



Research Unit
Press Information Bureau
Government of India

International Day of Yoga 2025

*Yoga for One Earth, One Health – India's Global Message of
Harmony and Well-being*

June 19, 2025

Key Takeaways

- **Theme 2025:** "Yoga for One Earth, One Health", aligning yoga with sustainability and global well-being.
- **Signature Events:** 10 targeted events like **Yoga Sangam**, **Yoga Bandhan**, **Harit Yoga**, **Yoga Samavesh**, and **Yoga Unplugged** for amplifying the narrative of yoga.
- **CYP at Scale:** 1 lakh+ locations across India will host synchronized **Common Yoga Protocol** sessions led by PM Narendra Modi from Visakhapatnam on June 21, 2025.
- **Countdown Campaigns & Awards:** Nationwide countdown events for 100, 75, 50, and 25 days are generating widespread enthusiasm for June 21, 2025, while the **PM Yoga Awards** will celebrate excellence in yoga globally.

International Day of Yoga (IDY)



Source: Ministry of AYUSH

An invaluable gift of ancient Indian tradition, **Yoga** has emerged as one of the most trusted means to **boost physical and mental well-being**. The word "Yoga" is derived from the **Sanskrit root 'yuj'** meaning "to join", "to yoke" or "to unite", symbolizing the **unity of mind and body; thought and action; restraint and fulfillment; harmony between human and nature**, and a holistic approach to health and well-being.

Recognizing its universal appeal, on **December 11, 2014**, the **United Nations** proclaimed **June 21** as the **International Day of Yoga** by resolution **69/131**. The draft resolution establishing the International Day of Yoga was proposed by **India** and was endorsed by a **record 175 member states**. Prime Minister Narendra Modi first introduced the proposal in his address during the opening of the **69th session** of the **General Assembly** on **September 27, 2014**. The date of **June 21** was chosen as it is the **Summer Solstice**,

the **longest day** of the year in the **Northern Hemisphere**. This day represents a **symbolic harmony** between nature and human wellness and is **important in many cultures**.

This ushered in an era of holistic health revolution, in which attention was given to prevention rather than cure. Since its **first edition** in **2015**, India has led the celebration globally under the aegis of the **Ministry of AYUSH**, with active support from **state governments**, **Indian missions abroad**, and **UN agencies**.

About the IDY Logo



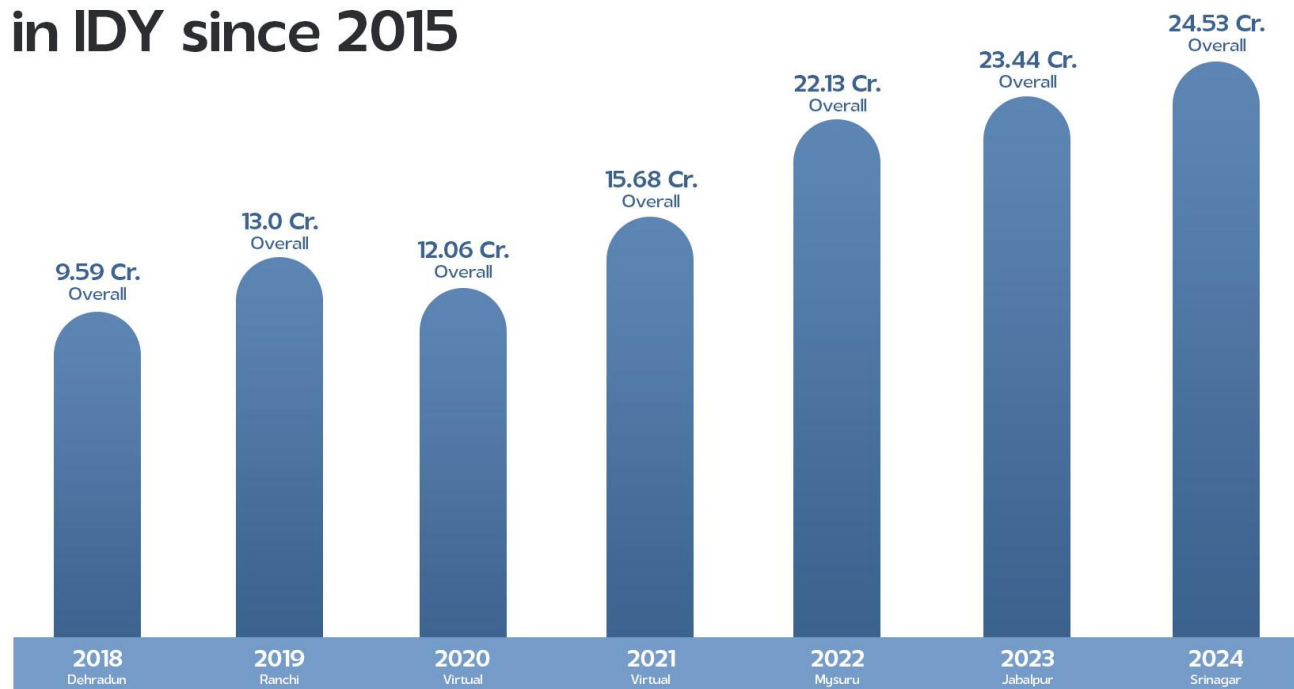
Folding of both hands in the logo symbolises Yoga, the union, which reflects the **union of individual consciousness with that of universal consciousness**, a **perfect harmony** between mind & body, man & nature; a holistic approach to health & well-being.

