAY OF YOGA 2025





# INTERNATIONAL DAY OF YOGA



21st June 2025

## **Yoga Sangam:**

As the principal Signature Event under IDY 2025, 'Yoga Sangam' was marked by an unprecedented nationwide mass yoga demonstration held on 21st June 2025. The initiative witnessed coordinated participation across lakhs of locations throughout the country, exemplifying the spirit of unity and collective well-being.

Over 13 lakh pre-registered events were reported through the official portal, in addition to numerous locally organized sessions. All events were synchronously conducted from 6:30 AM to 7:45 AM, ensuring a unified observance across geographies. The National-level event, led by the Hon'ble Prime Minister of India, was held in Visakhapatnam, Andhra Pradesh, and served as the central point of the nationwide celebration.

'Yoga Sangam' stood as a testament to the deep cultural integration and expansive reach of Yoga, reaffirming its role as a cornerstone of India's public health and wellness movement.

## **Institutionalizing Event Documentation through the IDY Registration Portal:**

To enhance visibility, coordination, and impact assessment of Yoga-related activities across the country, the Ministry of Ayush launched a dedicated online registration portal, called the Yoga Sangam Portal, for IDY 2025. While lakhs of decentralised and independently conducted Yoga events have traditionally marked IDY celebrations across India, this portal enabled organisers to formally register their events, thereby contributing to a national database of Yoga activities.

The initiative aimed to streamline event documentation, facilitate real-time monitoring, and support evidence-based planning for future Yoga promotion. Organisers who registered their events and completed the post-event survey were awarded digital certificates of participation, acknowledging their active role in advancing the objectives of IDY 2025 and promoting Yoga as a mass movement for health and well-being.

## **Development of portal:**

Prospective organizers (including government, private, non-governmental organizations, and other institutions) were requested to complete the registration process at <https://yoga.ayush.gov.in/yoga-sangam> and conduct a Yoga Sangam event on date and time mentioned above. The portal featured general FAQs on Yoga Sangam, based on which organizers were asked to submit details about their organization, the event venue, and their contact information. Organisers received confirmation emails upon successful registration for Yoga Sangam.

## **Nationwide Registration Insights through the Yoga Sangam Portal:**

As part of the digital outreach for the IDY 2025, the Yoga Sangam portal recorded an impressive 1,364,321 event registrations across all 36 States and Union Territories of India, reflecting wide-scale public participation and increasing digital engagement.

Among the leading contributors, Rajasthan emerged at the forefront with 2,29,967

registrations, accounting for approximately 17% of the national total. It was followed by Uttar Pradesh (1,54,837) and Andhra Pradesh (1,34,680), highlighting the effectiveness of localised awareness campaigns, institutional mobilisation, and district-level outreach.

Madhya Pradesh and Odisha also featured prominently among the top five, jointly contributing over 2,11,000 registrations, driven by integrated efforts across both urban and rural geographies.

States such as Maharashtra (77,112), Chhattisgarh (74,110), Assam (71,202), Bihar (65,685), and Gujarat (53,350) represented strong mid-tier participation, collectively contributing nearly 39% of total sign-ups.

These figures suggest a promising foundation for scaling future campaigns through targeted partnerships with civil society organizations, digital platforms, and grassroots influencers.

Per capita participation analysis revealed that Rajasthan and Andhra Pradesh demonstrated particularly high citizen engagement relative to their population size—underscoring the effectiveness of proactive governance, community-driven initiatives, and robust institutional support.

Notably, digitally connected states like Karnataka and Maharashtra also performed well, reinforcing the role of seamless digital infrastructure in enabling inclusive participation.

### State - Wise Segregation of Yoga Sangam Registrations

A state-wise bifurcation of registration figures was recorded through the Yoga Sangam Portal as part of IDY 2025. This data reflects the extent of public participation and outreach effectiveness across different States and Union Territories, offering insights into regional engagement and mobilisation:

STATES/UTs	TOTAL	RANK
Andaman and Nicobar Islands (UT)	528	35
Andhra Pradesh	1,34,680	3
Arunachal Pradesh	2,411	24
Assam	71,202	8
Bihar	65,685	9
Chandigarh (UT)	1,048	31
Chhattisgarh	74,110	7
Dadra & Nagar Haveli, Daman & Diu (UT)	675	33
Delhi (UT)	9,363	22
Goa	2,884	23
Gujarat	53,350	10
Haryana	15,770	19
Himachal Pradesh	20,400	17
Jammu and Kashmir (UT)	26,366	16
Jharkhand	29,056	15
Karnataka	39,198	11
Kerala	11,354	21
Ladakh (UT)	1,362	29
Lakshadweep (UT)	55	36
Madhya Pradesh	1,25,341	4
Maharashtra	77,112	6
Manipur	1,991	25
Meghalaya	1,557	28
Mizoram	1,071	30
Nagaland	594	34
Odisha	86,049	5
Puducherry (UT)	880	32
Punjab	34,567	12
Rajasthan	2,29,967	1
Sikkim	1,961	27
Tamil Nadu	16,206	18
Telangana	29,370	13
Tripura	1,981	26
Uttar Pradesh	1,54,837	2
Uttarakhand	12,214	20
West Bengal	29,126	14
<b>Total</b>	<b>13,64,321</b>	

# NATIONAL EVENT – INTERNATIONAL DAY OF YOGA 2025

## Visakhapatnam, Andhra Pradesh

In a historic celebration of collective well-being and cultural unity, Yoga Sangam, the flagship event of the IDY 2025, was held on 21st June 2025 at RK Beach Road, Visakhapatnam, drawing an unprecedented gathering of over three lakh participants. This landmark event, led by Hon'ble Prime Minister Shri Narendra Modi, reaffirmed India's leadership in promoting yoga as a global movement for health, harmony, and holistic living.

The Hon'ble Prime Minister addressed the gathering, reflecting on yoga's transformative journey—from its roots as an ancient Indian practice to its emergence as a globally recognized discipline for mental, physical, and spiritual wellness. He emphasized yoga's relevance in contemporary life, describing it as the “pause button” the world needs to restore balance in today's fast-paced era.



*Hon'ble Prime Minister meeting the public after the national event at Visakhapatnam, in Andhra Pradesh*

The presence of senior leaders, including Governor of A.P Shri Abdul Nazeer, Union Ayush Minister Shri Prataprao Jadhav, Hon'ble Chief Minister of Andhra Pradesh, Shri Chandrababu Naidu, and various Union and State Ministers, underscored the significance of the occasion and the unified commitment to advancing yoga as a cornerstone of national health policy.

This grand celebration was the culmination of “YogAndhra Abhiyan”, a month-long state-wide campaign initiated by the Government of Andhra Pradesh, spearheaded by Chief Minister Shri N. Chandrababu Naidu, with support from Deputy Chief Minister Shri Pawan Kalyan and Minister Shri Nara Lokesh. The campaign reached over 2.17 crore citizens, bringing yoga to schools, rural communities, and public institutions.

In line with the national observance, Yoga Sangam events were simultaneously organised across India, engaging people of all ages and backgrounds in diverse settings—from city parks to remote villages, government offices to educational institutions. This coordinated effort reflected the core spirit of IDY: Unity through Wellness.





Hon'ble Prime Minister performing Yoga on June 21



Navy personnel taking part in IDY celebrations



*Magnitude of participants taking part in IDY celebrations in Visakhapatnam*



*Navy personnel taking part in IDY celebrations on the frontline Eastern fleet ships and the Coast Guard Offshore Patrol Vessels*

