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Government of India
Ministry of Ayush



“Let us gear up and celebrate this ancient practice that enhances our mental and physical well-being. Let us create a healthier and happier society.”

Shri Narendra Modi
Hon'ble Prime Minister



Yoga for Harmony & Peace

2025

International Day of Yoga

Celebrating a Decade of Wellness



Yoga Sangam



Yoga Bandhan



Yoga Park



Yoga Samavesh



Yoga Prabhava



Yoga Connect



Harit Yoga



Yoga Unplugged



Samyoga



Yoga Maha Kumbh

10 Signature Events of International Day of Yoga 2025



Yoga Sangam



Yoga Bandhan



Yoga Park



Yoga Samavesh



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Harit Yoga



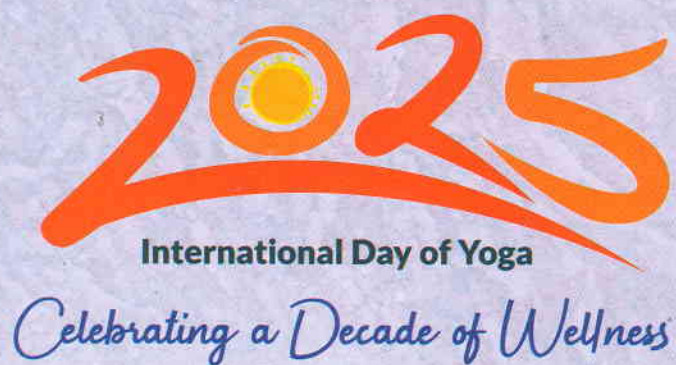
Yoga Unplugged



Samyoga



Yoga Maha Kumbh



Over the past ten years, the International Day of Yoga (IDY) has emerged as a beacon of holistic health and harmony, transcending cultures and communities worldwide.

On June 21, 2025, we commemorate a decade of this global observance. To mark this significant milestone, the Ministry of Ayush has curated a series of activities under 10 signature events, spread over a 100 day-period up to June 21, 2025. These events are designed to extend the benefits of Yoga to people everywhere.

Yoga for One Earth, One Health



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Yoga Sangam

Yoga Sangam is one among the 10 Signature Events of the International Day of Yoga (IDY) 2025. It is a special effort to mark the occasion of completion of a decade of IDY observation, aiming to expand yoga's grassroots reach, and to ensure that everyone can access its benefit.

Over the past decade, IDY has evolved into a transformative force, encouraging holistic health, mindfulness, and harmony across cultures and communities. To commemorate this decade-long journey, IDY 2025 will feature ten Signature Events amplifying the yoga narrative, each aiming to reach out to specific sections of the society.

The flagship Signature Event is Yoga Sangam, a groundbreaking initiative unfolding a synchronized, yet distributed mass yoga demonstration at 1,00,000 locations across India. It will take place on 21st June, 2025, the International Day of Yoga. It will weave a harmonious tapestry of well-being nationwide, as hundreds of thousands of individuals unite under yoga's enabling shield. The other nine Signature Events are designed to add to the build-up for and momentum of Yoga Sangam.

The concept of Yoga Sangam goes deeper than the display of yoga or the large participation numbers, and incorporates several core themes:

-  **National Integration:** By bringing together participants from diverse backgrounds, regions, and cultures, Yoga Sangam will foster national unity and societal harmony.
-  **Health and Wellness:** The event will inspire people to incorporate yoga into daily life, enhancing the nation's overall health and wellness.
-  **Cultural Heritage:** Celebrating India's rich legacy, Yoga Sangam will reinforce the country's role as the global focal point of yoga.
-  **Awareness and Accessibility:** Yoga Sangam is dedicated to promoting yoga's benefits and ensuring it is accessible to all, regardless of socio-economic status.



Yoga Sangam

Be a Yoga Giver. Organise a Yoga Sangam.

Yoga Sangam will be a 45 minutes long harmonious yoga demonstration based on the Common Yoga Protocol (CYP), as organised every year on 21st June.

