



12th International Day of Yoga



News



The **12th International Day of Yoga (IDY)** was celebrated globally on **June 21, 2026**, under the official theme **"Yoga for Healthy Ageing"**.



About :

- **Main Venue:** The national celebration was led by Prime Minister Narendra Modi at the **historic Red Road in Kolkata, West Bengal**.
- **Nodal Ministry:** The **Ministry of Ayush** serves as the nodal agency coordinating the celebrations and policy implementation in India.



Key 2026 Initiatives:



- **Yoga Sangam Portal:** A digital platform that **allowed over 6 lakh organizations to synchronize and perform yoga simultaneously across the country**.



- **Yoga 365 Campaign:** Aimed at shifting public perspective from a **symbolic one-day annual celebration to daily lifestyle integration**.



- **Lonar Record:** During the 75-day countdown event (Yoga Mahotsav-2026) at Lonar Lake, Maharashtra, a **record was set in the Asia Book of Records for the largest collective performance of Trikonasana (Triangle Pose)**.

Background:



- **Prime Minister Narendra Modi proposed the idea at the UN General Assembly (UNGA) in September 2014.** UNGA Resolution 69/131 was adopted in December 2014 with a record 175 co-sponsoring nations.



- **UNESCO Recognition:** In **December 2016**, Yoga was inscribed on **UNESCO's Representative List of the Intangible Cultural Heritage of Humanity**.



- **Why June 21?:** The date marks the **Summer Solstice, the longest day of the year in the Northern Hemisphere**. In Indian mythology, this celestial transition is historically viewed as the **beginning of Yogic science (the transition of Adi Yogi to Adi Guru)**.



- **Philosophical Roots:** Yoga is one of the six orthodox (Astika) schools of Indian philosophy (Shad-Darshana). It was systematically **compiled by Maharishi Patanjali in the Yoga Sutras**, advocating the eight-fold path (Ashtanga Yoga).