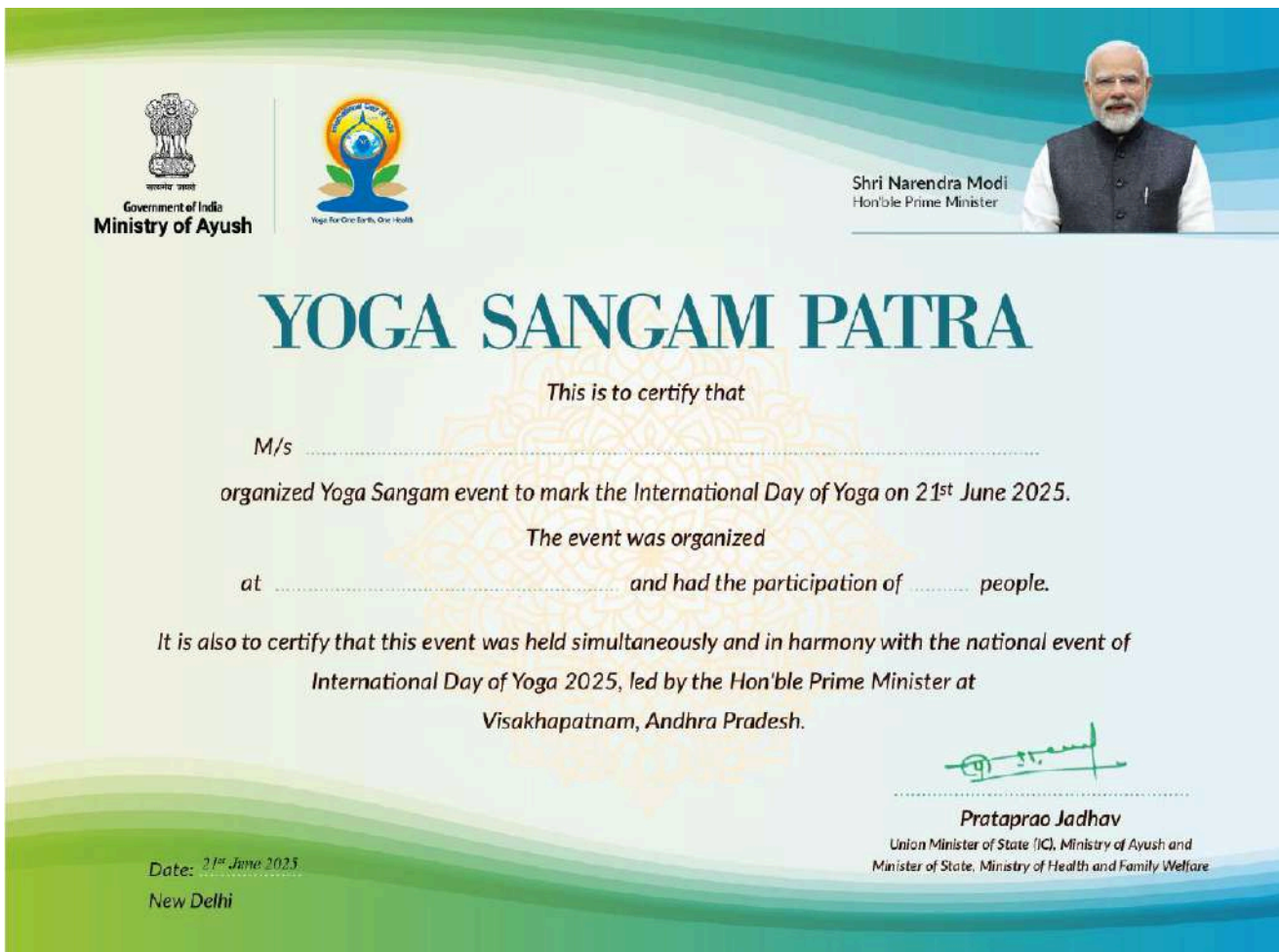


Hon'ble Prime Minister performing Yoga on June 21

**Post-event certification process:**

The Ministry felicitated organisers with e-certificates (Yoga Sangam Patra) for the successful execution of their 'Yoga

Sangam' event. Yoga Sangam Patras were issued to all the organisers who submitted the post-event survey forms at <https://yoga.ayush.gov.in/yoga-sangam>.



Yoga Sangam Certificate

# GUINNESS WORLD RECORD

As part of the decadal Celebrations of IDY 2025, India achieved significant global recognition through two Guinness World Records that highlighted the scale and inclusivity of the celebrations. In Visakhapatnam, a historic yoga session was held along the scenic shoreline, where an unprecedented 3,02,000 participants performed yoga together, earning the record for the 'Largest Yoga Session at a Single Venue.' In another landmark event at the Andhra University Engineering College Grounds, 22,122 tribal students from the Alluri Sitarama Raju district



came together to perform Surya Namaskar simultaneously, for 108 continuous minutes, setting a new Guinness World Record for the 'Most People Performing Surya Namaskars at a Single Venue.'

These achievements not only showcased the widespread public enthusiasm for Yoga but also reinforced India's leadership in promoting Yoga as a global movement for health, unity, and cultural pride.



## WORLD RECORDS

In addition to these remarkable achievements, a total of 21 World Book of Records were also achieved during IDY 2025 celebrations. These records encompassed a wide range of yoga-

related performances, participation scales, and innovative practices, reflecting the diversity and depth of India's yoga heritage.

# IDY CELEBRATIONS





# IDY CELEBRATIONS BY UNION MINISTRIES/ DEPARTMENTS

## Ministry of Tourism:

The ministry celebrated IDY at iconic destinations across India. On 21st June 2025, India Tourism Delhi, under the Ministry of Tourism, organized a yoga session at the Sun Dial Lawn, Qutub Minar Complex, as part of the 11th IDY celebrations. The event began at 5:30 a.m. with the distribution of yoga kits, followed by a Common Yoga Protocol session from 7:00 to 7:45 am.



## Ministry of Culture:

On the 11th International Yoga Day, 81 monuments of Yoga became vibrant centres of yoga, health and unity. Some of the iconic sites where the ministry celebrated IDY were Humayun's Tomb, Purana Qila, and Safdarjung Tomb (Delhi), Jallianwala Bagh (Amritsar), Chittorgarh and Kumbhalgarh Forts (Rajasthan), Leh Palace (Ladakh), Pari Mahal (Srinagar) and Hazarduari and Cooch Behar Palaces (West Bengal).



## Ministry of Power:

Hon'ble Union Minister of Power, Shri Manohar Lal and Shri Pankaj Agarwal, Secretary, Ministry of Power, along with senior officials and employees of the Ministry of Power participated in the 11th International Yoga Day.



## Ministry of Health & Family Welfare:

Union Health Secretary, Smt. Punya Salila Srivastava joined the celebrations at AIIMS Delhi, encouraging the adoption of yoga as a way of life for holistic health and well-being.



**Ministry of Finance:**

The Union Minister for Finance and Corporate Affairs, Smt. Nirmala Sitharaman participated in the celebration of the 11th International Day of Yoga (IDY) 2025 at Arun Jaitley National Institute of Financial Management (AJNIFM), in Faridabad, Haryana.

**Ministry of Agriculture and Farmers' Welfare:**

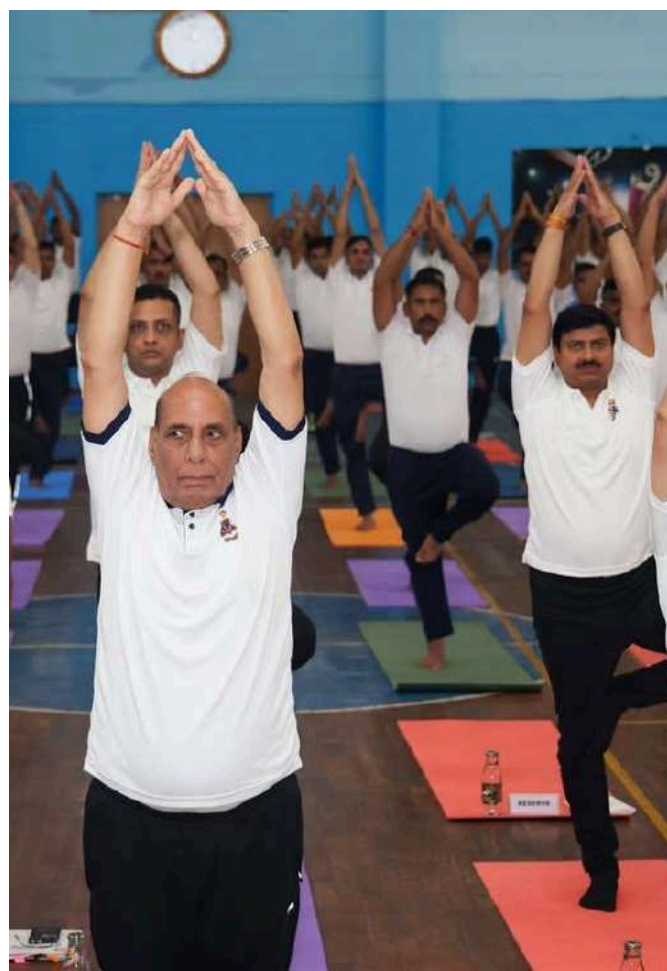
The Hon'ble Union Minister of Agriculture and Farmers Welfare and Rural Development, Shri Shivraj Singh Chouhan participated in the celebration of the 11th International Day of Yoga (IDY) 2025 at Kisan Mela Ground, IARI, in New Delhi.

**Ministry of Education:**

The Department of Higher Education, Ministry of Education, led the celebrations at four key locations, blending India's spiritual heritage with modern education and wellness. The events saw active participation from students, faculty, officials, and communities.

**Ministry of Defence:**

On 21st June 2025, Hon'ble Defence Minister Shri Rajnath Singh led the 11th IDY celebrations at the Northern Command Headquarters in Udhampur, Jammu & Kashmir, joining 2,500 soldiers in yoga practice. He emphasized yoga's role in enhancing discipline, focus, and inner strength among Armed Forces personnel. He also highlighted "Operation Sindoor" as a reflection of the control and balance attained through yoga practice. He encouraged soldiers to continue daily yoga practice, stating it prepares them both physically and mentally for battlefield challenges.



**Ministry of Youth Affairs and Sports:**

The Ministry of Youth Affairs and Sports organised a grand celebration to commemorate the International Day of Yoga 2025 at Indira Gandhi Stadium, New Delhi. The Union Minister of Youth Affairs and Sports, Dr. Mansukh Mandaviya, was present and performed yoga alongside the participants.



**Ministry of Social Justice and Empowerment :**

The Ministry of Social Justice and Empowerment organised a series of inclusive Yoga programmes across the country, specifically tailored to engage marginalised groups and persons with disabilities. A landmark event was held at Kanha Shanti Vanam, Ranga Reddy District, Telangana, where over 3,400 Divyangjan (persons with disabilities) participated in a coordinated Yoga session. The event received recognition in both the Asia Book of Records and the India Book of Records, setting a benchmark for inclusive Yoga participation and reaffirming the Ministry's commitment to accessible wellness for all.



