

No:-EDN-KGR (G-3)/NSS/2025-26
Office of the Deputy Director of School Education Secondary
Kangra at Dharamshala.
Phone No. 01892-223124, Fax No. 237776
Email id: - nsskangra@rediffmail.com
Dated: Dharamshala-176215 the.

Deputy Director of
School Education (Sec.)
23 MAR 2026
Dispatch No. 21319-21
Kangra at Dharamshala

To

All the Principals GSSS/Pvt. Schools
(Having NSS Unit)
in District Kangra.

Subject: -

Activities for 100-Day Countdown for Observation of the 12th International Day of Yoga
(IDA) 2026-reg.

Memo,

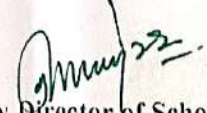
With reference to Directorate of School Education, H.P., Shimla office letter No.
EDN-(SE)-H (22) NSS/Misc-2025 Dated 17.03.26 on the subject cited above..

In this context, you are hereby directed to conduct the activities mentioned in the
attached guidelines for the 100-Day Countdown for observation of the 12th International Day of Yoga
(IDY) 2026. Ensure that all the events and activities under this 100-Day Countdown are projected through
event creation on the MY Bharat portal by each and every NSS Unit through their NSS Programme Officer
(PO) accounts and KI accounts to ensure wider outreach and publicity for this nationwide campaign.

You are also created awareness and generate buzz for the 12th International Day of
Yoga through social media. Activity photographs/videos may be uploaded on various NSS social media
platforms such as Facebook, Twitter, Instagram, YouTube, etc. to ensure maximum publicity of the
programme.

This matter may be treated most urgent and given top priority.

Encls:- As Above


Deputy Director of School Education (Sec.)
Kangra at Dharamshala

Endst No. Even Dated 2026
Copy to:-

1. The Director of School Education Shimla Himachal Pradesh for information please.
2. The District Coordinator of NSS Dist. Kangra expedite the matter.


Deputy Director of School Education (Sec.)
Kangra at Dharamshala

G-3 (NSS)

No. EDN(SE)-11(22)NSS/Misc.-2025
Directorate of School Education
Himachal Pradesh

Directorate of School Education
17 MAR 2026
Mar. 2026
Himachal Pradesh, Shimla-171001

Dated: Shimla-171001, the

To

All the Deputy Directors of School Education(Secondary wing)
Himachal Pradesh.

Subject: - Activities for 100-Day Countdown for Observation of the 12th International Day of Yoga (IDY) 2026-reg.

With reference to the letter received from Regional Directorate Chandigarh through e-mail, addressed to State NSS Officer H.P. along with its enclosures received from, the Director, Government of India, Ministry of Ayush Yoga & Naturopathy Cell, New Delhi on the subject cited above (copies enclosed).

In this regard, it is to inform you that 12th International Day of Yoga (IDY) 2026 is being observed on 21st June 2026. Therefore, you are directed to circulate the necessary directions among all the NSS units under your jurisdiction to conduct the activities mentioned in the attached guidelines for 100-Day Countdown for Observation of the 12th International Day of Yoga (IDY) 2026. Ensure that all the events and activities for 100-Day Countdown for Observation of 12th International Day of Yoga must be projected through event creation on My Bharat portal by each and every NSS Units/institution through their NSS PO Accounts & KI accounts of your District to ensure wider outreach and publicity for this nationwide campaign. You may also create the buzz on the 12th International Day of Yoga through social media. Activity photographs/videos may also be uploaded on all the various social media platforms of NSS like Facebook, Twitter, Instagram, YouTube etc. and ensure maximum publicity of the said programme.

This matter may be treated most urgent and given top priority.

Jt. Director School Education
-cum- Programme Co-Ordinator NSS
Directorate of School Education H.P.

Endst. No. of Even dated Shimla-1, the Mar. 2026

Copy for information and further necessary action to:-

1. The Regional Director, NSS Govt. of India, Ministry of youth affairs & Sports Regional Directorate of NSS Kendriya Sadan Chandigarh-160009 for information please.
2. State NSS Officer Department of Youth Services and Sports, H.P. Sectt. Shimla 171002 for information please.
3. All the District Co-ordinator(s) NSS Himachal Pradesh.
4. Guard File.

Jt. Director School Education
-cum- Programme Co-Ordinator NSS
Directorate of School Education H.P.

CONFIDENTIAL
M-16011/2/2026-YN
Government of India
Ministry of Ayush
(Yoga & Naturopathy Cell)

NBCC Complex, 3rd Block,
East Kidwai Nagar,
New Delhi-110023
Date: 19/02/2026

OFFICE MEMORANDUM

Subject: Celebration of 12th International Day of Yoga-2026 reg.

The undersigned is directed to refer to the Cabinet Secretariat's OM no. 273/2/1/2026- CA-V dated 16th February, 2026 on the subject cited above and to forward herewith the Note and PowerPoint Presentation for the scheduled meeting of the Committee of Secretaries (CoS) on Friday, 20 February, 2026 at 03.30 PM.

2. This issues with the approval of the Secretary (Ayush).



(Monalisa Dash)
Joint Secretary

Tel: 011-24651938

Email: js-moayush@gov.in

To

1. Chairman & CEO, Railway Board
2. Secretary, Ministry of Electronics and Information Technology
3. Secretary, Department of Posts
4. Defence Secretary, Ministry of Defence
5. Home Secretary, Ministry of Home Affairs
6. Foreign Secretary, Ministry of External Affairs
7. Secretary, Department of School Education & Literacy
8. Secretary, Ministry of Panchayati Raj
9. Secretary, Ministry of Women and Child Development
10. Secretary, Department of Higher Education
11. Secretary, Ministry of Information & Broadcasting

12. Secretary (Expenditure), Department of Expenditure, Ministry of Finance
13. Secretary, Ministry of Development of North Eastern Region (DoNER)
14. Secretary, Department of Health & Family Welfare
15. Secretary, Department of Youth Affairs
16. Secretary, Department of Sports
17. Secretary, Ministry of Environment, Forest and Climate Change
18. Secretary, Ministry of Culture

**File No.M-16011/2/2026-YN
Government of India
Ministry of Ayush
Yoga & Naturopathy Cell
(Comp. No.:184009)**

**Second Floor, Office Block No.3,
NBCC Complex,
East Kidwai Nagar,
New Delhi - 110023.**

Dated 25th February, 2026.

OFFICE MEMORANDUM

**Subject: Observation of the 12th International Day of Yoga (IDY)
2026.**

The undersigned is directed to say a meeting of the CoS under the Chairmanship of Cabinet Secretary was convened on 20th February, 2026 regarding celebration of 12th International Day of Yoga (IDY- 2026). Minutes of the CoS meeting have since been sent by the Cabinet Secretariat to the concerned Ministries/Departments who took part in the deliberations. It is requested to ensure compliance of the directions contained in the Cabinet Secretariat communication No. 273/2/1/2026-CA-V dated 24th February, 2026 to make the 12th International Day of Yoga celebrations successful.

Encl. : as above.



**(Amarendra Singh)
Director**

email: amarendra.singh@nic.in

To:

1. Chairman and CEO, Railway Board
2. Secretary, D/o Posts
3. Secretary, D/o Higher Education
4. Secretary, M/o Information & Broadcasting
5. Secretary (Expenditure), M/o Finance
6. Secretary, M/o DONER
7. Secretary, D/o Health and Family Welfare
8. Secretary, MoEFCC
9. Secretary, M/o Culture
10. Additional Secretary, D/o School Education & Literacy
11. Additional Secretary, M/o Defence
12. Addl. Secretary, D/o Youth Affairs
13. Director General (ICCFR), M/o External Affairs
14. Addl. Secretary, M/o External Affairs

15. Joint Secretary, M/o Home Affairs
16. Economic Advisor, M/o Panchayati Raj
17. DDG Khelo India Division, D/o Sports
18. Joint Secretary, M/o Women and Child Development

Copy for information to:

1. OSD (T-II) to Secretary Ayush, M/o Ayush
2. Joint Secretary (MD), Ministry of Ayush

Digitally signed by
Amarendra Singh
Date: 27-02-2026
15:44:47

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Ministry of Ayush

New Delhi, February 2026

Note for the Committee of Secretaries (CoS)

Subject: Observance of International Day of Yoga (IDY) 2026 – Regarding

1. Introduction

This Note for the CoS is a proposal for seeking the support of all stake-holding Ministries and Departments of central Government and various Departments of all the states/ UTs for coordinated action to observe the International Day of Yoga (IDY) on 21st June, 2026, in accordance with national priorities, in order to secure long term gains from the activity in terms of improvements in public health indicators. Further, considering the immense and well-documented reward of yoga for holistic health and well-being of the population, it is also proposed that all the stakeholders: Ministries and Departments and other institutions make provision for the required resources for the same.