Aspiring Yoga Sangam organisers are encouraged to submit proposals for organising Yoga Sangam events on the Yoga Portal of the Ministry of Ayush, marking their intention to hold the event on 21st June in their locality.

The weblink for registration is <https://yoga.ayush.gov.in/yoga-sangam>. While such registration is not mandatory for organising Yoga Sangam, it gives the organisers the opportunity to upload photos and other details of the event on the Yoga Portal on 21st June, and also receive an online certificate for having been key stakeholders of this historic occasion.

Yoga Sangam is more than an event; it's a movement towards a healthier, more enlightened India. As June 21st approaches, it is our privilege to invite you to embrace Yoga Sangam's spirit and take upon the role of a yoga giver. Do register your proposals and encourage others also to do so. Let us make yoga a fundamental part of our lives, guiding India towards a future of health, joy, and unity.

Yoga for One Earth, One Health





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Yoga Bandhan

Yoga Bandhan is one among the 10 Signature Events of the International Day of Yoga (IDY) 2025. It is a special effort to mark the occasion of completion of a decade of IDY observations, through which India builds a coalition of yoga with partner countries through a unique cultural exchange involving yoga-based activities.

Over the past decade, IDY has evolved into a transformative force, encouraging holistic health, mindfulness, and harmony across cultures and communities. To commemorate this decade-long journey, IDY 2025 will feature ten Signature Events amplifying the yoga narrative, each aiming to reach out to specific sections of the society.

One among them is **Yoga Bandhan**, involving exchange of delegates from the practice of yoga, with different partner countries. Yoga Bandhan also includes collaborative activities of Yoga institutions of India with institutions abroad.

The activities and itinerary of the outgoing delegates will be coordinated by Indian Missions abroad and will include hosting and conducting yoga sessions in educational institutions and having dialogues with important stakeholders of yoga in the host country. These exchanges will reiterate the connection and shared values that yoga fosters across borders. The delegates visiting India as part of the exchange program will undergo an immersion program that will culminate with the main IDY event on 21st of June, 2025. The delegates will attend key events and visit Yoga institutions for an enhanced cultural experience.

Yoga Bandhan aims to foster institution-to-institution and people-to-people connections across borders to promote the practice of yoga globally. It also strives to highlight yoga's transformative impact on health and wellness. Yoga Bandhan goes beyond just demonstrations of yoga; it also highlights the historical and cultural significance of yoga in strengthening India's bilateral ties with these nations. By coordinating joint yoga programs, India and its partner countries will reaffirm their shared commitment to holistic well-being, inner peace, and cross-cultural understanding. Institutions working in areas related to culture, yoga, academics etc. are encouraged to take up international collaborations that encourage yoga under the brand of Yoga Bandhan.

By integrating diverse cultures and traditions through the practice of yoga, the Yoga Bandhan initiative will stand as a testament to the power of collaboration, friendship, and the pursuit of collective well-being.



Yoga Bandhan

Yoga for One Earth, One Health





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Yoga Park



Yoga Park





Yoga Park is one among the Signature Events of the International Day of Yoga (IDY) 2025. It is a special effort to mark the occasion of completion of a decade of IDY observation, aiming to leave behind a positive legacy of IDY 2025 in form of creation of community assets.

Over the past decade, IDY has evolved into a transformative force, encouraging holistic health, mindfulness, and harmony across cultures and communities. To commemorate this decade-long journey, IDY 2025 will feature ten Signature Events amplifying the yoga narrative, each aiming to reach out to specific sections of the society.

One among them is **Yoga Park**, which seeks to upgrade existing parks in various Panchayats (Rural) and Municipalities (Urban) into Yoga Parks with the help of the local authorities. This project will transform public parks into dedicated wellness zones where people can practice yoga every day. Other owners of public parks, like Corporations in the private and public sectors, RWAs, social welfare organisations etc. are also encouraged to upgrade them into yoga parks as part of their own social responsibility activities.

The Yoga Parks will be welcoming public spaces for people of all backgrounds, where trained instructors from partnering yoga institutions will lead yoga sessions and awareness programs. There will also be information boards detailing yoga postures, breathing exercises, and techniques, enabling self-guided practice. Special provisions will ensure accessibility for senior citizens, children, and those with health issues, allowing everyone to benefit from yoga.