The brown leaves symbolise the **Earth** element, the green leaves symbolise the **Nature**, the blue symbolises the **Water** element, the brightness symbolises the **Fire** element, and the Sun symbolises the **source of energy** and **inspiration**. The logo reflects **harmony** and **peace** for **humanity**, which is the essence of Yoga.

Impact Over the Years

The journey of IDY has been nothing short of extraordinary. From a modest participation of **9.59 crore** individuals in **2018**, the celebration has grown exponentially. In **2024**, an estimated **24.53 crore** people joined celebrations worldwide, showcasing the event's massive global appeal. The IDY has become a global wellness movement, uniting millions across countries.

Increasing Public Participation in IDY since 2015



Source: PIB

Theme of IDY 2025

This year marks the **11th** International Day of Yoga, with the theme **"Yoga for One Earth, One Health."** This theme echoes a vital truth about the interconnectedness of health, sustainability, and the

environment—aligning with India's “One Earth, One Family, One Future” vision highlighted during its G20 presidency.

Signature Events for IDY 2025

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 narrative of yoga, each targeting specific segments of society.

Yoga Sangam

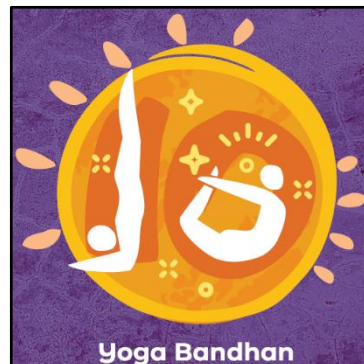


Yoga Sangam, the main IDY event, will orchestrate a synchronised mass yoga demonstration based on the **Common Yoga Protocol (CYP)** at **over 1 lakh** locations across India on June 21, 2025, from 6:30 AM to 7:45 AM. The national event will be led by the **Prime Minister at Visakhapatnam, Andhra Pradesh**. This collective celebration aims to reaffirm our shared commitment to the timeless practice of yoga and its enduring relevance in today's world. The **Common Yoga Protocol (CYP)** is a standardized yoga practice developed by the **Ministry of AYUSH, Government of India**, in consultation with leading yoga experts and institutions. It is designed for practice on the

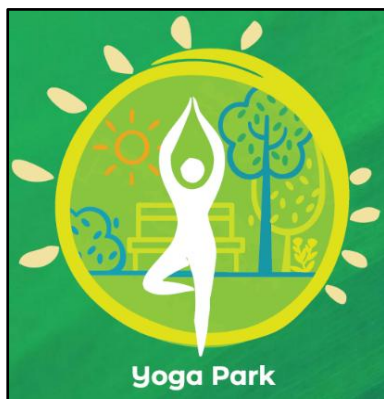
IDY and is suitable for people of all age groups and fitness levels. CYP videos and manuals are available in **22 Indian languages, 6 UN languages, and 9 other foreign languages**.