2. International Day of Yoga (IDY) – The Background

The proposal put forward by Hon'ble Prime Minister of India during his address to the United Nations General Assembly on September 27, 2014 to dedicate a day to celebrate the time-tested and rewarding practice of Yoga, received overwhelming support from member nations. Consequently, a UN resolution encapsulating the proposal was adopted by the General Assembly on December 11, 2014, which officially proclaimed June 21st as the International Day of Yoga. This marked a watershed moment in the global Health & Wellness movement, acknowledging Yoga's significant contribution to holistic well-being and its potential to foster peace and harmony across cultures.

Since its inception in 2015, IDY has been observed annually on June 21st, with the Ministry of Ayush (MoA) serving as the nodal Ministry in India for its celebration, and with every Ministry/ Department of the Central Government initiating and promoting IDY activities within their respective domains. Each year, the Hon'ble Prime Minister has personally led the Harmonious Mass Yoga Demonstration, the central event of IDY. This Harmonious Yoga Demonstration event has been impactful in amplifying the significance of Yoga and inspiring millions worldwide to embrace the practice. Over the years, IDY has grown into a truly global movement, transcending geographical boundaries and cultural differences to unite people in their pursuit of physical, mental, and spiritual well-being.

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3. The Structure of IDY celebration

Over the 11 years, a broad pattern of celebration of IDY has evolved, which has enabled a harmonious and comprehensive celebration of IDY worldwide, year after year. This pattern has taken shape through the coordinated efforts of the nodal Ministry, all other Ministries and Departments of the Central Government, various States and Union Territories, many foreign governments and numerous other stake-holders.

The celebration involves months of planning and coordination by government bodies, yoga institutions, and community organizations. Efforts are taken by the stake-holders to include people from all walks of life, ensuring accessibility and inclusivity. The events and activities place a strong emphasis on education about yoga's benefits and proper practice techniques. The wide international cooperation and participation that IDY evokes makes it a truly global event.

The following is a general overview of the structure of IDY observation (i.e., what happens before and during IDY):

(i) Activities/ Events on 21st June in India

21st June, i.e., the International Day of Yoga, sees a large number of harmonious yoga sessions organized in public spaces such as parks, stadiums, and community centres where people of all ages and backgrounds participate. These sessions follow the **Common Yoga Protocol (CYP)** sequence, thus ensuring harmony and fostering a sense of unity among the participants. In India, these sessions are held at 7.00 AM. The total number of people participating in these events is estimated to be above 26.10 crores (2025), based on information from organizers.

The Main Event of IDY: In India, the Prime Minister leads a large yoga demonstration event, which is normally preceded by an address where he re-emphasizes the significance of yoga for health and well-being.

(ii) International Activities/ Events on 21st June

Countries around the world host their own yoga events, often in collaboration with Indian embassies and cultural centers. These events are also generally synchronized/ harmonious yoga sessions based on CYP. Major India-based Yoga-institutions who have branches abroad also play a facilitatory role in some countries in organising IDY events.

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(iii) Activities/ Events before 21st June

Stakeholders like the Central Government Ministries/ Departments, State Governments and Yoga institutions organize a diverse range of engaging events and activities in the run-up to IDY. These are generally collaborative efforts, and create a vibrant and inclusive atmosphere that fosters among the public a deeper understanding and appreciation of Yoga, and further, encourages them to join the IDY celebration. The typical activities/ events include:

- a) Educational Workshops and Seminars: on various aspects of yoga, including it's physical, mental, and spiritual benefits. They explain to the public the health benefits of yoga. They often feature experts from the fields of health and wellness.
- b) Cultural Programs: typically include traditional music, dance, and performances related to the themes of yoga and wellness.
- c) Community Engagement Activities: yoga camps and retreats offering immersive experiences for participants, often in collaboration with non-governmental organizations to reach out to underserved communities.
- d) Media and Publicity Campaigns: Extensive media coverage through television, radio, newspapers, and online platforms to raise awareness about the day's events and the benefits of yoga. Also, wide use of social media platforms to share live updates, yoga challenges, and educational content related to yoga.
- e) Special Programs for Different Demographics, including special yoga sessions and competitions for Children and Youth, Tailored yoga sessions for senior citizens, Divyang Jan etc. focusing on gentle exercises and relaxation techniques.

These activities/ events assume enhanced intensity in the 100 days prior to IDY, when the "Count-down to IDY" is officially announced.

(iv) Post- IDY activities

- a) Health Impact Studies: Initiatives to study and document the health impacts of yoga on participants, contributing to the body of research on yoga.
- b) Publication of Success Stories: Sharing success stories and testimonials from individuals who have benefited from practicing yoga.

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New Delhi, February 2026

4. Brief history about Previous IDY:

(i) The brief history of previous IDY celebrations is as follows:

S.No.	Year	Venue	Theme
1.	2015	Kartavya Path, Delhi	Yoga for Harmony and Peace
2.	2016	Chandigarh	Yoga for the achievement of the SDG
3.	2017	Lucknow	Yoga for Health
4.	2018	Dehradun	Yoga for Peace
5.	2019	Ranchi	Yoga for Heart
6.	2020	Virtual	Yoga at Home Yoga with Family
7.	2021	Virtual	Yoga for Wellness
8.	2022	Mysuru	Yoga for Humanity
9.	2023	Jabalpur & UN Headquarters, NY	Yoga for Vasudhaiva Kutumbakam
10.	2024	Srinagar, J&K	Yoga for Self and Society
11.	2025	Visakhapatnam, AP	Yoga for one Earth, One Health

(ii) Previous Initiatives & Achievements:

2015

- Two Guinness World Records achieved.
- Footfall of 35,985 from 84 Nationalities.

2018

- The Yoga Ambassadors' Tour in collaboration with Kerala Tourism with participants from 22 countries.

2020

- My Life My Yoga video blogging contest, 130 countries, with 44,000 entries.
- Bhuvan Yoga App developed for enumeration of participants.

2021

- Y-break initiative for Govt. and Corporate Sector.
- Launch of Y-Break, Namaste Yoga, WHO m-Yoga Portals.

2022

- Start-up Yoga challenge.
- IDY observance at 75 heritage/iconic sites.
- 100-day countdown 100 iconic locations by 100 organizations.

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- Global Yoga Ring: 24 hr relay programme of IDY activities across the globe, linked with Hon'ble PM's "*One Sun One Earth campaign*".
- IDY at iconic locations globally - Opera House to Eiffel Tower to the Cathedral of Brasilia to the Dead Sea and base of Mount Everest.

2023

- The Hon'ble Prime Minister Shri Narendra Modi led Yoga from the North Lawns at the United Nations Headquarters in New York, USA where participants from more than 135 countries joined to show their commitment towards Yoga (2023).
- Ocean Ring of Yoga saw naval personnel from 19 ships across 34 countries participation.
- Har Aangan Yoga Campaign: Yoga sessions from Panchayats, Anganwadi centers, and schools.
- The Indian Armed Forces created the "Yoga Bharatmala," and coastal demonstrations were termed "Yoga Sagarmala."
- Yoga from Arctic to Antarctica during IDY 2023.

2024

- Yoga With Family Video Contest" – Through MyGov Portal and MyBharat portal.
- Yoga Tech Challenge.
- Yoga in Space.
- Launch of Professor Ayushman comic about Yoga and launch of CYP Protocol in Braille

2025

The 11th International Day of Yoga (IDY) 2025 marked a significant milestone in the global journey of Yoga, commemorating a decade since Yoga was recognized by the United Nations as a holistic discipline for human well-being. Over the years, IDY has evolved from a symbolic annual observance into a large-scale global public health and social movement. The 2025 celebration stood out for its unprecedented scale, structured planning, scientific orientation, and strong integration with national and global health objectives.