Objectives of Yoga Park:

-  **Inclusive Wellness:** Make yoga accessible to one and all, in both rural and urban communities.
-  **Strengthen Community Bonds:** Foster unity through collaborative health practices and volunteer activities.
-  **Promote Environmental Sustainability:** Incorporate green infrastructure and eco-awareness into public spaces.
-  **Build Legacy:** Connect Yoga Parks with Ayushman Arogya Mandirs for ongoing health camps and wellness drives.



Yoga Park

Calling upon Corporate Bodies to become yoga givers:

The Yoga Park Initiative is more than an event - it is a pledge to embed wellness into India's cultural fabric. We call upon Corporate Bodies to take up this pledge as part of their CSR initiatives, by partnering with local panchayats, municipal bodies, other owners of public parks like RWAs and grassroots yoga networks for a significant impact on public health standards. You may write to idy.coordination@gov.in to learn more about this opportunity.

Calling upon Panchayati Raj Institutions (PRIs) and Urban Local Bodies (ULBs) to take ownership of this wellness initiative

By creating public spaces for Yoga, this initiative builds a legacy where wellness is not a privilege but a right for every citizen. We call upon PRIs and ULBs to come forward with proposals for upgrading existing parks under their ownership to Yoga Parks. You may write to idy.coordination@gov.in to learn more about this initiative.

Yoga for One Earth, One Health







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Yoga for One Earth, One Health





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Yoga Samavesh



Yoga Samavesh

Yoga Samavesh is one among the 10 Signature Events of the International Day of Yoga (IDY) 2025. It is a special effort to mark the occasion of completion of a decade of IDY observation, designed to take the rewards of yoga to diverse and often underserved communities.

Over the past decade, IDY has evolved into a transformative force, encouraging holistic health, mindfulness, and harmony across cultures and communities. To commemorate this decade-long journey, IDY 2025 will feature ten Signature Events amplifying the yoga narrative, each aiming to reach out to specific sections of the society.

One among them is **Yoga Samavesh**, a program rooted in the principles of inclusivity and accessibility. It will focus on addressing the unique needs of select groups with special needs. To cater to these needs, special yoga protocols have been finalised, targeting areas/ groups such as:

- | | |
|------------------------|-----------------------|
| ● Diabetes Mellitus | ● Senior Citizens |
| ● Hypertension | ● Women (12–35 years) |
| ● Bronchial Asthma | ● Pregnant Women |
| ● Children (3–6 years) | ● Substance Abuse |
| ● Adolescents | ● Mental Health |

The core of **Yoga Samavesh** will comprise efforts to popularise these targeted yoga interventions for special groups. While ten yoga protocols have been specifically cited above, activities may extend beyond them to cater to other special groups as well.

For every category, participants belonging to the identified special group will receive a structured 10-day training program conducted by partner organisations. These sessions are designed to provide participants knowledge of yoga tailored to their specific needs.

While there will be final yoga demonstration events to be held on 21st June 2025 (i.e. IDY) to mark the culmination of Yoga Samavesh, different partner organisations will hold such events on multiple dates prior to IDY as well.

Calling upon NGOs, government bodies and other agencies working for people with special needs to become organisers of Yoga Samavesh

We call upon agencies supporting such special groups, including the stakeholding bodies of the Central and State governments to take up organising Yoga Samavesh activities. This effort will reaffirm the commitment to using yoga as a universal tool for empowerment, and holistic health. You may write to idy.coordination@gov.in to learn more about this opportunity as well as the special yoga protocols.



Yoga Samavesh

Yoga for One Earth, One Health





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Yoga Prabhava



Yoga Prabhava

Yoga Prabhava is one among the 10 Signature Events of the International Day of Yoga (IDY) 2025. It is a special effort to mark the occasion of completion of a decade of IDY observation, wherein an impact assessment will be carried out to assess the outcomes of a decade of IDY observance on public health and related areas.

Over the past decade, IDY has evolved into a transformative force, encouraging holistic health, mindfulness, and harmony across cultures and communities. To commemorate this decade-long journey, IDY 2025 will feature ten Signature Events amplifying the yoga narrative, each aiming to reach out to specific sections of the society.