**Ministry of Mines:**

The Geological Survey of India (GSI), under the Ministry of Mines organized 50 events across 46 locations nationwide. GSI conducted guided yoga sessions at its headquarters in Kolkata, regional offices, geo-heritage sites, drilling field camps, and training centres. Over 3,000 participants, including GSI staff, students, and local community members, took part in these activities.



**Ministry of Jal Shakti:**

A yoga session in New Delhi, led by Smt. Debashree Mukherjee, Secretary was held on 21st June by DoWR, RD & GR for its officers and staff.



**Ministry of Civil Aviation:**

Ministry of Civil Aviation in association with Airports Authority of India (AAI) organized a Yoga Camp at Rajiv Gandhi Bhawan with participation from officers and Officials from MoCA and AAI.

**Ministry of Panchayati Raj:**

The Ministry of Panchayati Raj organized a Yoga Sangam program under the theme "Yoga for One Earth, One Health." The yoga session was held at CSOI Lawn, New Delhi, and saw participation from Secretary Shri Vivek Bhardwaj, Additional Secretary Shri Sushil Kumar Lohani, and officials and staff of the Ministry.

**Ministry of Home Affairs:**

Border Security Force (BSF) personnel along with their family members and others take part in a yoga session to mark the International Day of Yoga, at Attari-Wagah Border, in Amritsar district, Punjab.

**Ministry of Road Transport and Highway:**

The Hon'ble Minister of State for Road Transport and Highways and Corporate Affairs, Shri Harsh Malhotra participated in the Celebration of the 11th International Day of Yoga (IDY) 2025 at Humayun Tomb, in New Delhi.



# IDY CELEBRATIONS AT STATE LEVEL

## **New Delhi:**

The Union Minister of Health and Family Welfare & Chemicals and Fertilizers, Shri Jagat Prakash Nadda participated in the celebration of the 11th International Day of Yoga (IDY) 2025 by leading a mass yoga demonstration with hundreds of participants at Kartavya Path, in New Delhi.



In Sonia Vihar, Hon'ble Chief Minister of Delhi, Smt. Rekha Gupta and Hon'ble Member of Parliament Shri Manoj Tiwari joined citizens for a peaceful yoga session by the Yamuna River, symbolizing the harmony between mind, body, and nature. Lok Sabha Speaker Om Birla with MPs and other dignitaries also performed yoga during a 'Yoga Shivir' at the Parliament House complex in New Delhi,



*Glimpses of IDY celebrations at Safdarjung Tomb, in New Delhi*



**Pune, Maharashtra:**

In the esteemed presence of Hon'ble Chief Minister Devendra Fadnavis, thousands of Warkaris along with over 700 college students performed Yoga after the sacred Wari halt, beautifully blending age-old devotion with the timeless wisdom of Yoga.

**Dehradun, Uttarakhand:**

Her Excellency Hon'ble President Smt. Droupadi Murmu took part in a mass yoga demonstration at the Uttarakhand State Police Line Maidan, reflecting the national spirit of unity and wellness.

**Ahmedabad, Gujarat:**

Hon'ble Union Home Minister and Minister of Cooperation Shri Amit Shah joined local residents in a mass Yoga session, embracing the timeless tradition that promotes balance, well-being, and inner harmony.

**Bhopal, Madhya Pradesh:**

A mass yoga demonstration was held at Atal Path in Bhopal, led by the Hon'ble Chief Minister Dr. Mohan Yadav, celebrating the spirit of yoga and wellness.

**Patna, Bihar:**

IDY was celebrated with great enthusiasm at the Patliputra Sports Complex, in Patna, Bihar. The event was led by Hon'ble Deputy Chief Minister Shri Samrat Choudhary along with Deputy Chief Minister Shri Vijay Kumar Sinha.



**Chennai, Tamil Nadu:**

A vibrant morning unfolded at the National Institute of Siddha, where over 1,000 participants gathered to celebrate. The event was graced by the Hon'ble Minister of State for I&B, distinguished experts Prof. Dr. V. Banumathi and Prof. Dr. K. Jagannathan, along with International Yoga Ambassadors Ms. Irina Fursova from Russia and Mr. Josh Pryor from Australia.



**Gorakhpur, Uttar Pradesh:**

Hon'ble Chief Minister of Uttar Pradesh, Shri Yogi Adityanath led a large mass yoga gathering in Gorakhpur, inspiring citizens to embrace wellness and mindfulness.



**Bengaluru, Karnataka:**

On the 11th International Yoga Day, a grand mass yoga demonstration was held in front of the iconic Vidhana Soudha in Bengaluru. The event was led by His Excellency Hon'ble Governor Shri Thaawarchand Gehlot and Hon'ble Health Minister Shri Dinesh Gundu Rao, drawing participation from over 5,000 yoga enthusiasts. The dignitaries, along with citizens, performed various yoga asanas, promoting the theme "One Earth, One Health" under the Ayush Ministry's Yoga Sangam initiative. The Governor highlighted yoga's power to foster peace, balance, and sustainability in society.



**Kurukshetra, Haryana:**

Yoga was held at the auspicious city of Kurukshetra led by the Hon'ble Chief Minister of Haryana, Shri Nayab Saini.





IDY celebrations at Baansera Park, New Delhi led by Hon'ble Governor of Delhi, Shri Vinai Kumar Saxena

# IDY CELEBRATIONS IN NEW DELHI

The occasion was also marked with great enthusiasm across 70 vibrant locations in Delhi and NCR, bringing together communities, yoga enthusiasts, and wellness advocates. Organized by the Ministry of Ayush in collaboration with NDMC, DDA, MCD, Noida Authority, Ghaziabad Authority, and several yoga organizations, the celebrations witnessed an impressive participation of over 47,000 individuals. Each venue showcased the spirit of harmony and well-being through guided yoga sessions, cultural programs, and interactive activities.

A special highlight of the event was the distribution of Ayush Ahaar – nutritious and wholesome food – reinforcing the message of holistic health through both physical practice and mindful eating.

This initiative added a unique dimension to the celebrations, making them about embracing a healthy lifestyle. The table below summarises selected venues, organizing agencies, main yoga organizations, and participant numbers from the celebrations.

EVENT VENUE	ORG. AGENCY	MAIN YOGA ORGANIZATION	PARTICIPANTS
Jawahar Lal Nehru Stadium, Lodhi Estate, Delhi	SAI	Akhil Bhartiya Yog Shikshak Maha Sangha	3,000
Central Park, Sector – 21, Rohini, Delhi	DDA	INO Delhi	300
Shyam Prasad Mukherji College University of Delhi, Delhi	NA	INO Delhi	1,000
Shri Dayanand Saraswati Vatika, Rohini, Delhi	MCD	INO Delhi	600
MCD Park, South Extn. Part 1, Delhi	MCD	INO Delhi	500
CRPF Camp, Narela, Delhi	NA	INO Delhi	300
Bhagat Singh Park, Yamuna Vihar, Delhi	MCD	INO Delhi	300
Krishi Baza, Inderpuri, Delhi	NA	INO Delhi	300
Bindapur, Uttam Nagar, Delhi	MCD	INO Delhi	300
DDA Park, Paschim Vihar, Delhi	DDA	Yog Avom Manav Seva Sansthan	1,000

EVENT VENUE	ORG. AGENCY	MAIN YOGA ORGANIZATION	PARTICIPANTS
Maharaja Surajmal Stadium, Nangloi, Delhi	DDA	Yog Avom Manav Seva Sansthan	1,000
Woodland Park, Tagore Garden, Delhi	MCD	Yog Avom Manav Seva Sansthan	300
Ramjas Senior Secondary School, Delhi	NA	Prakriti Manthan	300
Anand Dham Ashram, Lok Nayak, Puram, Delhi	NA	Vishwa Jagriti Mission	1,000
Shri Yog Abhyas Ashram, Tilak Nagar, Delhi	NA	Shri Yog Abhyas Ashram Trust (SYAAT)	300
MRV School, Dwarka, Delhi	NA	Shri Yog Abhyas Ashram Trust (SYAAT)	1,000
MRV School, Tilak Nagar, Delhi	NA	Shri Yog Abhyas Ashram Trust (SYAAT)	1,000
Central Park J.V.T.S. Chhatarpur Extension	MCD	Veteran Defence Forces Group	350
Bhamashah Marg, Model Town, Delhi	MCD	Delhi Yog Sabha	1,000
Shree Ram Mulakh Dayal Yog Mandir Rajpur, Delhi	NA	Delhi Yog Sabha	1,200
Sports & Cultural Club, Sector-15, Noida	Noida Auth.	The Yogaguru Institute	300
The Blind Relief Association, Lala Lajpat Rai Road, Delhi	NA	Navyoga Suryoday Sewa Samiti	150
Ansal Plaza Park, Delhi	HUDCO	Aadya Kaushalam Trust	600
Pandav Kalin Valmiki Ashram, Chanakyapuri, Delhi	NA	Shri Divya Yog Dham	400
Azadpur Chowk, DTC Trml, Delhi	MCD	Antriksh Yoga	400
Karkardooma Court	NA	MKS Charitable Trust	800
Batra Park Sangam Vihar, Delhi	MCD	Adarsh Balika Organization	700
Green Park Shooting Range, Delhi	DDA	Adarsh Balika Organization	300
MCD Mausam Vihar Park, Preet Vihar, Delhi	MCD	Akhil Bhartiya Yog Shikshak Mahasangh	300
Siraspur Village, Sector-18, Rohini, Delhi	MCD	Earth Eleven (Duayen Foundation Initiative)	300