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Ten Signature Events

A defining feature of IDY 2025 was the introduction of Ten Signature Events, each designed to highlight a distinct dimension of Yoga's contribution to society:

- i. **Yoga Sangam** – A synchronized mass Yoga demonstration conducted on 21 June 2025 across more than 13 lakh locations
- ii. **Yoga Bandhan** – International cultural exchange and people-to-people diplomacy through Yoga
- iii. **Yoga Park** – Creation of permanent community Yoga infrastructure
- iv. **Yoga Samavesh** – Inclusive Yoga protocols for marginalized and special-needs groups
- v. **Yoga Prabhava** – Decadal impact assessment of Yoga on health and society
- vi. **Harit Yoga** – Integration of Yoga with environmental sustainability
- vii. **Yoga Connect** – Global Yoga Summit bringing together experts and policymakers
- viii. **Yoga Unplugged** – Youth-centric engagement through contemporary formats
- ix. **Yoga Mahakumbh** – Large-scale Yoga festivals across India
- x. **Samyoga** – Translating evidence-based Yoga practices into healthcare systems

These initiatives significantly expanded the reach, depth, and inclusivity of Yoga practice nationwide and internationally.

Scale of Participation and Achievements

IDY 2025 witnessed extraordinary public participation, with more than 26 crore citizens taking part across India. Over 13 lakh Yoga events were organized nationwide, while Indian Missions facilitated celebrations in over 190 countries, underscoring Yoga's global appeal.

A landmark achievement was the Yogandhra-2025 campaign in Andhra Pradesh, which recorded participation of over 2.16 crore citizens, secured Guinness World Records, and earned multiple recognitions from the World Book of Records. Digital platforms enabled large-scale registration and certification, ensuring transparency, inclusivity, and robust documentation.

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5. Proposed activities for IDY 2026

5.1 Country-wide mobilization: The Ministry of Ayush, as the nodal Ministry for IDY will initiate country-wide mobilization for taking up appropriate and specific activities for observation of IDY through a series of communications to identify stakeholder organizations from the Secretary (Ayush) and other functionaries. Through these communications, the different Central Ministries and Departments, State Governments, Yoga institutions, Educational Institutions, National Cadet Corps (NCC), National Service Scheme (NSS), Nehru Yuva Kendra Sangathan (NYKS), etc. will be addressed. All these stake-holding agencies will be sensitized on IDY and will provided with suggested lists of activities, customized to the nature of the agency. All uniformed forces and paramilitary forces form an important stake-holder for IDY observation, this year efforts will be made to reach out to all their units along with their family members.

5.2 Review meetings: A series of meetings with Nodal Officers nominated by various Ministries/Departments of Government of India, States and UTs and their Social Media teams will be held to ensure that there is cohesion among all the activities to be organized by different agencies. Core Organizing Committee meeting will be held on **11 May, 2026** and meeting with Yoga stakeholders will be held on **21 May, 2026**. Further, the meeting of Inter-Ministerial Committee on IDY will also being planned.

5.3 Count-down to IDY activities: Just like previous year, this year also the Ministry will launch a 100 day count-down campaign to IDY. 100 days to IDY programs in 100 cities by 100 organizations/ chapters. All the activities will orient with highlighting the relevance of yoga in daily life. These events witnessed sustained campaign through social media platforms. The countdowns would be planned in a way to increase participation in IDY and encourage CYP learning with a strategy to wide network of collaborations.

100 days count down event will be organized at Bharat Mandapam, New Delhi on 13th March, 2026. 75 Days to IDY will be organized at on 7th April, 2026 and 50 Days to IDY will be organized aton 2nd May, 2026. 25 Days to IDY will be organized on 27th May, 2026 at

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New Delhi, **February 2026**

5.4 Prime Minister's Awards for Yoga for 2026: One of the highlights of IDY celebration in India is the announcement of the Prime Minister's Awards for Yoga. The awards are being given away each year for exemplary contribution in the field of Yoga towards the development and promotion of Yoga. There are four awards falling under two categories, subject to the decision of the Evaluation Committee. The four awards are:

- Prime Minister's Awards for Yoga – Individuals (National & International): 2 awards
- Prime Minister's Awards for Yoga – Institutional (National & International): 2 awards

This year, the process for the Prime Minister's Awards for Yoga for the year 2026 will be initiated through the Rashtriya Puraskar Portal.

5.5 IDY Handbook 2026: An IDY Handbook for organizers of activities will be developed, lending focus predominantly on mobilization activities which can be undertaken through digital media. The Handbook, through the standardization of activities, will help to strengthen the collaborations among different stakeholders in organizing activities for IDY 2026.

The reference material provided will enable the stakeholders to adopt a systematic approach in conducting outreach activities, thus widening the net of potential participants and facilitating a larger number of stakeholders to come on board. The Handbook is structured to provide a background on the IDY, its significance and past achievements and the importance of the Common Yoga Protocol (CYP). It will indicate how individuals and institutions can get involved to make IDY a truly universal event. The Ministry has also included in the Handbook, a list of publicly accessible digital resources which can be leveraged by the organizers, and suggestions on various activities which can be conducted by each stakeholder. Ministry of Ayush has made various digital resources available to the public. The list of such digital resources is given at **Appendix II**.

5.6 Activities on MyGov platform: This Ministry has launched a variety of activities and programmes on MyGov platform so that people can engage digitally in our efforts to spread message of Yoga. The activities include IDY Quiz, Jingle Contest, IDY Pledge and Yoga with Family Video campaign etc.

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6. Goals for the IDY 2026 Celebrations

For the International Day of Yoga (IDY) 2026, it is proposed to adopt following goals

- I. **Yoga for Global Well-Being and Peace:** Positioning yoga as a universal, science-based, preventive and promotive health practice, and as a powerful instrument of India's cultural and health diplomacy. The celebrations may be anchored through extensive engagement of Indian Missions abroad and Foreign Embassies in India. Embassy-led mass yoga demonstrations on 21 June 2026.
- II. **World's Largest Online Yoga Participation** on IDY 2026 is envisaged. The initiative aims to create a historic global digital event with participation of over 10 crore individuals concurrently, including the participation of global leaders from more than 100 countries. A structured 21-day online yoga programme would culminate on 21 June 2026, with live streaming through the official digital platforms of the Ministry of AYUSH. A dedicated event portal, supported by registrations through QR codes, WhatsApp links and toll-free numbers, and extensive mobilisation through State Governments, media networks and institutions, would ensure inclusive participation across age groups, genders and geographies, both within India and abroad.
- III. **Yoga Unbound / Vibrant Village Yoga:** In order to highlight yoga's accessibility and outreach to the remotest regions of the country, the initiative "Yoga Unbound / Vibrant Village Yoga" is proposed. Under this initiative, small, community-led yoga sessions may be organised in select border, tribal, Himalayan and North-Eastern villages, demonstrating the universality of yoga across diverse and challenging geographies. The programme may leverage the infrastructure and administrative framework of the Vibrant Village Programme of the Ministry of Home Affairs, thereby integrating IDY celebrations with ongoing national development initiatives and strengthening community well-being in strategically important and remote habitations.
- IV. **Yoga Anusandhan & Chintan:** Recognising the growing emphasis on evidence-based practice, a national-level conference on yoga research, policy and integration with modern healthcare systems, is proposed as part of IDY 2026. The conference would bring together yoga researchers, clinicians, academicians, scientists and policymakers to deliberate on outcome-based yoga interventions, standardisation of yoga protocols, and the mainstreaming of yoga in preventive and promotive healthcare. The deliberations are expected to contribute towards strengthening the scientific credibility of yoga and may culminate in policy recommendations and research directions for future integration of yoga into national health programmes.

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V. National Flagship Yoga Event

The International Day of Yoga (IDY) 2026 celebrations may be anchored by a **National Flagship Yoga Event**, comprising a mega yoga demonstration organised at an **iconic national/heritage location** in the august presence of the Hon'ble leadership. The flagship event would be **live-telecast** and **synchronised with pan-India participation** across States and Union Territories, thereby serving as the central anchor for the national celebrations. Such synchronised observance at historically and culturally significant sites would reinforce the **unifying message of yoga for collective well-being, national integration, and India's civilisational heritage**.

In addition to the central national venue, **simultaneous yoga demonstrations may be organised at 12 identified iconic/heritage locations** across the country, as illustrated below:

1. **Red Fort**, Delhi
2. **Statue of Unity**, Kevadia, Gujarat
3. **Konark Sun Temple**, Odisha
4. **Hampi Group of Monuments**, Karnataka
5. **Khajuraho Group of Monuments**, Madhya Pradesh
6. **Mahabalipuram Shore Temple**, Tamil Nadu
7. **Sarnath**, Uttar Pradesh
8. **Somnath Temple precincts**, Gujarat
9. **Charminar precincts**, Hyderabad, Telangana
10. **Gateway of India**, Mumbai, Maharashtra
11. **Nalanda Mahavihara**, Bihar
12. **Sabarmati Riverfront**, Ahmedabad, Gujarat

These locations may be finalised in consultation with concerned Ministries/State Governments, keeping in view logistical feasibility, security considerations, and heritage conservation norms.