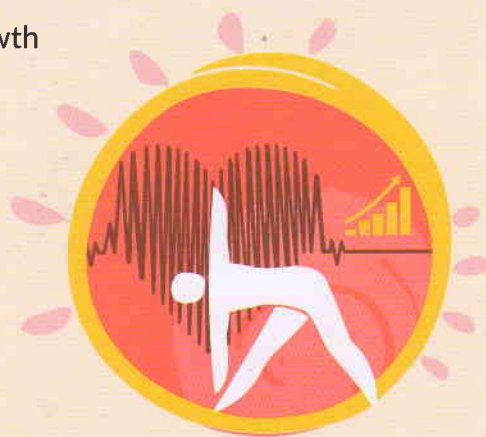
One among them is **Yoga Prabhava**, which will be in the form of a rigorous research exercise that systematically assesses the decadal impact of IDY observation from multiple perspectives.

Assessment Methodology:

The study will employ three key research approaches:

- A Nationwide Sample Survey covering diverse demographics.
- Secondary Research to analyse past studies, reports, and global research on yoga's impact.
- Data Mining & Analytics to identify trends and growth patterns in the adoption of yoga across different sectors.

A decade of IDY observation, unbroken even during the times of COVID-19 disruption, stand as a testament to India's leadership in deploying yoga to achieve public health outcomes. The findings of Yoga Prabhava will bring forth its outcomes in concrete terms, and are expected to serve as strategic policy guidance, shaping wellness initiatives and possibly reinforcing preventive healthcare efforts. Additionally, the report will function as a comprehensive knowledge resource, documenting key achievements, addressing challenges, and outlining a roadmap to amplify the future impact of International Day of Yoga (IDY). By measuring and analysing IDY's legacy, Yoga Prabhava will provide valuable insights to inform and enhance future global health and wellness initiatives.



Yoga Prabhava

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Yoga Connect



Yoga Connect

Yoga Connect is one among the 10 Signature Events of the International Day of Yoga (IDY) 2025. It is a special effort to mark the occasion of completion of a decade of IDY observation, by bringing together yoga experts, policy makers and other thought leaders from across the world to deliberate upon various aspects of the broader practice of yoga.

Over the past decade, IDY has evolved into a transformative force, encouraging holistic health, mindfulness, and harmony across cultures and communities. To commemorate this decade-long journey, IDY 2025 will feature ten Signature Events amplifying the yoga narrative, each aiming to reach out to specific sections of the society.

One among them is **Yoga Connect** – a Global Yoga Summit in hybrid format which will see participation from some of the most reputed figures of yoga from around the world. This summit aims to serve as a global platform for dialogue, collaboration, and exchange of ideas around the evolving landscape of yoga and wellness.

The day long conclave is tentatively scheduled for 14th June 2025 at Vigyan Bhawan, New Delhi and will be conducted in a hybrid mode. It will be live streamed globally, featuring virtual participation from leading international yoga institutions, along with eminent gurus and global influencers. The in-person event will feature distinguished panellists and a diverse audience of around 1,000 participants representing a wide range of professional backgrounds.

A major highlight of the summit will be the launch of the 'Yoga Prabhava' report, expected to showcase the transformative impact of the observation of International Yoga Day over the past decade. Additionally, the foreign delegates visiting India as part of 'Yoga Bandhan' will also commence their immersion program through 'Yoga Connect'.

Yoga Connect aims to be a vibrant, inclusive global platform that promotes collaboration, cultural exchange, and holistic well-being. By encouraging institutional partnerships and highlighting global trends, it seeks to enhance public engagement with yoga and to reinforce its relevance in modern, everyday life.



Yoga Connect

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Harit

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Harit Yoga

Harit Yoga is one among the 10 Signature Events of the International Day of Yoga (IDY) 2025. It is a special effort to mark the occasion of completion of a decade of IDY observation, aiming to integrate environmental sustainability with traditional yoga practices.

