



Ministry of
Ayush
Government of India



The IDY Handbook

Reference for organizers of promotional activities for
International Day of Yoga (IDY) 2026





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Preface

2 1st June was recognized as the International Day of Yoga (IDY) by the United Nations General Assembly (UNGA) in December 2014 at the initiative of the Hon'ble Prime Minister of India. The IDY Resolution (Appendix 1 in Section J) moved by India secured unanimous consent and since 2015, IDY has been an occasion that is observed around the world with great enthusiasm and fervour.

The observance of IDY underscores the profound potential of yoga to enhance physical, mental, and emotional well-being. Beyond celebrating this ancient practice, IDY seeks to educate and inspire people worldwide to embrace its transformative benefits. Over the years, the celebration of Yoga through IDY has not only increased its popularity but also expanded its geographical presence, inspiring adoption in numerous new regions. The event has spurred significant advancements in the field of Yoga, including the creation of Yoga protocols for individuals of all ages, the development of specific protocols targeting lifestyle diseases, and research into yoga as a potential productivity-enhancing tool.

In India, the Ministry of Ayush (MoA) serves as the nodal agency for mobilizing efforts to observe IDY each year. However, the mission to promote awareness and adoption of yoga on a global scale requires collaborative efforts and can not have been achieved by working in isolation. Over the past eleven years of IDY observance, the partnerships formed by the Ministry with key stakeholders-including other Central Ministries, States/UTs, leading Yoga institutions, Yoga centers, independent practitioners, educational institutions, non-governmental organizations, and other civil society organizations-have been instrumental in successfully inspiring an ever-growing number of people to participate in IDY each year. These stakeholders made valuable contributions in promoting the spirit of participation in IDY on a wide scale, thus converting IDY into a mass movement for health and well-being.

The Handbook through standardization of activities will also help to strengthen collaborations among different stakeholders in organizing activities for IDY 2026. The reference material provided herein will enable the organizers to adopt a systematic approach, thus widening the net of potential participants and facilitating the inclusion of a larger number of stakeholders. The Handbook is structured to provide a background on IDY, its significance, past achievements and the importance of the Common Yoga Protocol (CYP). It will indicate how individuals and institutions can participate to make IDY a truly universal event. The Ministry has also included a list of publicly accessible digital resources that organizers can leverage, as well as suggestions for various activities that can be conducted by each.

As we step into another year of celebrating yoga on a global scale, MoA reaffirms its commitment to fostering a culture of well-being through this ancient practice. The success of IDY lies not only in its observance on June 21 but in its continued integration into daily life, encouraging individuals and communities worldwide to experience its transformative impact. We look forward to working alongside our partners to make IDY 2026 even more inclusive, impactful, and far-reaching, ensuring that the spirit of yoga resonates beyond borders and generations.

What is IDY and how is it observed?

Yoga is widely recognized for its health benefits and its ability to reduce stress. Acknowledging its global importance, the United Nations General Assembly (UNGA) declared June 21st as the International Day of Yoga (IDY) on December 11, 2014, through resolution 69/131. The proposal, introduced by India's Hon'ble Prime Minister Shri Narendra Modi during the 69th session of the UNGA, received support from 175 Member States. Highlighting the significance of Yoga, he stated, "Yoga is an invaluable gift from our ancient tradition. It embodies unity of mind and body, thought and action—a holistic approach that is valuable to our health and well-being. It's not just about exercise; Yoga is a way to discover a profound sense of oneness with yourself, the world, and nature."

Since 2015, IDY has been celebrated worldwide, with participation increasing each year. The event encourages people to adopt healthier habits, including practicing Yoga. Recognizing the importance of physical activity, the World Health Organization (WHO) has also urged nations to promote movement, as inactivity is one of the leading causes of death and a major risk factor for diseases such as heart disease, cancer, and diabetes.

The UN resolution on IDY encourages governments, organizations, and individuals to participate and spread awareness of Yoga's benefits. To maximize its impact, standard procedures have been established to make Yoga more accessible and ensure lasting engagement. Many individuals who learn the Common Yoga Protocol (CYP) during IDY have continued practicing even after the event, highlighting its long-term benefits.