- V. **Yoga Tech and Innovation Expo:** In parallel, a Yoga Tech and Innovation Expo, proposed to be organised by the Central Council for Research in Yoga & Naturopathy (CCRYN), would showcase emerging technologies such as AI-, AR- and VR-enabled yoga solutions, smart yoga mats, wearable devices and digital health innovations in the Ayush sector. The expo would include workshops and demonstrations aimed at researchers, start-ups, corporates and students, and would promote innovation-driven solutions for scaling yoga practice and research in alignment with national digital health and start-up initiatives.

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New Delhi, February 2026

- VI. **Yoga at Symbolic Spaces:** Additionally, “Yoga at Symbolic Spaces” is envisaged as a high-visibility initiative wherein yoga demonstrations may be organised at railway stations, airports, ports and heritage sites in India and select locations abroad. This initiative would enable participation of people in transit, enhance public visibility of IDY celebrations, and create iconic visual narratives through coordinated efforts with concerned Ministries, authorities and cultural organisations.

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7. Stakeholder Engagement: Mapping the Activities to the Domains of Potential Stakeholders.

The successful implementation of IDY 2026 necessitates the collaborative efforts of various stakeholders. They can be broadly categorised into:

- (i) **Nodal Ministry:** Ministry of Ayush, responsible for overall coordination and execution.
- (ii) **Stakeholder Ministries:** Key Ministries with specific roles and expertise:
 - Ministry of External Affairs and ICCR
 - a) Ministry of Health & Family Welfare
 - b) Ministry of Education
 - c) Ministry of Electronics & IT
 - d) Ministry of Communications-Department of Posts
 - e) Ministry of Defense
 - f) Ministry of Railways
 - g) Ministry of Information & Broadcasting
 - h) Ministry of Youth Affairs & Sports
 - i) Ministry of Culture
 - j) Ministry of Home Affairs
 - k) Ministry of Panchyati Raj
 - l) Ministry of Finance
 - m) Ministry of Women and Child Development (MWCD).
 - n) Ministry of Environment, Forest and Climate Change (MoEFCC)
 - o) Ministry of Development of North Eastern Region (MDoNER)
- (iii) **Partner Ministries:** All other Ministries and Departments including Ministry of Rural Development, Ministry of Civil Aviation, Ministry of Road Transport and Highways, Ministry of Petroleum and Natural Gas, Ministry of Tribal Affairs, Ministry of Tourism, Ministry of Corporate Affairs will contribute within their domains.
- (iv) **State-Level Support:** State Governments, District Administrations and local bodies through Ayush Society, Directorate and Administration.
- (v) **Stake holding Institutions:** Yoga institutions, educational institutions, health and wellness institutions, youth organisations, Indian Yoga Association, etc.

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Ministry of Ayush

New Delhi, February 2026

8. Recommendations (in gist) w.r.t. Roles and Responsibilities of different Ministries and Departments**A. The following are the recommendations w.r.t. the potential contributions of the Stakeholder Ministries:**

I. All Stake-holder Ministries: A dedicated core group to oversee the execution of the programmes may be put together for the period up to IDY 2026. Further, appropriate Budgets may be ear-marked. IDY 2026 being an event of the Government of India, the Ministries/ Departments/ subordinate units raising bills invoices related to IDY activities on one another may not be required. Ministries/ Departments may co-opt their subordinate units and PSUs to promote and support IDY activities, as appropriate.

II. Ministry of External Affairs (MEA):**Responsibilities:**

- **Global Coordination:** Coordinate with foreign Governments, international institutions, and Indian Missions for global observance of IDY 2026, including CYP training and event execution.
- **Early Sensitization of Indian Missions:** Establish early coordination with Embassies/High Commissions through VCs, in coordination with the Ministry of Ayush, for timely planning, theme alignment, and standardized messaging.
- **Health Diplomacy:** Institutionalize Yoga as a permanent pillar of India's health diplomacy, leveraging the momentum of the WHO–Ministry of Ayush Global Summit on Traditional Medicine.
- **Leveraging MoUs and International Partnerships:** Utilize existing MoUs with foreign governments, universities, and institutions to organize joint IDY events, conduct structured CYP training, and promote inclusion of Yoga modules.
- **Ayush Chairs and Academic Linkages:** Activate Ayush Chairs abroad as IDY 2026 nodal points for academic seminars, workshops, demonstrations, student and faculty engagement, and documentation of best practices.
- **Collaboration with Certified Yoga Institutions:** Encourage Indian Missions to engage Ayush-certified Yoga professionals and reputed institutions to ensure authenticity and adherence to the Common Yoga Protocol.

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- **Embassy-Led Flagship Events:** Promote high-visibility IDY events at iconic global locations in partnership with host governments, UN/WHO offices, and multilateral organizations.
- **Multilateral and BRICS Engagement:** Integrate Yoga promotion into UN, G20, and BRICS platforms, including promotion of IDY 2026 as a BRICS Wellness and Preventive Health Initiative, with possible joint messaging.
- **Media and Digital Outreach:** Support press briefings, social media campaigns, digital outreach, and live streaming of IDY events by Indian Missions.
- **Youth, Institutions, and Workplace Outreach:** Encourage engagement of youth, schools, universities, and workplaces abroad through Yoga sessions, workshops, and awareness programmes.
- **Inclusivity:** Promote inclusive Yoga sessions for women, elderly persons, persons with disabilities, and special groups.
- **Documentation and Reporting:** Ensure systematic documentation of events, participation, media coverage, and best practices, with post-event reports submitted to the Ministry of Ayush.

III. Ministry of Health & Family Welfare (MoHFW):**Responsibilities:**

- **Healthcare Network Mobilization:** Leveraging the healthcare network from medical hospital and colleges to AAMs to raise awareness about Yoga's health benefits.
- **Personnel Participation:** Encouraging healthcare personnel (including ASHA/ANM) and their families to participate in IDY 2026 activities.

IV. Ministry of Education:**Responsibilities:**

- **Educational Institution Mobilisation:** Mobilising educational institutions to promote Yoga awareness and IDY participation.
- **Student Volunteering:** Encouraging student volunteering in IDY activities, including CYP training, through NCC and NSS.
- **Y-Break-** Introduce Y-Break in schools and universities

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V. Ministry of Electronics & Information Technology (MeitY):**Responsibilities:**

- MyGov Portal Outreach: Utilising the MyGov portal for extensive online promotion of IDY 2026.
- Portal and App Development: Developing digital tools to support various IDY activities.
- Digital Media Promotion: Promoting IDY through online banners on government websites.
- Common Service Centre Mobilisation: Engaging CSCs for IDY activities, including CYP training.

VI. Department of Posts:**Responsibilities:**

- **Postal Network Mobilisation:** Utilising the postal network, especially in rural areas, for various IDY activities.
- **IDY Branding on Postal Transactions**
The International Day of Yoga (IDY) logo and theme of IDY 2026 may be incorporated as a digital and physical watermark on all postal receipts issued to the public, including counter receipts, speed post receipts, registered post acknowledgements, and e-receipts generated through India Post systems, during the IDY campaign period.
- **Community Engagement through Postal Staff**
Postal employees and Gramin Dak Sevaks (GDS), as trusted community interfaces, may be encouraged to act as Yoga ambassadors at the grassroots level by disseminating information about IDY and motivating community participation.
- **Staff Participation:** Encouraging staff and families to participate in IDY through welfare and recreation channels.

VII. Ministry of Defence:**Responsibilities:**

- **Uniformed Forces Mobilisation:** Encouraging active participation of uniformed forces and paramilitary forces in IDY activities.
- **Family Participation:** Encouraging family members of personnel to participate in IDY.
- **CYP Training and Demonstration:** Conducting CYP training and demonstrations in medical colleges, educational institutions, and field units.

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VIII. Ministry of Railways:

Responsibilities:

- Yoga practice site on important Railway Stations on IDY for passengers waiting or visiting to Railway station.
- **Awareness Promotion through Railway Network:** Using the railway network for IDY promotion through hoardings and videos at stations.
- **Employee and Family Participation:** Encouraging employee and family participation in IDY.
- **Institutional Participation:** Roping in educational and technical institutions affiliated with the Ministry for IDY participation.