Over the past decade, IDY has evolved into a transformative force, encouraging holistic health, mindfulness, and harmony across cultures and communities. To commemorate this decade-long journey, IDY 2025 will feature ten Signature Events amplifying the yoga narrative, each aiming to reach out to specific sections of the society.

One among them is **Harit Yoga** which seeks to use the medium of yoga to propagate the message of conservation of environment. Beyond yoga sessions, participants will engage in eco-friendly activities like tree planting, cleanliness drives, and community-driven environmental efforts. Harit Yoga will also include educational campaigns covering critical topics like climate change and conservation, encouraging sustainable lifestyles. Global participation will be encouraged to inspire worldwide communities to join these environmentally conscious initiatives.

Objectives of Harit Yoga:

- ❧ Promote the integration of yoga with environmental consciousness through structured activities.
- ❧ Engage diverse stakeholders, including NGOs, yoga institutes, and government bodies, in fostering sustainable living.
- ❧ Encourage public participation in eco-friendly initiatives like planting of saplings and cleaning of water bodies.



Harit Yoga

Key sub-tracks of Harit Yoga:

Harit Yoga will encourage participants to embrace yoga amidst eco-friendly practices. Yoga's linkage at a deeper level with nature conservation and sustainability will be highlighted. Practices like using sustainable yoga mats, adhering to zero-waste principles, and promoting public transport will be encouraged. By merging yoga with environmental action, Harit Yoga revives the ancient yogic philosophy of living in harmony with nature, emphasizing both personal well-being and planetary health.

Planned events include:

- ❧ Trekking and Yoga Retreats
- ❧ Clean-up initiatives at water bodies and river fronts
- ❧ Tree plantation drives (एक पेड़ माँ के नाम)
- ❧ Yoga sessions in landmark natural settings

These activities are indicative, and organisers can blend yoga with nature conservation in other appropriate events as well.

Calling upon yoga stakeholders and organisations that promote conservation of environment to take leadership roles in this initiative

Harit Yoga offers a unique opportunity for organisations to be part of a nationwide effort which simultaneously promotes environmental sustainability and holistic well-being. We call upon all individuals and organisations who are conscious about the urgent need for environmental conservation to come forward to lead this initiative. You may write to idy.coordination@gov.in to learn more about the possibilities in this regard.

Yoga for One Earth, One Health





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Yoga Unplugged



Yoga Unplugged

Yoga Unplugged is one among the 10 Signature Events of the International Day of Yoga (IDY) 2025. It is a special effort to mark the occasion of completion of a decade of IDY observation, aiming to make yoga more attractive and engaging for young people.

Over the past decade, IDY has evolved into a transformative force, encouraging holistic health, mindfulness, and harmony across cultures and communities. To commemorate this decade-long journey, IDY 2025 will feature ten Signature Events amplifying the yoga narrative, each aiming to reach out to specific sections of the society.

One among them is **Yoga Unplugged**, which will encourage the youth to adopt yoga as part of their everyday lives, promoting mindfulness, health, and well-being. The initiative will use both online and offline methods to offer a variety of experiences that appeal to young individuals and motivate them to actively pursue yoga.

The objectives of Yoga Unplugged include enhancing youth engagement by presenting yoga in a relatable way. It will integrate cultural performances to strengthen community connections among young practitioners. It will also focus on driving participation through social media, increasing educational outreach about the benefits of yoga, and highlighting impactful youth-led stories to inspire peers.

Yoga Unplugged Youth Festivals: This will be a key sub-track that showcases yoga in a format appealing to younger audiences. The festivals could include curated cultural performances with top performing arts institutions, yoga-themed activities and competitions. An essential feature will be Yoga Fusion, combining traditional practices with modern music and movement to make yoga more dynamic and accessible.

Online activities of Yoga Unplugged will include quizzes, essay competitions, e-poster contests, photography contests, and various social media challenges aimed at engaging youth. The goal is to create discussions and user-generated content that makes yoga feel relatable.

Offline events will be held in collaboration with youth organisations and educational institutions. These will cover workshops, talks, competitions, street art, etc. It will also include dedicated yoga spaces on campuses, increasing awareness and participation among students. The integration of yoga into sports will also be emphasized.