EVENT VENUE	ORG. AGENCY	MAIN YOGA ORGANIZATION	PARTICIPANTS
Heritage DDA Park, Tughlakabad	DDA	Patanjali Yoga Samiti	1,000
Shri Shri Krishna Sewa Sansthan Ground, Kaushik Enclave, Delhi	MCD	Patanjali Yoga Samiti	1,000
Bahubali Park (DDA), Bahubali Enclave, Anand Vihar, Delhi	DDA	Patanjali Yoga Samiti	1,000
Central Park, East of Loni Road, Delhi	MCD	Patanjali Yoga Samiti	1,000
Jaypee Aman Society, Sector-151, Noida	RWA	Patanjali Yoga Samiti	500
Gaur Stadium, Noida Extension	Noida Authority	Patanjali Yoga Samiti	1,000
Najafgarh Sports Arena, Dhasa Road, Delhi	MCD	Patanjali Yoga Samiti	500
Nagarvan Park, Sagarpur, Dwarka	Forest Department	Patanjali Yoga Samiti	500
Abhinav Global School, Sector-13, Dwarka	NA	Patanjali Yoga Samiti	1,000
DDA Store Park, Sector 7, Dwarka	MCD	Patanjali Yoga Samiti	550
Spring View Apartment Lal Kuan, Ghaziabad	RWA	Patanjali Yoga Samiti	1,000
Ram Chameli Chandra Girls Degree College, Ghaziabad	NA	Patanjali Yoga Samiti	1,200
VVIP Cricket Ground Raj Nagar Extn., Ghaziabad	RWA	Patanjali Yoga Samiti	1,000
Ram Manohar Lohia Park, Rajendra Nagar, Sahibabad	Ghaziabad Authority	Patanjali Yoga Samiti	1,000
D Park, Sector-62, Khoda	Noida Authority	Patanjali Yoga Samiti	500
District Park, Sector-10 (Ram Lila Ground), Rohini	NA	INO Delhi	500
Gulabi Bagh, Chandni Chowk, Delhi	MCD	Patanjali Yoga Samiti	1,000
R – Block Park, Greater Kailash, Delhi	MCD	Sivananda Yoga Vedanta Centre	300
Playground, Mother Divine Public School, Rohini	NA	Centre of Theatre Art & Child Development	500
Model Park, Sector-7, Pushp Vihar, Delhi	DDA	All World Gayatri Pariwar	500

EVENT VENUE	ORG. AGENCY	MAIN YOGA ORGANIZATION	PARTICIPANTS
Yamuna Sports Complex, Badminton Court Ground	DDA	Maa Shakti International Organization	1,000
Smriti Park Mayur Vihar Phase-3, Delhi	DDA	Samarpan Sewa Trust	1,000
Mini Cricket Stadium, Bank Enclave, Laxmi Nagar, Delhi	DDA	Yog Manthan	600
Vasant Kunj Enclave, B Block	MCD	Archana Yogayatan	300
Holiday Club, Panchsheel Enclave, Delhi	RWA	Sushila Devi Charitable Trust	300
Chandni Mahal, Daryaganj	NA	ISM Doctors Cell	500
Ram Lila Park, Pandav Nagar, Delhi	MCD	Arogya Yog Shala	300
Noida Stadium, Sector-21 A, Noida	Noida Authority	Arogya Yog Shala	1,000
IIT Delhi Hockey Ground, Delhi	NA	Mokshayatan Yog Sansthan	500
Trifala Park, Sector-61, Noida	Noida Authority	Mokshayatan Yog Sansthan	300
West Punjabhi Bagh, MCD Park, Delhi	MCD	Vishwas Meditation	750
District Park, Janakpuri, Delhi	DDA	Hira Yogi Foundation	300
Sarvodaya School, Sector-7, Rohini, Delhi	NA	Bharat Vishw Shanti Manch	700
Char Bagh, Nazaf Khan Road, Delhi	NDMC	MDNIY	150
Lajpat Bhawan, Lajpat Nagar	NA	MDNIY	700
District Park, Sector-10 (Ram Lila Ground), Rohini	DDA	INO Delhi	1,000
A-Block Park, Sector-52, Noida	Noida Authority	The Yogaguru Institute	200
Indian Sign Language Research & Training Centre, Okhla, Delhi	NA	Navyoga Suryoday Sewa Samiti	150
Krishna Vatika, Ghaziabad	Ghaziabad Authority	Mokshayatan Yog Sansthan	200
Sector C-8 RWA, Vasant Kunj, Delhi	RWA	Sivananda Yoga School	200

# IDY CELEBRATIONS BY NON-GOVERNMENT ORGANIZATIONS

## **Ekal Foundation:**



As part of the observance of International Day of Yoga (IDY) 2025, Ekal Abhiyan played a pivotal role in mainstreaming yoga across rural and tribal India. Aligned with the global theme “One Earth, One Health,” Ekal launched a month-long campaign from May 20 to June 21, 2025, mobilizing over 2.11 crore participants through structured yoga sessions and awareness initiatives.

The campaign was implemented through Ekal’s extensive grassroots network, engaging more than one lakh Ekal Vidyalayas. Daily yoga practices were coupled with educational talks focused on the benefits of holistic well-being—

emphasizing physical health, mental clarity, and spiritual balance.

This large-scale initiative successfully reached some of the most remote and underserved regions of the country, reinforcing yoga’s unifying and transformative potential. By integrating yoga into the fabric of community life, Ekal’s campaign demonstrated how traditional wellness practices can be leveraged to build resilience, instil values, and promote harmony in society.

Ekal Abhiyan’s contribution to IDY 2025 not only amplified participation numbers but also served as a model of community-led health promotion. The campaign stands as a testament to Ekal’s enduring commitment to nation-building through education, wellness, and cultural revival at the grassroots level.

## **International Naturopathy Organization (INO):**



Surya Foundation-International Naturopathy Organization (INO) is a social organization dedicated to holistic development through research and consultation. It operates yoga and naturopathy activities across 15 countries and 32 Indian states, regularly organizing seminars, conferences, virtual discussions, awareness campaigns, and training camps at national and international levels.

Since 2015, Surya Foundation-INO has partnered with the Ministry of Ayush, Government of India, to celebrate International Day of Yoga (IDY). In 2025, the Foundation collaborated with MDNIY, CCRYN, and NIN to organize IDY events under the theme “Yoga for One Earth – One Health.”

On 1 June 2025, Surya Foundation-INO held a Yog Mahotsav at Nehru Stadium, Bidar, Karnataka, attracting over 1,500 yoga professionals and enthusiasts. A campaign to register organizers for IDY 2025 aimed to mobilize 5,000 events across 500 districts in 32 states, successfully registering 8,400 organizers.



*Yoga at Nehru Stadium in collaboration with International Naturopathy Organization (INO), Surya Foundation and Ministry of Ayush*

Several signature events were conducted in collaboration with government bodies, including:

- **Yoga Samavesh** (major and satellite events) engaging hundreds of participants, including marginalized groups, across Maharashtra and Madhya Pradesh.
- **SamYoga** in Nagpur, with over 300 attendees practicing the Common Yoga Protocol.
- **Yoga Unplugged** two-day events in Madhya Pradesh and Gujarat featuring yoga competitions and cultural programs.
- Multiple **Yog Sangam** events across Delhi, Bihar, and other locations, involving thousands

of participants including government officials, doctors, students, and local residents.

These programs featured addresses by Prime Minister Narendra Modi (broadcast live) and adherence to the Ministry of Ayush's Common Yoga Protocol.

In total, over 30 lakh people including yoga professionals, medical staff, bureaucrats, police, and dignitaries participated in IDY 2025 events organized pan India.

# 199 ICONIC SITES. ONE SPIRIT.

IDY 2025 CELEBRATIONS BY MINISTRY  
OF CULTURE & MINISTRY OF TOURISM

This year's celebrations spanned 199 culturally and historically significant locations across India, showcasing the country's rich heritage and the universal appeal of yoga. From ancient temples and forts to modern landmarks and scenic

landscapes, each site served as a vibrant stage for collective yoga sessions, symbolizing unity in diversity. These locations were carefully chosen to reflect India's civilizational ethos and to inspire participation from all walks of life.