IX. Ministry of Information & Broadcasting:

Responsibilities:

- **Media Channel Utilization:** Utilizing print, electronic, and online media channels for disseminating information about IDY 2026 activities.
- **Local Media Engagement:** Engaging local communities through AIR and DD programs, chat shows, and interactions with local celebrities on Yoga and IDY.
- **Media Professional Workshop:** Organising workshops for RJs and other media professionals on IDY and CYP.
- **Telecast Support:** Providing telecast support for the main IDY event through Doordarshan channels.

X. Ministry of Youth Affairs & Sports:

Responsibilities:

- **Infrastructure and Organizational Utilization:** Leveraging the Ministry's infrastructure, sports, and youth organizations for the nationwide IDY effort.
- **Sports Personality Engagement:** Engaging prominent sports personalities to popularize Yoga and IDY activities.

XI. Ministry of Culture:

Responsibilities:

- Organize simultaneous yoga demonstrations at iconic places of cultural and heritage importance in different parts of the country.
- **Cultural Event Organisation:** Organising cultural events that showcase Yoga's importance for a healthy lifestyle.

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- **Institutional Involvement:** Engaging major cultural institutions like the Sangeet Natak Academy in IDY 2026 celebrations.
- **Promotional Videos:** Creating promotional videos featuring cultural icons and disseminating them through social media.

XII. Ministry of Home affairs-**Responsibilities:**

- Encouraging active participation of Police and Para Military forces.
- Encouraging the family of all personnel of CAPFs to participate in IDY 2026 celebration.

XIII. Ministry of Panchayati Raj-**Responsibilities:**

- Issue guidelines to all its institutions for their active support in IDY 2026.
- All public representatives of Panchayati Raj institutions may be requested to organize the program in their vicinity and ensure the participation of local public.

XIV. Ministry of Finance-**Responsibilities:**

1. IDY Watermark on Public Transaction Receipts issues by financial institutions :

All Ministries/Departments providing public services involving financial or service transactions may be encouraged to incorporate the IDY logo and theme as a digital watermark or message on:

- Payment receipts
 - Service acknowledgements
 - Online confirmations and SMS/email notifications
2. Citizen Touchpoint Strategy: This approach will ensure repeated, subtle, and non-intrusive exposure of IDY messaging to citizens in their day-to-day interactions with government services.

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Ministry of Ayush

New Delhi, February 2026

XV. Ministry of Women and Child Development (MWCD)

Responsibilities:

(Anganwadi Services & Poshan Abhiyaan)

- Facilitate observance of Yoga sessions at **Anganwadi Centres** and community-level platforms, with a focus on **women, adolescent girls, pregnant and lactating mothers, and children**.
- Integrate **Yoga-based wellness activities** with **POSHAN Abhiyaan** objectives to promote holistic nutrition, health, and well-being.
- Encourage participation of **Anganwadi Workers (AWWs)** and beneficiaries in IDY-related awareness and outreach programmes.
- Support dissemination of **Yoga awareness materials** aligned with maternal and child health outcomes.

XVI. Ministry of Environment, Forest and Climate Change (MoEFCC)

Responsibilities:

- Promote celebration of IDY 2026 in **eco-sensitive locations**, including parks, botanical gardens, wetlands, forest campuses, and biodiversity sites.
- Encourage **nature-based Yoga activities** highlighting the link between Yoga, environmental conservation, and sustainable lifestyles.
- Facilitate participation of **environmental institutions, field offices, and affiliated bodies** in IDY programmes.
- Support awareness campaigns on **Yoga for harmony with nature and climate resilience**, in alignment with national environmental objectives.

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XVI. Ministry of Development of North Eastern Region (MDoNER)

Responsibilities:

- Coordinate with **North Eastern States** for widespread observance of IDY 2026 across the region.
- Facilitate organisation of Yoga programmes in **remote, border, tribal, and aspirational districts** of the North Eastern Region.
- Encourage participation of **local communities, educational institutions, and youth groups** in Yoga activities.
- Support promotion of Yoga as a tool for **community well-being, cultural integration, and regional outreach**.

B. The following are the recommendations w.r.t. the potential contributions of the Partner Ministries:

To integrate IDY 2026 activities into their respective domains and contribute resources, expertise, and outreach as per their mandates. This may include issuing of internal guidelines for IDY observance, social media campaigns, and employee engagement programs. Further, a dedicated core group to oversee the execution of the programmes may be put together, and appropriate Budgets ear-marked.

9. Implementation Strategy:

- (i) **Inter-Ministerial Coordination:** Establish a core committee under the aegis of the Cabinet Secretariat to oversee inter-ministerial coordination for IDY 2026 and ensure seamless collaboration among nodal Ministry, stakeholder ministries and partner ministries.
 - (ii) **Plan Formulation:** Each Ministry/ Department may develop a strategy and implementation plan.
 - (iii) **Resource Allocation:** Adequate financial and human resources may be allocated to the plans so formulated, by each Ministry/ Department.
- (i) **Monitoring and Evaluation Framework:** A robust monitoring and evaluation framework to be established by the nodal Ministry (with the support of all other Ministries/ Departments) to track the progress and impact of IDY 2026 initiatives.
 - (ii) **Communication and Outreach Plan:** A comprehensive communication and outreach plan to be developed the nodal Ministry (with the support of all other Ministries/ Departments) to promote IDY 2026 and its associated activities to the wider public. This plan will leverage traditional media channels, digital platforms, and community engagement initiatives to reach diverse target audiences.

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10. Decision Points

The Committee of Secretaries is requested to consider and approve the following:

- (i) Proposed plan for IDY-2026 celebrations, including the activities outlined at para 5 and 6 in above.
- (ii) Constitution of an Inter-Ministerial Committee to oversee the planning and implementation of IDY-2026.
- (iii) Stakeholder engagement strategy, outlining the roles and responsibilities of all participating Ministries and Departments, as elaborated at para 8 above.
- (iv) Additional recommendations as provided at para 9 above.

11. This CoS Note has the approval of Secretary (Ayush).



(Monalisa Dash)

Joint Secretary

Telephone No: 011-24651938

Email id. js-moayush@gov.in

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International Day of Yoga 21st June, 2026

**Presentation before the Committee of Secretaries
February 2026**



सत्यमेव जयते

**Ministry of Ayush
Government of India**



Origin of the International Day of Yoga (IDY)



Hon'ble Prime Minister of India address to the United Nations General Assembly on September 27, 2014 to dedicate a day to celebrate Yoga.

On **11th December 2014**, the United Nations General Assembly declared **June 21st** as the International Day of Yoga.

Since 2015, IDY has been observed annually on June 21st, Ministry of Ayush (MoA) the nodal Ministry. Other Ministries promote IDY activities within their respective domains, in a “Whole of Government Approach”

Events on 21st June in India

Common Yoga Protocol (CYP): 45 minutes duration curated activities

The Main Event of IDY: In India, the Prime Minister leads the event, preceded by his address.

Theme & Location: will be decided in due course

International Activities/ Events on 21st June:

Countries around the world host yoga events, often in collaboration with Indian embassies and cultural centers.

Advance Mobilisation efforts

Taken up in a “100 Day Countdown” format, starting on 13th March, in collaboration with Yoga institutions and other stake-holders



IDY: Objectives



Good Health and Well-being – Sustainable Development Goal (SDG-3)



Branding India globally and making IDY an International event



Promoting awareness about physical, mental and spiritual benefits of Yoga



Previous International Days of Yoga (IDY)



Year	Venue	Theme
2015	Kartavya Path, Delhi	Yoga for Harmony and Peace
2016	Chandigarh	Yoga for the achievement of the SDG
2017	Lucknow	Yoga for Health
2018	Dehradun	Yoga for Peace
2019	Ranchi	Yoga for Heart
2020	Virtual	Yoga at Home Yoga with Family
2021	Virtual	Yoga for Wellness
2022	Mysuru	Yoga for Humanity
2023	Jabalpur & UN Headquarters, NY	Yoga for Vasudhaiva Kutumbakam
2024	Srinagar, Jammu and Kashmir	Yoga for Self and Society
2025	Visakhapatnam, AP	Yoga for One Earth, One Health



Previous Initiatives

Two Guinness World Records achieved in 2015

Footfall of 35,985 from 84 Nationalities

2015

2018

‘The Yoga Ambassadors’ Tour (2018)

Participants from 22 countries during 4th IDY.