Yoga Unplugged

Samarpan Volunteer Programme for IDY-2025: A volunteering program is being developed to engage students in the celebration of International Day of Yoga (IDY) 2025. Partnerships with colleges will help build a volunteer base, allowing students to support various events and earn certificates recognizing their service and leadership.

Calling upon Educational Institutions to become active partners in this initiative

Yoga Unplugged aims to inspire the younger generation to embrace yoga as a dynamic and integral part of their daily routine. We invite educational institutions, especially universities and colleges, to come forward to lead this initiative.

You may write to idy.coordination@gov.in to learn more about the possibilities in this regard.

Yoga for One Earth, One Health



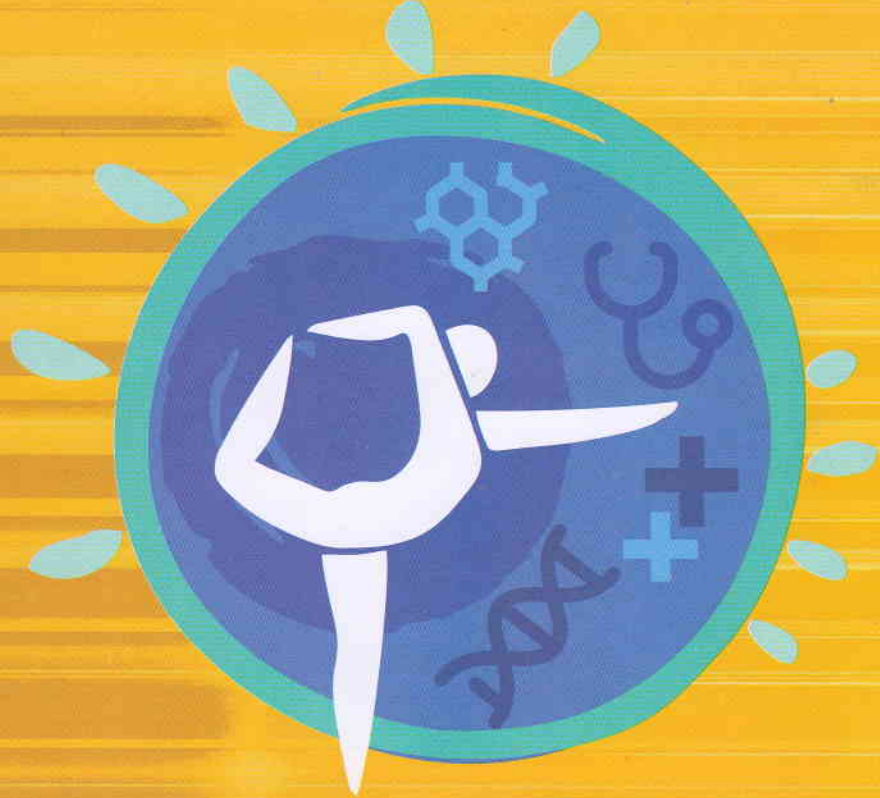


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Samyoga



Samyoga

Samyoga is one among the 10 Signature Events of the International Day of Yoga (IDY) 2025. It is a special effort to mark the occasion of completion of a decade of IDY observation, an initiative aimed at highlighting the translation of evidence-based yoga practices into contemporary healthcare systems.

Over the past decade, IDY has evolved into a transformative force, encouraging holistic health, mindfulness, and harmony across cultures and communities. To commemorate this decade-long journey, IDY 2025 will feature ten Signature Events amplifying the yoga narrative, each aiming to reach out to specific sections of the society.

One among them is **Samyoga**, covering discussions and experience-sharing regarding the adoption of yoga in conventional medicine as well as in systems like Ayurveda, Siddha, Unani, Homeopathy, Naturopathy and Sowa Rigpa.