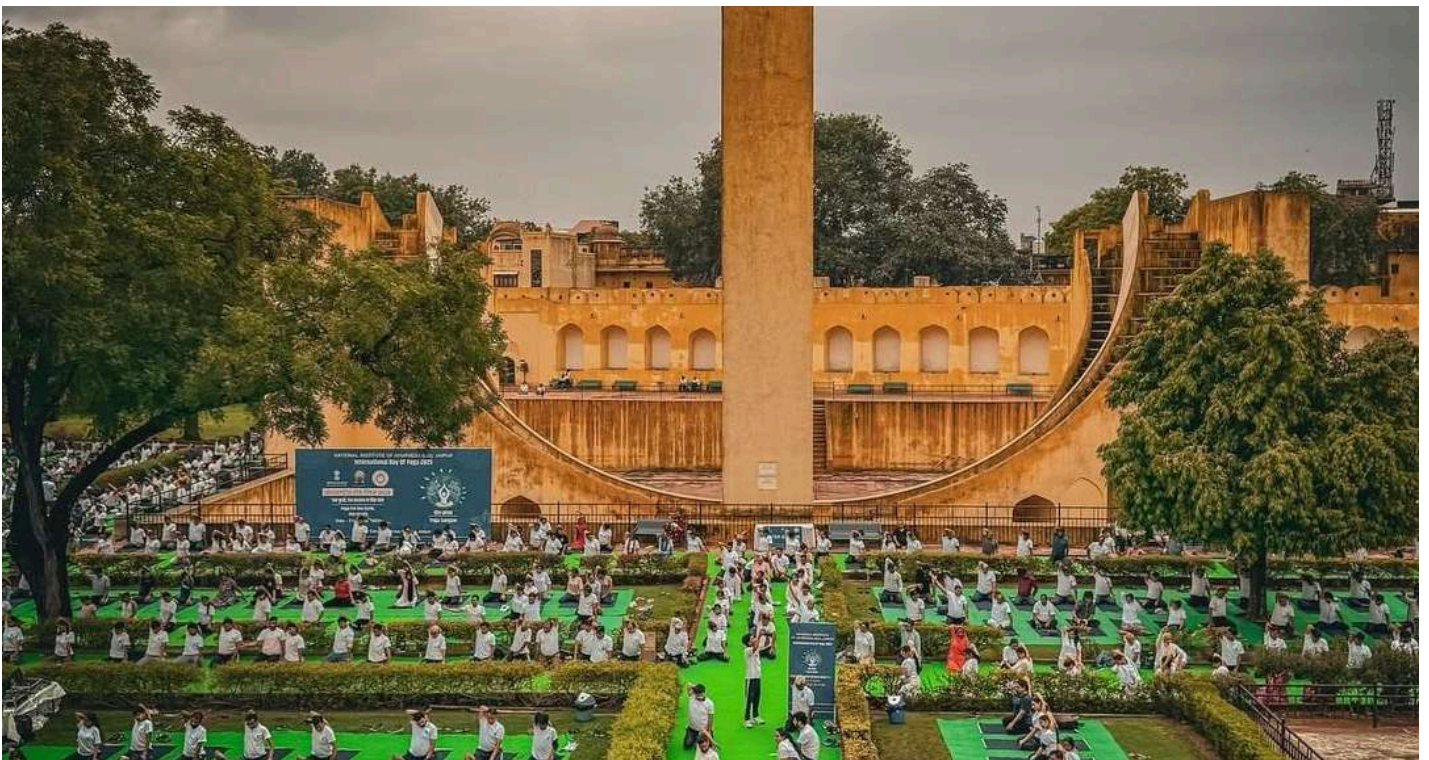
Yoga at Tawang Valley led by Hon'ble Minister Shri Kiren Rijju



Yoga at Chittorgarh Fort, Rajasthan



Yoga at NaMo Ghat by NCC cadets, Varanasi



Yoga at Jantar Mantar, Jaipur



*Yoga in the serene lawns of Purana Quila, New Delhi*



*Yoga at Bekal Fort, Kerala*



*IDY celebrations at Shanti Stupa, Bhubaneswar*



*Yoga enthusiasts gathered at the majestic Puligundu Twin Hills near Chittoor for a yoga session*

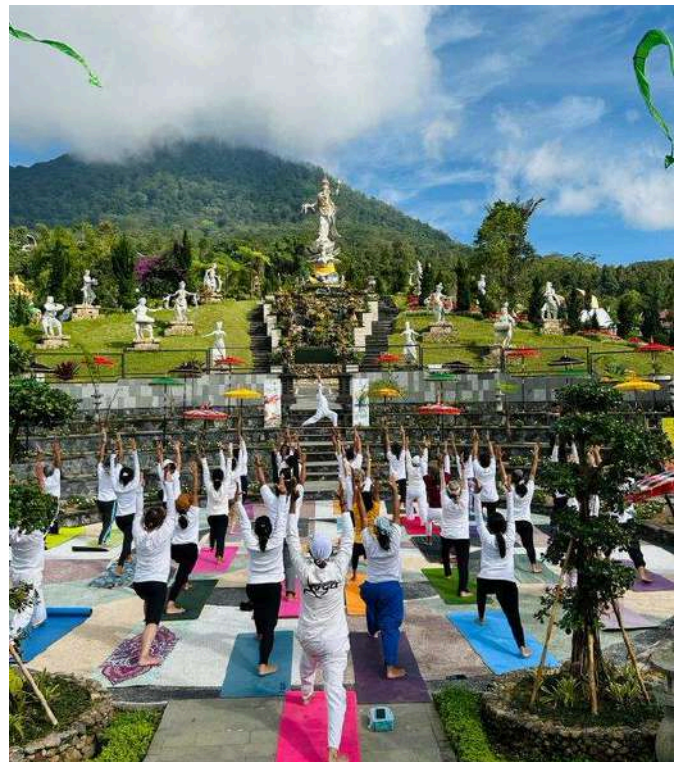
# IDY CELEBRATIONS AT INTERNATIONAL LOCATIONS



*Yoga at Washington DC, USA*



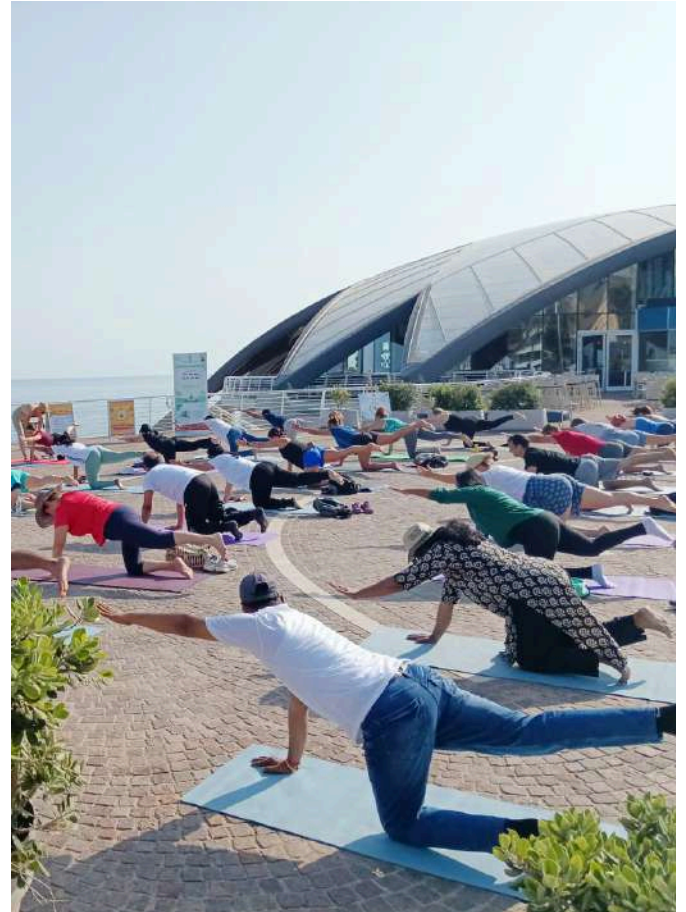
*Yoga in Romania*



*Yoga in Bali*



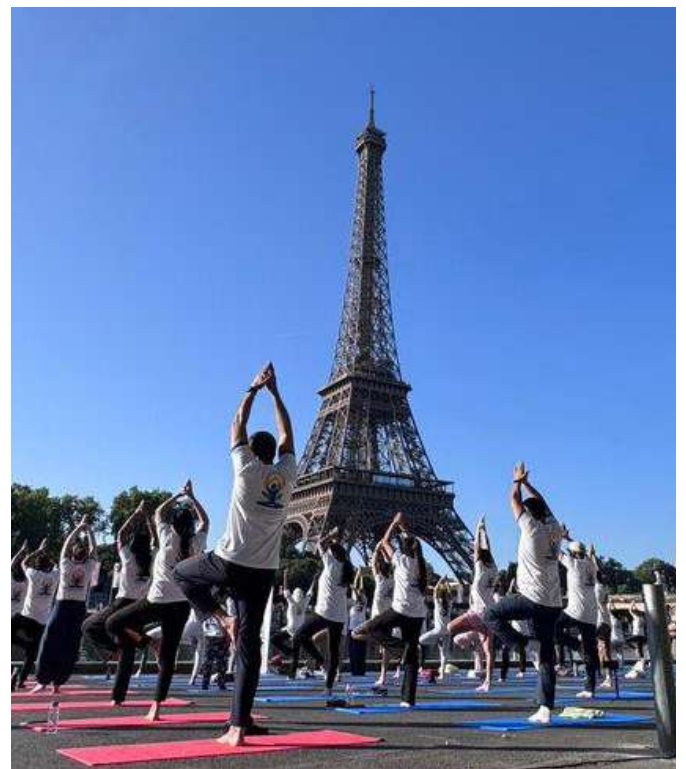
*IDY celebrations on the banks of Mekong, Laos*