My Life My Yoga video blogging contest
130 countries, with 44,000 entries.

2020

2021

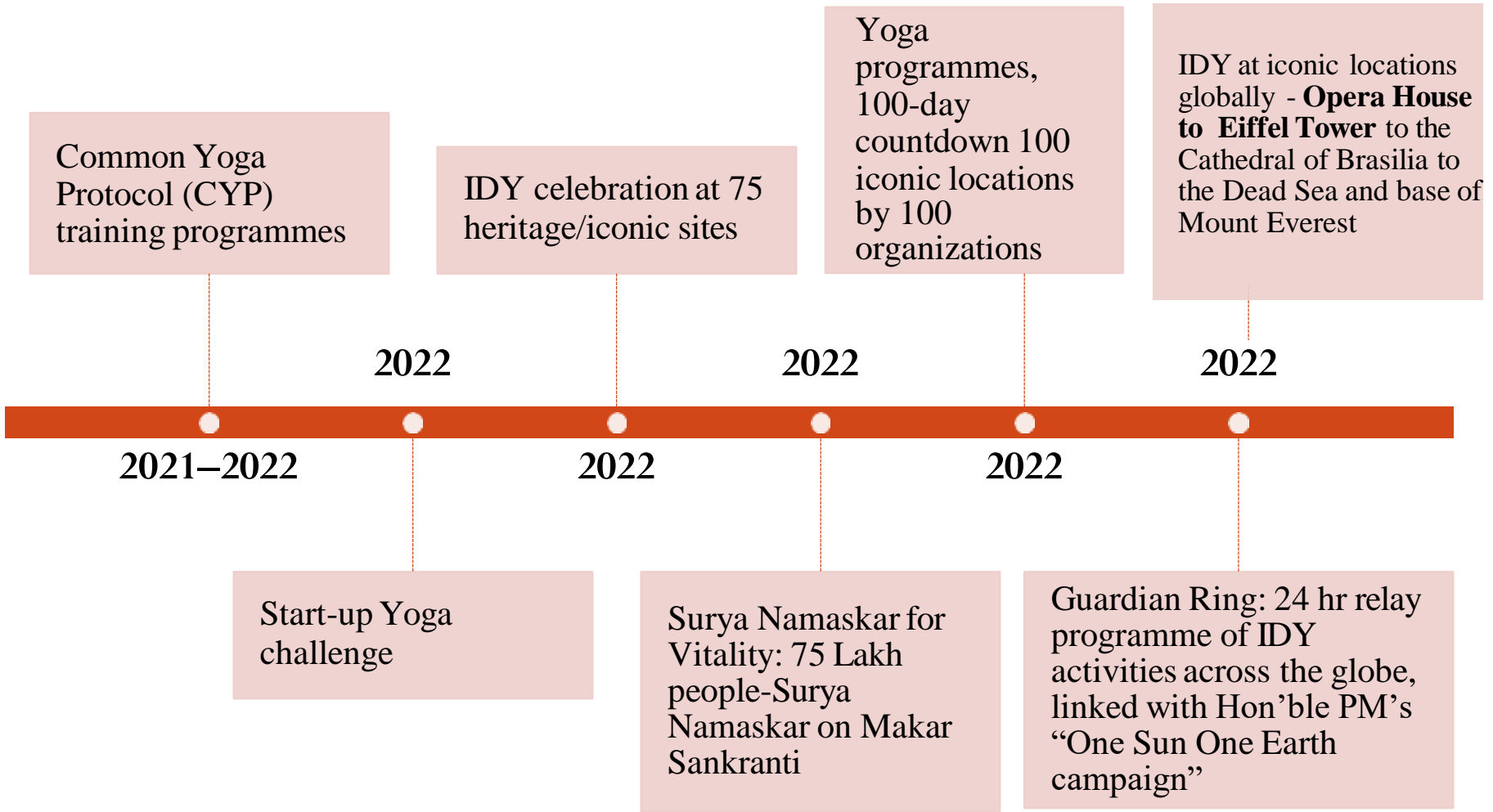
Launch of Y-break initiative (2021) for Govt and Corporate Sector

Launch of Namaste Yoga, WHO m-Yoga Portals

2021



Previous Initiatives –contd..





Previous Initiatives - contd..

Har Aangan Yoga Campaign: Yoga sessions from Panchayats, Anganwadi centers, and schools.

Yoga Sagarmala: Coastal demonstrations of yoga were termed "Yoga Sagarmala."

The Hon'ble Prime Minister Shri Narendra Modi led Yoga from the **North Lawns at the United Nations Headquarters.**

Yoga With Family Video Contest” – Through MyGov Portal and MyBharat portal

2023

2024

2023

Yoga Bharatmala
The Indian Armed Forces demonstrations of yoga were termed “Yoga Bharatmala”

The main national event of India was held at Jabalpur, Madhya Pradesh in the presence of Vice **President Shri Jagdeep Dhankhar**

2023

Yoga from Arctic to Antarctica

2023

Yoga Tech Challenge

“Ocean Ring” of Yoga: in this naval personnel from 19 ships across 34 countries participated.



Previous Initiatives – contd..

Significant events of IDY

2025



- 1. Yogasangama or Yog Sangam (Flagship Event)**
- 2. Yoga Bandhan or the Bond of Yoga (Joint Yoga Programs)**
- 3. Yoga Park Development**
- 4. Yoga Samavesh**
- 5. Yoga Prabhava: A Decadal Impact Assessment**
- 6. Yoga Connect: A Virtual Global Yoga Summit**
- 7. Harit Yoga (Sustainability Initiative)**
- 8. Yoga Unplugged (Youth Initiatives)**
- 9. Yoga Maha Kumbh**
- 10. Samyogam**



Significant Impact of IDY 2025



8.73+ Lakh Schools organized Yoga Sangam events

1,000+ Events launched from 13 March 2025

100 Days | 100 Cities | 100 Organizations across 31 States/UTs

340+ Yoga Samavesh (inclusive outreach)

40+ Samyoga Events (Yoga integration with healthcare & sectors)

320+ Harit Yoga Events promoting sustainability

100+ Youth-focused Yoga Unplugged Events

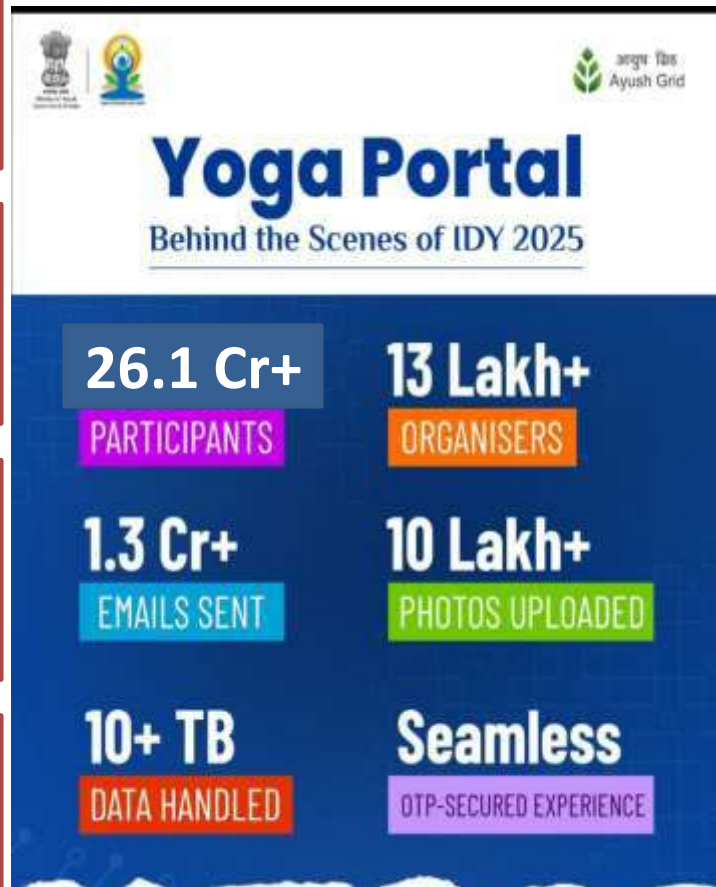
4 Mega Yoga Mahakumbh Events

130+ International Events in 60+ Countries

Yoga Bandhan: 17 International Guests | 20 Online | 1 Vietnam Event

Yoga Connect @ Vigyan Bhavan: 1,000+ in-person global participants

Yoga Prabhav: Decadal impact assessment of IDY presented





IDY 2026



Planned Activities

- **Country-Wide Mobilization:** Nationwide mobilization to undertake appropriate and specific activities for the observance of IDY.
- **Stakeholder Engagement:** Central Ministries and Departments, State Governments, Yoga institutions, Educational Institutions, NCC, NSS, and NYKS will be sensitized on IDY and provided with customized activity lists aligned to their respective mandates.
- **Uniformed & Paramilitary Forces Participation:** Efforts will be made to reach all uniformed and paramilitary units to ensure their active participation.
- **Review meetings:** A series of meetings with Nodal Officers nominated by various Ministries/Departments of Government of India, States and UTs and their Social Media teams to ensure cohesion.
- **Core Organizing Committee meeting-** meeting with Yoga stakeholders and the meeting of Inter-Ministerial Committee.