Yoga Bandhan

Yoga Bandhan is an international exchange program that promotes the practice of yoga through **collaboration with partner countries**. It involves the **mutual exchange of yoga practitioners and delegates** between India and other nations. The program includes **joint activities** between Indian yoga institutions and their international counterparts. For Indian delegates traveling abroad, the itinerary and activities—such as conducting yoga sessions in **educational institutions** and engaging in **discussions** with key yoga stakeholders—will be coordinated by **Indian Missions** in the host countries. Delegates from partner countries visiting India will participate in an **immersive yoga program**, which will culminate in the celebration of the International Day of Yoga on June 21, 2025.



Yoga Park



Yoga Park 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. 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.

Yoga Samavesh

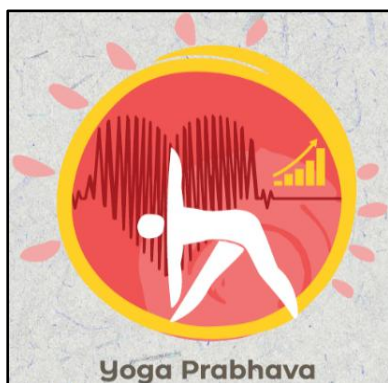
Yoga Samavesh is a program rooted in the principles of **inclusivity** and **accessibility**. It will focus on addressing the **unique needs** of select groups with special needs. To cater to these needs, **special yoga protocols** have been finalised, targeting areas/groups such as:

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

The core of **Yoga Samavesh** will comprise efforts to popularise these targeted yoga interventions for special groups.



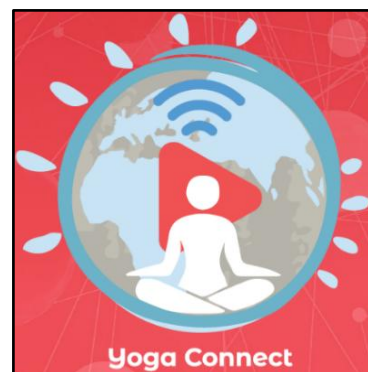
Yoga Prabhav



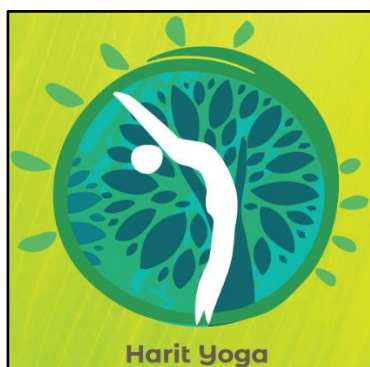
Yoga Prabhava is a rigorous research exercise that has systematically assessed the **decadal impact** of IDY from multiple perspectives. A decade of IDY observation, unbroken even during the COVID-19 pandemic, stands as a testament to India's leadership in deploying yoga to achieve public health outcomes. The findings of Yoga Prabhava have brought out its outcomes in concrete terms and will be serving as **strategic policy guidance**, shaping wellness initiatives and possibly **reinforcing preventive healthcare efforts**. The research findings were released at the Yoga Connect summit.

Yoga Connect

Yoga Connect was a **Global Yoga Summit** conducted in **hybrid format** on June 14, 2025, which saw participation from some of the **most reputed figures of yoga from around the world**. **Yoga Prabhav** was also released in this event, highlighting the assessment of the impact of a decade of IDY. **Yoga Connect** further aims to be a **vibrant, inclusive global platform** that promotes collaboration, cultural exchange, and holistic well-being. By fostering institutional partnerships and highlighting global trends, it aims to enhance public engagement with yoga and reinforce its relevance in modern, everyday life.