*IDY celebrations in Malta*



*IDY Celebrations in Dresden, Germany*



*IDY Celebrations on the bank of the Seine River, Paris, France*

# IT ASSETS DEVELOPED FOR INTERNATIONAL DAY OF YOGA 2025

## Yoga Portal:

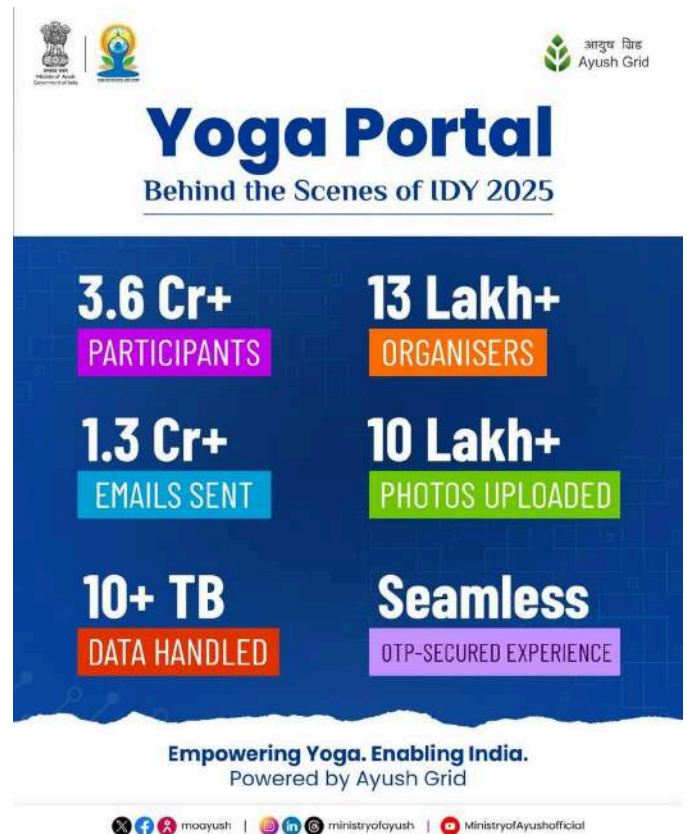
To enable seamless coordination and enhance nationwide outreach, the Ministry of Ayush operationalized a dedicated Yoga Portal (<https://yoga.ayush.gov.in>) as the digital command centre for the 11th IDY 2025. The portal served as a unified, interactive, and user-centric platform that supported real-time information dissemination, stakeholder coordination, volunteer mobilisation, event registration, compliance tracking, and performance monitoring.

Launched well ahead of 21st June, the portal consolidated all relevant information under a single digital interface, including:

1. Details of the 10 Signature Events with dedicated subpages for each initiative
2. Regular updates on media campaigns, IEC material, and downloadable resources
3. A live dashboard showcasing real-time registration statistics across States/UTs
4. Volunteer registration and certification workflows
5. Event submission, mapping, and compliance reporting mechanisms

## MY Bharat:

The MY Bharat platform played a pivotal role in facilitating youth engagement under IDY 2025, enabling the successful organization and coordination of over 2,200 Yoga-related events across the country.



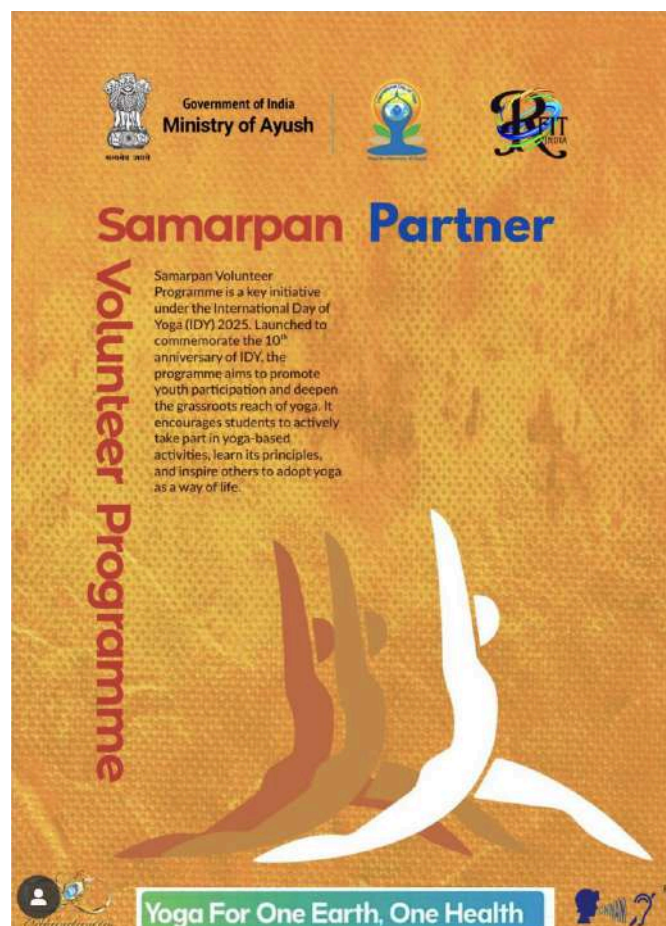
### Samarpan Volunteer Programme Integration:

One of the key innovations embedded in the portal was the integration of the Samarpan Volunteer Programme, a flagship youth engagement initiative under the “Yoga Unplugged” Signature Event. Universities and colleges were invited to enrol as Samarpan Partner Institutions, nominate faculty-level coordinators, and onboard student volunteers via a streamlined digital workflow.

The portal Enabled:

1. Nomination and onboarding of institutional Samarpan Coordinators
2. Registration and tracking of volunteer activities and hours
3. Access to guidelines, schedules, and documentation templates
4. Download of authorised certificates via <https://ayush.yogamdniycertification.com>

Volunteers who contributed a minimum of 15 hours of Yoga-related service over two weeks were awarded official digital certificates by the Ministry of Ayush, acknowledging their role in promoting IDY objectives and community well-being. The initiative witnessed active participation from over 50 universities and 750+ registered student volunteers nationwide.





# MEDIA AND OUTREACH



# MEDIA AND OUTREACH ACTIVITIES

Building on the success of previous years, the media and outreach strategy for IDY 2025 was significantly enhanced through the introduction of several new and impactful initiatives.

A comprehensive communication strategy was designed and executed across both traditional print and emerging digital platforms, ensuring consistent messaging and high public visibility.

The 2025 campaign adopted a multi-channel approach, leveraging mass media, social media, and targeting outreach tools to maximize engagement.

Notably, this year introduced a range of innovative content formats—such as interactive digital assets, influencer-led promotions, multilingual video series, and short-format storytelling—tailored to resonate with diverse demographic segments. These interventions not only amplified awareness but also deepened public participation, reinforcing IDY's growing relevance in everyday life.

## Countdown Campaign :

In the run-up to 21<sup>st</sup> June, a structured countdown campaign was launched across social media platforms to generate awareness and build anticipation for IDY 2025. Each daily post highlighted compelling facts, informative visuals, and key messages centred on yoga's benefits, origins, and global impact. The campaign was designed to educate, engage, and inspire a broad cross-section of the population in a concise and visually appealing format. A few of the screenshots are shared in this section.



## Podcasts:

For the first time, IDY featured the launch of a bilingual podcast series by the Hon'ble Minister of Ayush, offering an innovative and accessible medium for public engagement. The series comprised 16 episodes—8 in Hindi and 8 in English—curated to inform and inspire audiences on various dimensions of Yoga.

The podcast covered a diverse range of themes, including the health and therapeutic benefits of Yoga, its deep-rooted cultural heritage, its integration with traditional Indian systems of medicine, and the growing landscape of international collaborations.


By providing content in both Hindi and English, the series ensured inclusivity and wider reach across linguistic demographics.


Listeners responded positively to the format, appreciating its flexibility and the ease with which complex ideas were communicated. The series played a vital role in deepening public understanding of IDY's objectives and Yoga's relevance in contemporary life.

## EPISODES


1. IDY 2025 and Theme 'Yoga for One Earth, One Health'
2. 10 Signature Events
3. Yoga Sangam 2025 Registration
4. Preparing for International Day of Yoga 2025
5. CYP Made Simple
6. Why Yoga
7. Yoga Bandhan
8. IDY 2025: An overview







**Ministry of Ayush** 




@moayush





  **The Wait is Over!**

Episode 1 of the MDNIY Yoga Podcast in English is LIVE 🌟

India is ready for its biggest yoga celebration ever—and it starts with YOU.  
Learn how to organise a Yoga Sangam 2025

 Over 1 lakh locations  
 One powerful message: Yoga for One Earth, One Health  
 June 21st — your moment to lead

 Tune in now to learn how your organisation can host a Yoga Sangam event and become part of this historic celebration.

 Register today at [yoga.ayush.gov.in/yoga-sangam](https://yoga.ayush.gov.in/yoga-sangam)

## IDY Diaries:

As a first-of-its-kind initiative introduced during IDY 2025, IDY Diaries served as a daily communication feature from 30<sup>th</sup> May to 27<sup>th</sup> June. A total of 29 editions were released in both English and Hindi, offering an accessible, structured, and engaging summary of the day's developments.

Each edition of the IDY Diary provided concise updates on campaign milestones, practical yoga Building on the success of previous years, the media and outreach strategy for IDY 2025 was significantly enhanced through the introduction of several new and impactful initiatives.