IDY 2026- contd..



- **Count-down to IDY activities:** Ministry will launch a 100 day count-down campaign to IDY. 100 days to IDY programs in **100 cities by 100 organizations/ chapters.**

Event	Date	Place
100 days to IDY	13 th March, 2026	
75 Days to IDY	7 th April, 2026	
50 Days to IDY	2 nd May, 2026	
25 Days to IDY	27 th May, 2026	

- **Prime Minister's Awards for Yoga for 2026**

The four awards are:

- **Prime Minister's Awards for Yoga – Individuals (National & International):**
2 awards
- **Prime Minister's Awards for Yoga – Institutional (National & International):**
2 awards

To be initiated through the **Rashtriya Puraskar Portal.**

- **Activities on MyGov platform:** This Ministry has launched a variety of activities and programmes on MyGov platform so that people can engage digitally in our efforts to spread message of Yoga. The activities include **IDY Quiz, Jingle Contest, IDY Pledge and Yoga with Family Video campaign, etc.**

Goals for IDY 2026 Celebrations

- **Yoga for Global Well-Being and Peace:** Extensive engagement of Indian Missions abroad and Foreign Embassies in India; envisaged as the world's largest online yoga participation event on IDY 2026.
- **Yoga Unbound / Vibrant Village Yoga:** Showcasing yoga's accessibility and outreach to the remotest regions of the country.
- **Yoga Anusandhan & Chintan:** A national-level conference on yoga research, policy, and integration with modern healthcare systems as part of IDY 2026 activities.
- **National Flagship Event – IDY 2026:** Celebrations at an iconic national/heritage location in the august presence of Hon'ble leadership.
- **Pan-India Synchronised Participation:** National event live-telecast and synchronised across all States and Union Territories.

Goals for IDY 2026 Celebrations-2

- **Simultaneous Demonstrations:** Yoga demonstrations at 12 identified iconic/heritage locations across the country, as illustrated below.

Red Fort, Delhi	Mahabalipuram Shore Temple, Tamil Nadu
Statue of Unity, Kevadia, Gujarat	Sarnath, Uttar Pradesh
Konark Sun Temple, Odisha	Somnath Temple precincts, Gujarat
Hampi Group of Monuments, Karnataka	Charminar precincts, Hyderabad, Telangana
Khajuraho Group of Monuments, Madhya Pradesh	Gateway of India, Mumbai, Maharashtra
Nalanda Mahavihara, Bihar	Sabarmati Riverfront, Ahmedabad, Gujarat

- **Yoga Tech & Innovation Expo:** Organized by the Central Council for Research in Yoga & Naturopathy (CCRYN), showcasing emerging technologies including AI-, AR-, and VR-enabled yoga solutions, smart yoga mats, wearable devices, and digital health innovations in the Ayush sector.
- **Yoga at Symbolic Spaces:** A high-visibility initiative featuring yoga demonstrations at railway stations, airports, ports, and heritage sites in India and select international locations.



Stakeholder Engagement



Nodal Ministry: Ministry of Ayush || **Stakeholder Ministries are:**

Ministry of External
Affairs and ICCR

Ministry of Health &
Family Welfare

Ministry of
Education

Ministry of
Electronics & IT

Ministry of
Communications-
Department of Posts

Ministry of Defense

Ministry of Railways

Ministry of
Information &
Broadcasting

Ministry of Youth
Affairs & Sports

Ministry of Culture

Ministry of Home
Affairs

Ministry of
Panchyati Raj

Ministry of Finance

Ministry of Women
and Child
Development
(MWCD).

Ministry of
Environment, Forest
and Climate Change
(MoEFCC)

Ministry of
Development of
North Eastern
Region (MDoNER)



Partner Ministries: All other Ministries and Departments including Ministry of Rural Development, Ministry of Civil Aviation, Ministry of Road Transport and Highways, Ministry of Petroleum and Natural Gas, Ministry of Tribal Affairs, Ministry of Tourism, Ministry of Corporate Affairs will contribute within their domains, The Ministry of Labour & Employment, The Ministry of Ports, Shipping, and Waterways.

State-Level Support: State Governments, District Administrations and local bodies through Ayush Society, Directorate and Administration.

Stake holder Institutions: Yoga institutions, educational institutions, health and wellness institutions, youth organisations, Indian Yoga Association, Local Bodies, Universities etc.



Common Activities for Ministries/ Departments



Maximum participation in the main IDY event on 21st June 2026

Using social media platforms for dissemination of latest updates and information about IDY

Social Media posts of Ministry of Ayush may be shared by Ministries/Departments on their social media platforms

IDY logo may be displayed and IDY related guidelines/digital resources may be uploaded on the Websites/ Portals of respective Ministries/Departments. Communication sent in this regard

Ministries/Departments may sensitize their employees on CYP/Y-break Pro



Common Activities for Ministries/Departments-2



Organizing Yoga-related activities such as online/offline lectures, workshops, seminar etc. by Yoga experts, ahead of IDY 2026



Publishing Yoga and IDY-specific articles in official e-newsletter, bulletin, magazine etc



Employees may be encouraged for participation of their family members in the IDY activities organized on MyGov platform and MyBharat portal like quiz, competitions, video campaigns, etc.



Key Ministries – IDY 2026

M/o External Affairs



Global Coordination: Coordinate with foreign Governments/ Institutions/ Indian Missions for global observance of IDY 2026, including CYP training and event execution

Early Sensitization of Indian Missions: Through VCs, in coordination with the Ministry of Ayush, for timely planning, theme alignment, and standardized messaging. An Attempt to invite HoS/Spouse to gain more momentum this year.

Health Diplomacy: Institutionalize Yoga as a permanent pillar of India's health diplomacy, leveraging the momentum of the WHO–Ministry of Ayush Global Summit on Traditional Medicine.

Leveraging MoUs and International Partnerships: Utilize existing MoUs with foreign governments, universities, and institutions to organize joint IDY events, conduct structured CYP training, and promote inclusion of Yoga modules.

Ayush Chairs and Academic Linkages: Facilitate Ayush Chairs abroad as IDY 2026 nodal points for academic seminars, workshops, demonstrations, student and faculty engagement, and documentation of best practices.



Key Ministries – IDY 2026

M/o External Affairs -2



Collaboration with Certified Yoga Institutions: Encourage Indian Missions to engage YCB-certified Yoga professionals and reputed institutions to ensure authenticity and adherence to the Common Yoga Protocol.

○ **Embassy-Led Flagship Events:** Promote high-visibility IDY events at iconic global locations in partnership with host governments, UN/WHO offices, and multilateral organizations for better execution.

○ **Multilateral and BRICS Engagement:** Integrate Yoga promotion into UN, G20, and BRICS platforms, including promotion of IDY 2026 as a BRICS Wellness and Preventive Health Initiative.

○ **Media and Digital Outreach:** Support press briefings, social media campaigns, digital outreach, and live streaming of IDY events by Indian Missions.

○ **Youth, Institutions, and Workplace Outreach:** Encourage engagement of youth, schools, universities, and workplaces abroad through Yoga sessions, workshops, and awareness programs.

Documentation and Reporting: Ensure systematic documentation of events, participation, media coverage, and best practices, with post-event reports submitted to the Ministry of Ayush.



Department of Higher Education/ School Education & Literacy



Educational Institution Mobilisation: Mobilising educational institutions to promote Yoga awareness and IDY participation.



Student Volunteering: Encouraging student volunteering in IDY activities including CYP training, through NCC and NSS.



Yoga Olympiad may be planned (In collaboration with yogasana Bharat, a recognized federation for Yogasana Sport)

D/o Health & Family Welfare



Healthcare Network

Mobilization: Leveraging the healthcare network from medical hospital and colleges to AAMs to raise awareness about Yoga's health benefits.