Harit Yoga



Harit Yoga seeks to use the medium of yoga to propagate the message of the **conservation of the 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**, and encouraging **sustainable lifestyles**. **Global participation** will be encouraged to inspire worldwide communities to join these environmentally conscious initiatives.

This initiative was launched on **April 7, 2025**.

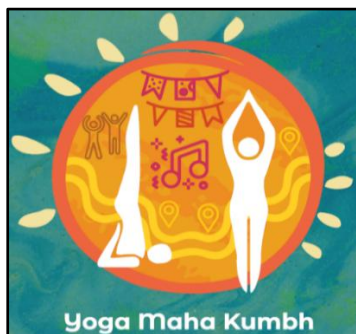
Yoga Unplugged

Yoga Unplugged is designed to encourage young people to incorporate yoga into their daily lives, promoting mindfulness, health, and overall 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. **Online activities** will include **quizzes, essay competitions, e-poster contests, photography contests, and various social media challenges**. **Offline events** will cover **workshops, talks, competitions, street art, etc.** **Yoga Unplugged Youth Festivals** will also be organised where **Yoga Fusion** would be an essential feature combining **traditional practices with modern music and movement** to make yoga more dynamic and accessible.



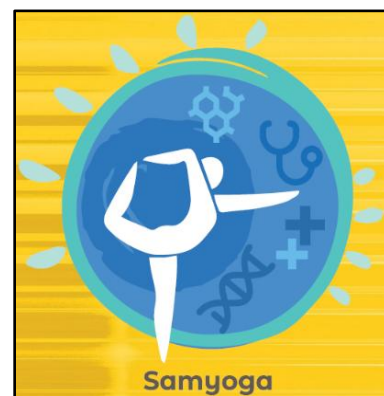
Yoga Mahakumbh



Yoga Maha Kumbh aims at presenting **yoga in a festive mode** for the common person in **10 different cities**. For each of these cities, the Ministry will partner with an organisation (CPSEs, SPSEs, PSUs etc.) that can sponsor and organise the events. **Yoga Maha Kumbh began on June 15** and will **culminate on June 21**. 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**.

Samyoga

Samyoga covers **discussions and experience-sharing** regarding the adoption of yoga in **conventional medicine** as well as in systems like **Ayurveda, Siddha, Unani, Homoeopathy, 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 medicine. 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.



National Countdown Campaigns

Some of the initiatives being undertaken by the Ministry of AYUSH to maximize participation in the observance of IDY 2025 are:

100 Day Countdown Event: Morarji Desai National Institute of Yoga (MDNIY) and Ministry of AYUSH organised Yoga Mahotsav 2025 - a curtain raiser to IDY 2025 on March 13, 2025, in New Delhi. This event formally marked the beginning of the journey towards the 11th edition of IDY.

75-Day Countdown Event: The 75th day countdown event took place on April 7, 2025, in Bhubaneswar. It saw enthusiastic participation from over 6,000 individuals. The event also marked the launch of the Harit Yoga initiative, with the distribution of over 5,000 medicinal plants.

50-Day Countdown Event: The 50th day countdown event took place in Maharashtra on May 2, 2025. It witnessed participation from more than 6,200 people. The event featured a mass Common Yoga Protocol (CYP) demonstration from 6:30 AM to 8:00 AM, in the presence of several dignitaries and yoga enthusiasts. The registration portal for Yoga Sangam was also launched during the event.

25-Day Countdown Event: The 25th day countdown event took place on May 27, 2025, in Pondicherry. Over 4,000 individuals attended it.

PM Yoga Awards 2025

- The PM Yoga Awards recognise excellence in promoting and practicing Yoga.
- **4 Awards:** 2 National and 2 International.
- Each winning individual and organisation receives **₹25 lakh**, a trophy, and a certificate.
- Applications for 2025 have been closed; winners will be announced on 21 June 2025.



Source: Ministry of AYUSH

Conclusion

The International Day of Yoga 2025 is not just a one-day observance—it reflects India's enduring commitment to holistic health, environmental harmony, and global well-being. With “Yoga for One Earth, One Health” as its guiding principle, India continues to lead the world in connecting physical fitness with mindful living.

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