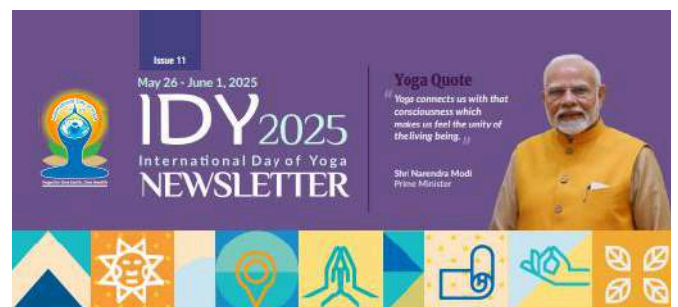
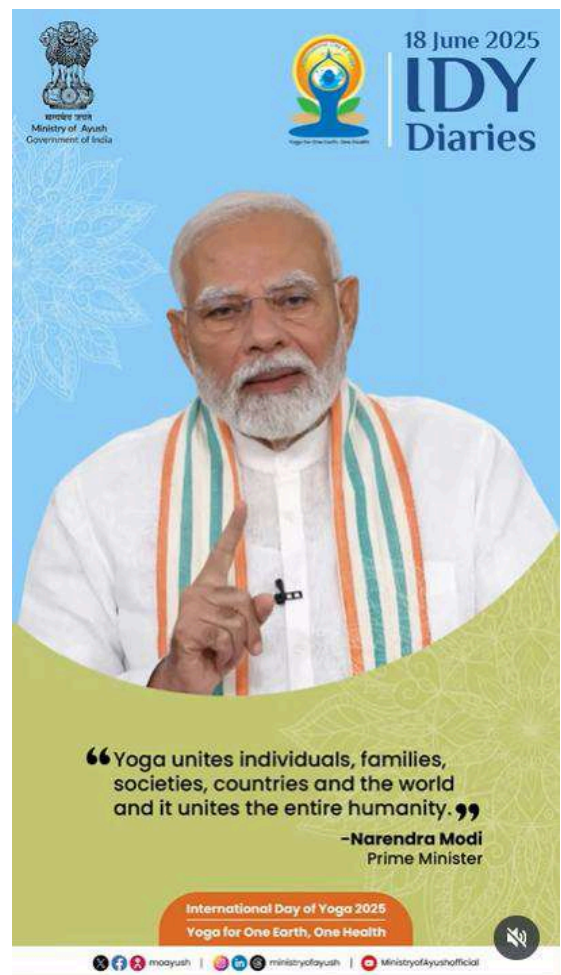
## Inside Every IDY Edition

1. A message from Hon'ble Prime Minister Shri Narendra Modi Ji
2. Minister's daily mantra
3. Key yoga events & updates
4. Interesting yoga factoids

## Newsletters:

As part of the enhanced communication strategy for IDY 2025, weekly newsletters were introduced as a new format to ensure consistent and inclusive public outreach. A total of four editions were released during the campaign period, each providing a comprehensive summary of key developments, major announcements, and upcoming events.

Designed in a clear and structured format, the newsletters served as a valuable tool for capturing the breadth of activities taking place across regions and institutions. By consolidating diverse campaign elements into a single communication channel, the initiative improved accessibility, supported stakeholder coordination, and kept citizens regularly informed and engaged.



### Wave of wellness in Puducherry: Grand Yoga event as the countdown to IDY 2025 crosses another landmark

Puducherry—celebrated for its tranquil coastline and rich cultural legacy—became the centre of wellness on May 27, 2025, as more than 5,000 Yoga enthusiasts assembled at Gandhi Thidal, Goubert Avenue, Beach Road. This gathering marked the 25-day countdown to International Day of Yoga (IDY) 2025.



The event was inaugurated by Shri Prataprao Jadhav, Union Minister of State (IC), Ministry of Ayush, and Minister of State, Ministry of Health and Family Welfare. In his address, Shri Jadhav highlighted Puducherry's significance as the workplace of Maharishi Aurobindo, calling it "a living example of preserving the eternal values of Indian culture amidst diversity." Emphasising the holistic benefits of Yoga, he said, "Yoga is not just an exercise but an ancient art of healthy living, connecting mind and body".

Shri Jadhav credited Prime Minister Shri Narendra Modi's vision and tireless efforts for Yoga's expanding global presence. He cited this year's theme, "Yoga for One Earth, One Health," selected by the Prime Minister, as reflecting a unified vision for global wellness. "From Puducherry, we affirm that Yoga is vital for today and essential for our future," he said, highlighting Yoga as a journey of self-exploration and harmony with nature.

The event was graced by Lieutenant Governor K. Kailashnathan, Chief Minister N. Rangaswamy, and other dignitaries. A live demonstration of the Common Yoga Protocol (CYP) was led by Dr Kashinath Samagandi, Director of the Morarji Desai National Institute of Yoga (MDNIY), along with a team of demonstrators.

Lieutenant Governor Kailashnathan described Yoga as "a very ancient science of our nation," integrating mental fortitude and physical well-being. He expressed gratitude to Prime Minister Modi for elevating Yoga to the international stage and noted its growing global adoption.

Chief Minister N. Rangaswamy praised Puducherry's serene setting as ideal for inner exploration, calling Yoga "a path to self-awareness, balance, and harmony with nature." He expressed pride in Puducherry hosting this landmark event.

#### Inside



### Endorsements by Celebrities and Renowned Personalities :

In the lead-up to the IDY 2025, several prominent personalities from India’s cultural, cinematic, musical, and public service domains actively lent their voice in support of Yoga, further enhancing public engagement and nationwide resonance of the campaign.

Distinguished public figures such as Dr. Kiran Bedi underscored Yoga as both a tool for self-care and a medium for social well-being. Renowned actors including Anupam Kher, Anil Kapoor, Shilpa Shetty, Manoj Joshi, and Rakul Preet Singh highlighted the transformative potential of Yoga in fostering resilience, healing, and unity across communities.

Cultural icons such as Padma Bhushan awardee Sonal Mansingh and celebrated musician Kailash Kher shared their personal experiences and emphasized Yoga’s deep-rooted spiritual and cultural value. Additionally, noted wrestler and motivational speaker Sangram Singh spoke extensively on the integration of body, mind, and spirit through Yoga practice.

These influential voices amplified the campaign through digital platforms such as X (formerly Twitter), Instagram, and personalized video messages, contributing significantly to the promotion of India’s wellness heritage and encouraging citizens to embrace Yoga as a part of daily life.

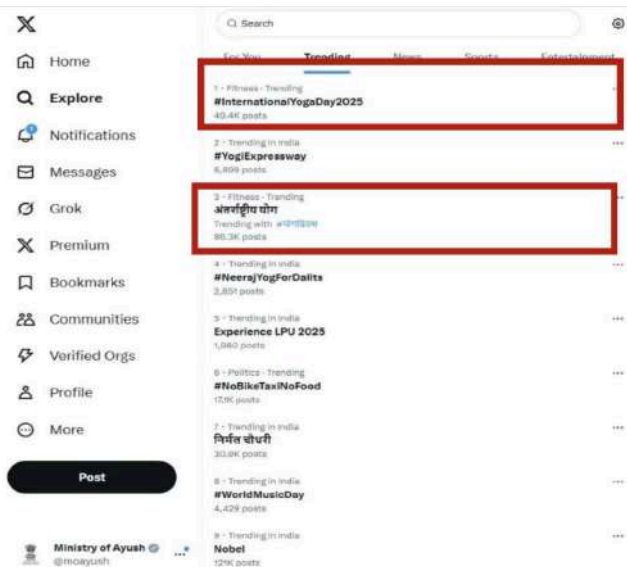




### Digital Amplification on Social Media:

As part of the comprehensive digital outreach strategy for IDY 2025, a range of curated hashtags were actively deployed across major social media platforms.