With the help of yoga expert of AAMs organize IDY event in the respective hospitals

Personnel Participation:

Encouraging healthcare personnel (including Accredited Social Health Activist /Auxiliary Nurse Midwives) and their families to participate in IDY 2026 activities.

M/o Electronics and Information Technology

- MyGov Portal Outreach: Utilising the MyGov portal for extensive online promotion of IDY 2026.
- Portal and App Development: Developing digital tools to support various IDY activities.
- Digital Media Promotion: Promoting IDY through online banners on government websites.



Department of Post



- **Postal Network Mobilisation:** Utilising the postal network, especially in rural areas, for various IDY activities. (**delivery of letter of Honourable Prime Minister to Panchayat heads**)
- **IDY Branding on Postal Transactions**
- The International Day of Yoga (IDY) logo and theme of IDY 2026 as a digital and physical watermark on all postal receipts issued to the public. (counter receipts, speed post receipts, registered post acknowledgements, and e-receipts) during the IDY campaign period.
- **Community Engagement through Postal Staff**
- Postal employees and Gramin Dak Sevaks (GDS), as trusted community interfaces, to act as Yoga ambassadors at the grassroots level by disseminating information about IDY and motivating community participation.
- **Staff Participation:** Encouraging staff and families to participate in IDY through welfare and recreation channels.



Ministry of Defence



- **Uniformed Forces Mobilisation:** Encouraging active participation of uniformed forces and paramilitary forces in IDY activities.
 - **Family Participation:** Encouraging family members of personnel to participate in IDY.
 - **CYP Training and Demonstration:** Conducting CYP training and demonstrations in Armed forces medical colleges, educational institutions, and field units.
-

Ministry of Railways

- Yoga practice site on important Railway Stations on IDY for passengers waiting or visiting to Railway station.
- **Awareness Promotion through Railway Network:** Using the railway network for IDY promotion through hoardings and videos at stations (inside train/ train schedule digital display board)
- **Employee and Family Participation:** Encouraging employee and family participation in IDY.
- **Institutional Participation:** Roping in educational and technical institutions affiliated with the Ministry for IDY participation.



Ministry of Information & Broadcasting



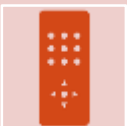
Media Channel Utilization: Utilizing print, electronic, and online media channels for disseminating information about IDY 2026 activities.



Local Media Engagement: Engaging local communities through AIR and DD programs, chat shows, and interactions with celebrities on Yoga and IDY.



Media Professional Workshop: Organising workshops for RJs and other media professionals on IDY and CYP.



Telecast Support: Providing telecast support for the main IDY event through Doordarshan channels.



Ministry of Youth Affairs & Sports



Infrastructure and Organizational Utilization: Leveraging the Ministry's infrastructure, sports, and youth organizations for the nationwide IDY.



Sports Personality Engagement: Engaging prominent sports personalities to popularize Yoga and IDY activities, in the form of media byte.

Ministry of Culture

- Organize simultaneous yoga demonstrations at iconic places of cultural and heritage importance in different parts of the country.
- **Cultural Event Organisation:** Organising cultural events (dance/drama/songs) that showcase the importance of Yoga.
- **Institutional Involvement:** Engaging major cultural institutions like the Sangeet Natak Academy in IDY 2026 celebrations.
- **Promotional Videos:** Creating promotional videos featuring cultural icons and disseminating them through social media.



Ministry of Home affairs



1

Encouraging active participation of CAPFs and Para Military forces.

(IDY celebrations in all border districts or manned by border guarding forces covered under VVP)

2

Encouraging the family of all personnel of CAPFs to participate in IDY 2026 celebration.

Ministry of Panchayati Raj



Issue guidelines to all its institutions for their active support in IDY 2026.



All public representatives of Panchayati Raj institutions may be requested to organize the program in their vicinity and ensure the participation of local public.



Ministry of Finance



- IDY Watermark on Public Transaction Receipts issued by financial institutions :
- All Ministries/Departments providing public services involving financial or service transactions may be encouraged to incorporate the IDY logo and theme as a digital watermark or message on:
 - Payment receipts
 - Service acknowledgements
 - Online confirmations and SMS/email notifications
- **Citizen Touchpoint Strategy:** This approach will ensure repeated, subtle, and non-intrusive exposure of IDY messaging to citizens in their day-to-day interactions with government services.



Ministry of Women and Child Development (MWCD)



- Facilitate observance of Yoga sessions at **Anganwadi Centres** and community-level platforms, with a focus on **women, adolescent girls, pregnant and lactating mothers, and children (Anganwadi Services & Poshan Abhiyaan)**
- Integrate **Yoga-based wellness activities** with **POSHAN Abhiyaan** objectives to promote holistic nutrition, health, and well-being.
- Encourage participation of **Anganwadi Workers (AWWs)** and beneficiaries in IDY-related awareness and outreach programmes
- Support dissemination of **Yoga awareness materials** aligned with maternal and child health outcomes.



Ministry of Environment, Forest and Climate Change (MoEFCC)



Promote celebration of IDY 2026 in **eco-sensitive locations**, including parks, botanical gardens, wetlands, forest campuses, and biodiversity sites.



Encourage **nature-based Yoga activities** highlighting the link between Yoga, environmental conservation, and sustainable lifestyles.



Facilitate participation of **environmental institutions, field offices, and affiliated bodies** in IDY programmes.



Support awareness campaigns on **Yoga for harmony with nature and climate resilience**, in alignment with national environmental objectives.



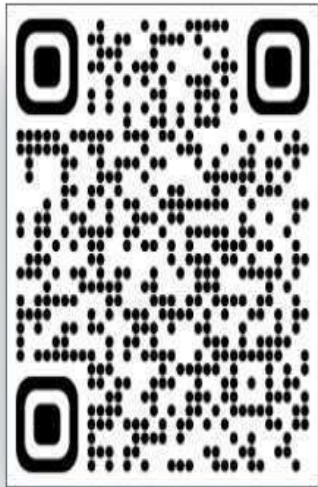
Ministry of Development of North Eastern Region (MDoNER)



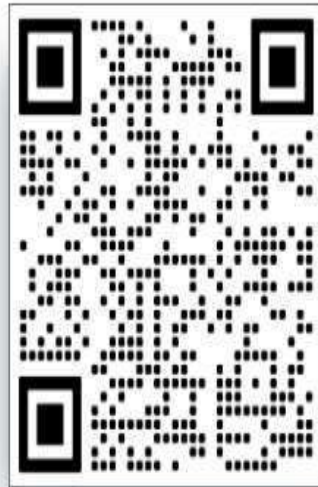
- Coordinate with North Eastern States for widespread observance of IDY 2026 across the region.
- Facilitate organisation of Yoga programmes in remote, border tribal, and aspirational districts of the North Eastern Region.
- Encourage participation of local communities, educational institutions, and youth groups in Yoga activities.
- Support promotion of Yoga as a tool for community well-being, cultural integration, and regional outreach.



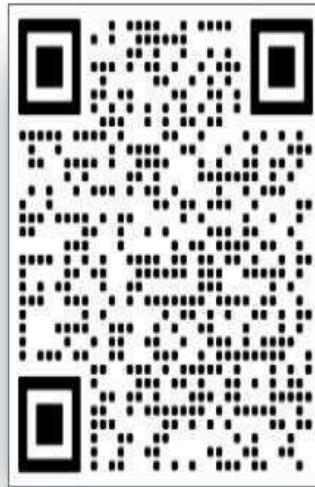
Digital assets of IDY



Namaste Yoga App - This App a one stop health solution that enables people to access yoga related information, yoga events and Yoga classes at their fingertips. The app also provides information on one's physical activity in terms of step count and calories burnt.



WHO mYoga App - This app for the general public to use regularly, providing Yoga learning and practice sessions of varying durations. The app was developed through review of scientific literature and extensive international expert consultation processes. The app is safe and secure, collecting no data from users at all, and can be used as a daily yoga companion for persons aged 12-65 years.



Y Break App - This App is a digital platform developed by Morarji Desai National Institute of Yoga, Ministry of Ayush, Government of India to promote Yoga practice in Working population to de-stress, refresh and re-focus at their workplace to increase their productivity, and consists of Asanas, Pranayama and Dhyana.



Yoga- Ayush Portal: Dynamic portal with all details, digital assets and latest information about IDY activities





ईश्वरवाद



Thank you!