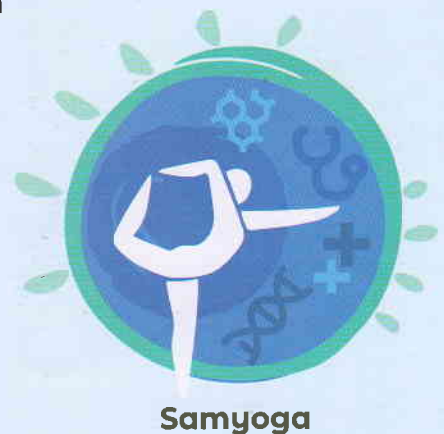
As part of Samyoga, one-day events will be organised with support from identified partners for cross-disciplinary collaboration among yoga and other contemporary systems of medicines. One of the key outcomes of Samyoga will be the creation of a repository of essential activities drawn from the event, contributed by experts from diverse medical fields for structured inclusion in public health initiatives. Success stories and best practices will be shared on national and international platforms.

The Main Samyoga Event - Overview:

The event which will be held in New Delhi is envisaged as a credible platform that presents yoga's impactful deployment in contemporary healthcare frameworks. It will serve to make yoga more accessible and impactful in contemporary healthcare frameworks.

Activities expected to be part of the event include:

- Keynote by eminent practitioners from conventional medicine on "Modern Medicine & Yoga: A Synergistic Approach"
- Panel discussions or knowledge sharing sessions by experts on best practices on inclusion of Yoga in modern medicine.
- Media coverage and engagement of dignitaries, amplifying the reach and significance of the initiative.



Satellite Events - Overview:

These events will broadly align with the framework outlined above for the main event, however the scale could be smaller. Some of them will be dedicated to showcasing the adoption of yoga in Ayush systems of healthcare.

Calling upon healthcare institutions including hospitals and research bodies to become organisers of Samyoga

Yoga is increasingly being used in the treatment of various disease conditions in hospitals across the country. If you are one such institution which supports the translation of evidence-based yoga practices into contemporary healthcare, we encourage you to organise a Samyoga event. This way, you can contribute to yoga achieving its full potential as a public health enabler. You may write to idy.coordination@gov.in to learn more about this opportunity.

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Yoga Maha Kumbh



Yoga Maha Kumbh

Yoga Maha Kumbh is one among the 10 Signature Events of the International Day of Yoga (IDY) 2025. It is a special effort to mark the occasion of completion of a decade of IDY observation, a week-long 'Festival of Yoga' aimed at bringing together hundreds of thousands of people in 10 different cities, in an unprecedented celebration of yoga.

Over the past decade, IDY has evolved into a transformative force, encouraging holistic health, mindfulness, and harmony across cultures and communities. To commemorate this decade-long journey, IDY 2025 will feature ten Signature Events amplifying the yoga narrative, each aiming to reach out to specific sections of the society.

One among them is Yoga Maha Kumbh, a showcasing of yoga in festival mode for the common person, in 10 different cities of the country. For each of the cities, the Ministry will partner with an organisation (CPSEs, SPSEs, PSUs etc) that can sponsor and organise the events.

Yoga Maha Kumbh will tentatively start on 15th of June and culminate on 21st of June, the International Day of Yoga. The celebrations will revolve around different themes. For instance, on three of the days, the themes would be Environment, Youth and Inclusiveness to converge with three of the Signature Events – Harit Yoga, Yoga Unplugged and Yoga Samavesh. Additionally, the IDY will be celebrated through a harmonized performance of the Common Yoga Protocol (CYP) on the last day i.e. 21st of June, 2025.

Objectives for Yoga Maha Kumbh

- ✦ Taking yoga closer to the people
- ✦ Creating a nationwide celebration of yoga, fostering a sense of unity and collective well-being
- ✦ Promote sustainable, mindful living and mental well-being.
- ✦ Reinforce India's global leadership in deploying yoga for public health and wellness.



Yoga Maha Kumbh

Sponsor a Yoga Maha Kumbh. Become a proud promoter of yoga.

Yoga Maha Kumbh is a unique opportunity for Corporate Bodies to contribute to a national event that promotes health, well-being, and social harmony. By collaborating with the Ministry of Ayush, corporations including PSUs can play a vital role in making Yoga Maha Kumbh a grand reality. You may write to idy.coordination@gov.in to learn more about this opportunity.

Yoga for One Earth, One Health