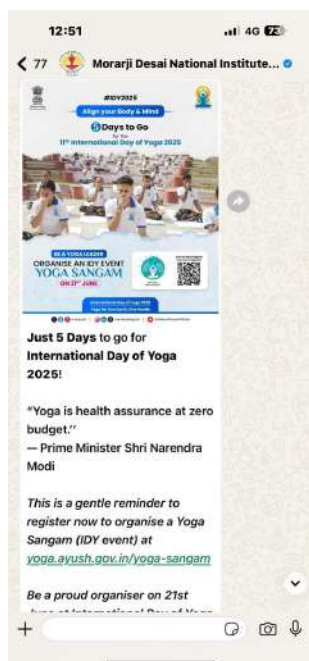
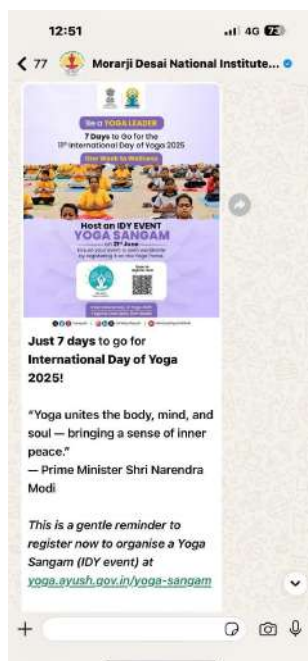
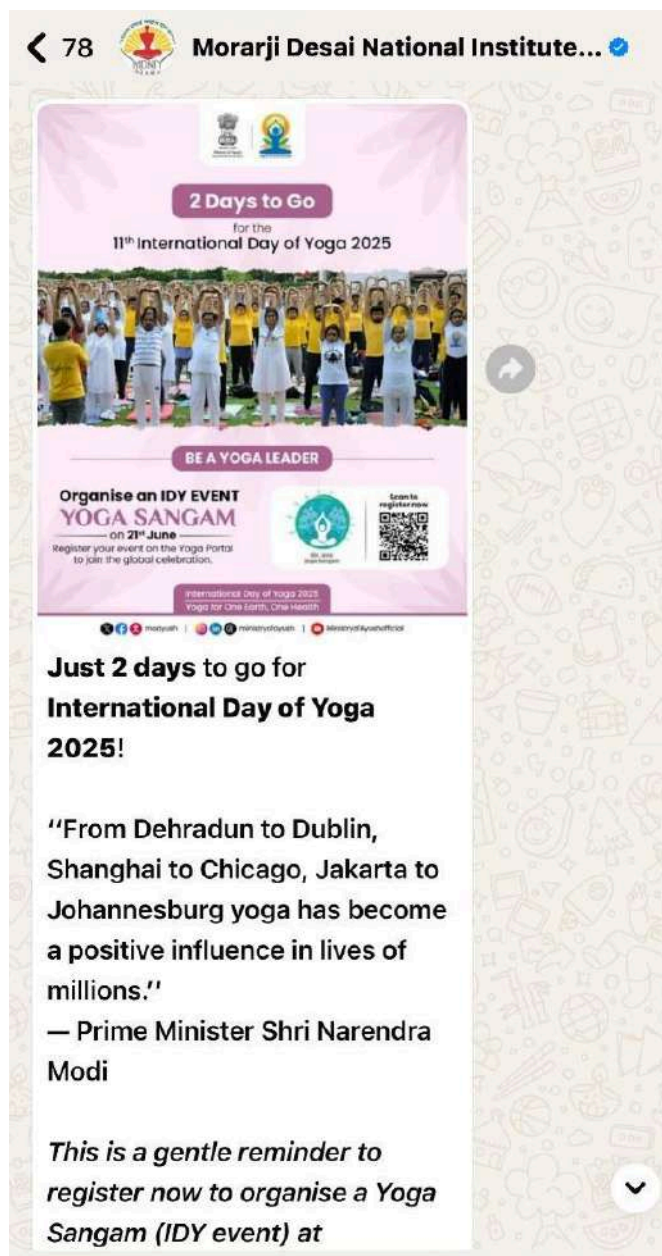
These hashtags played a pivotal role in enhancing the campaign’s online visibility, fostering user participation, and generating cohesive public engagement. By enabling content discovery and promoting thematic alignment, the hashtag strategy significantly contributed to the creation of a unified and interactive digital presence for IDY 2025.



### WhatsApp Campaign by MDNIY:

As part of the International Day of Yoga (IDY) 2025 outreach initiative, a nationwide digital campaign was executed via the WhatsApp Business Platform, delivering 20 lakh+ messages across all states and union territories.

The campaign featured engaging creatives such as countdown posts and appeals to boost registrations for the main IDY event, Yoga Sangam.



## Yogfluencers:

Ministry of Ayush  
Government of India

योग दिवस  
International Day of Yoga

# YOGFLUENCER VIRTUAL SUMMIT 2025

Calling All Yoga influencers!

Organised by the Ministry of Ayush  
Celebrating 10 years of International Day of Yoga

Drop your **entries** at  
[idy.influencers@gmail.com](mailto:idy.influencers@gmail.com)

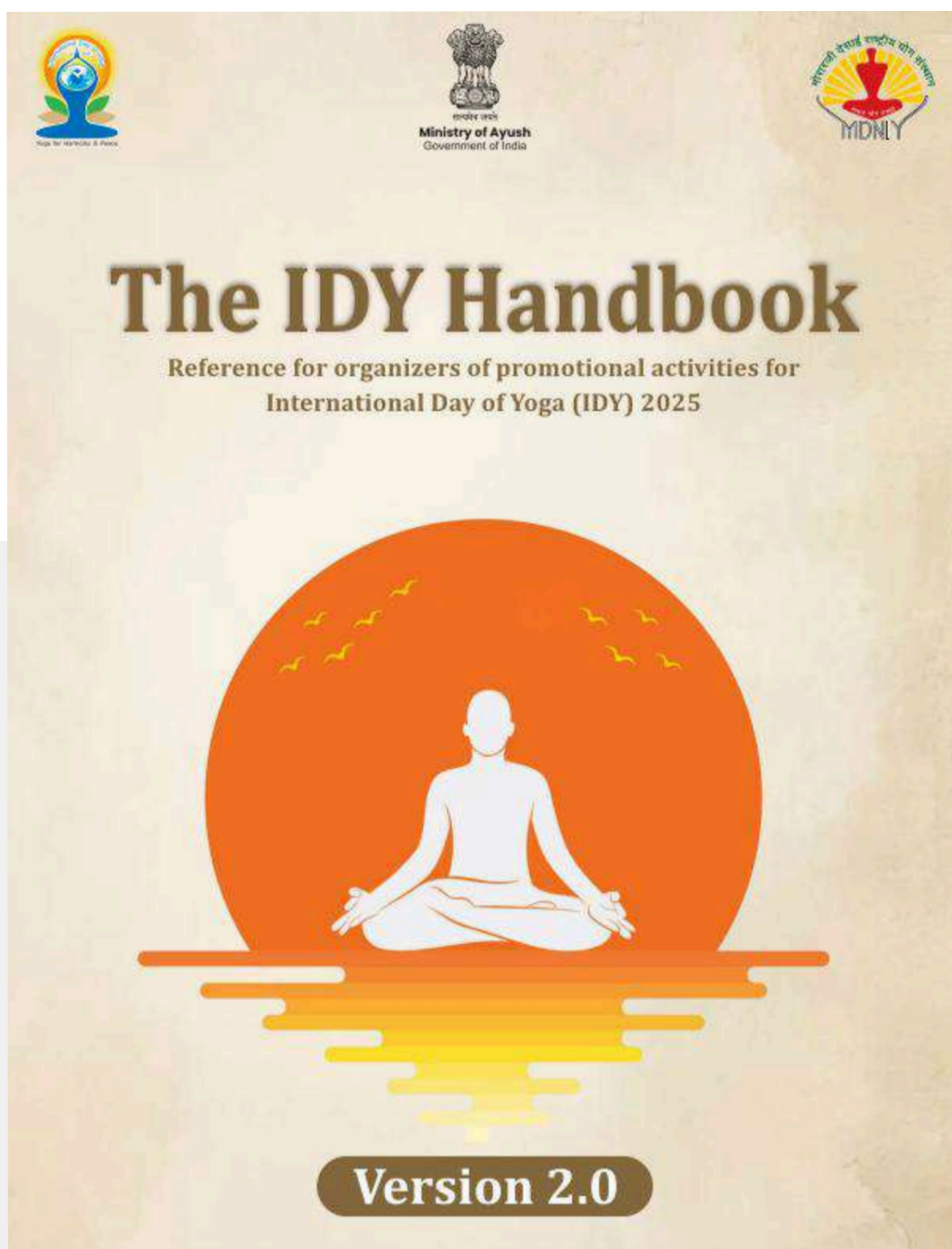
moayush | ministryofayush | MinistryofAyushofficial

As part of the initiative's expanded outreach strategy, a concerted effort was undertaken to engage prominent yoga influencers with significant digital presence. These individuals played a key role in amplifying campaign messaging, particularly among younger and digitally active audiences.

Curated profiles of selected influencers were featured on the official MDNIY website,

recognising their structured contributions and outreach efforts. Through original content creation and platform-specific dissemination, these influencers extended the campaign's visibility across regions and demographic groups. Their involvement infused the initiative with fresh energy, cultural relatability, and strengthened the digital impact of IDY 2025.

## Release of IDY 2025 Handbook:



To ensure the smooth planning and execution of International Day of Yoga (IDY) activities, the Ministry of Ayush released the updated IDY 2025 Handbook. This comprehensive guide served as a vital resource for organizers, institutions, and stakeholders, offering structured instructions on program design, implementation protocols, communication strategies, and compliance requirements.

It played a key role in aligning efforts across national and international platforms, enabling coordinated outreach and impactful celebrations during the IDY 2025 campaign. Over the past decade, these handbooks have evolved to reflect the growing scale and diversity of IDY events worldwide.





## CELEBRATING COLLECTIVE EFFORTS

# IDY 2025

A broad spectrum of partner institutions played a critical role in enhancing the visibility and outreach of IDY 2025. Their sustained engagement and coordinated efforts ensured inclusive participation across a wide demographic. From educational institutions and grassroots organizations to leading Yoga institutions and government departments,

stakeholders mobilized large-scale involvement through regionally tailored initiatives and national campaigns.

The table "Participation of IDY 2025" presents reported participation of 26.10 crore individuals in IDY 2025.







सत्यमेव जयते  
Ministry of Ayush  
Government of India



International Day of Yoga  
Yoga for One Earth, One Health







योग कनेक्ट  
Yoga Connect



हरित-योग  
Harit Yoga



योग अनप्लग्ड  
Yoga Unplugged



योग-महाकुम्भ  
Yoga Maha Kumbh



संयोग  
Samyoga