In India, IDY is observed with a synchronized Yoga session based on the CYP, a structured 45-minute routine. The event typically runs from 7:00 a.m. to 8:00 a.m., with the CYP session from 7:00 a.m. to 7:45 a.m., followed by additional activities such as Yoga practices, speeches, or prayers for the remaining 15 minutes. The session is also broadcast on national television, allowing people across the country to participate together.

By celebrating IDY, millions worldwide embrace Yoga as a simple, cost-effective way to improve health and well-being, reinforcing its role in fostering a healthier global community.



What is the Common Yoga Protocol (CYP)?

The Common Yoga Protocol (CYP) is a structured 45-minute Yoga routine that serves as the core of International Day of Yoga (IDY) celebrations. Developed in 2015 by some of India's most esteemed Yoga gurus, it was designed to facilitate large-scale, synchronized Yoga demonstrations for IDY. The sequence consists of carefully chosen asanas, making it an ideal introduction for beginners while ensuring accessibility for people of all ages and backgrounds. Beyond promoting physical health, CYP also raises awareness about Yoga's benefits among the general public.

In just eleven years, CYP has become one of the most widely practiced introductory Yoga programs. Every year on June 21, the session is conducted in groups from 7:00 a.m. to 7:45 a.m., followed by an additional 15-minute customized segment, which may include Yoga practices, speeches, or prayers. This makes IDY a one-hour event from 7:00 a.m. to 8:00 a.m.

To ensure smooth participation in mass demonstrations, organizers encourage participants to familiarize themselves with CYP in advance. Ideally, learning CYP requires 15 hours of training (about one-hour per day), but even a 5-hour introduction allows individuals to take part. As a result, training sessions are an essential part of IDY preparations.

Experience over the past eleven years has shown that many who learn CYP for IDY continue practicing it regularly, making their participation in IDY the first step toward a long-term Yoga journey.



CYP English Booklet

The PDF versions of the CYP booklets are available in English and Hindi on MoA's Yoga Portal and can be accessed by scanning these QR Codes



CYP Hindi Booklet

Links for the CYP videos are available in this document, in IT Resources for Yoga.





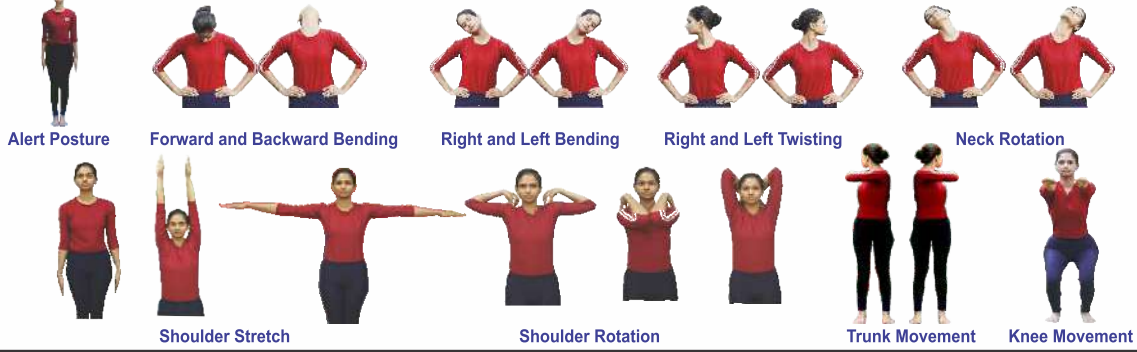
Common Yoga Protocol (CYP) 45 minutes



PRAYER : 1 Minute

ॐ Samgacchadhvam samvadadhvam, sam vo manāmsi jānatām
devā bhāgam yathā pūrve, sanjānānā upāsate ||

LOOSENING PRACTICES : 6 Minutes



YOGĀSANA : 25 Minutes



KRIYĀ, PRĀṆĀYĀMA, DHYĀNA, SANKALPA : 12 Minutes



Shanti Mantra : 1 Minute

ॐ Sarve Bhavantu Sukhinaḥ,
Sarve Santu Nirāmayāḥ
Sarve Bhadrāṇi Paśyantu,
Mā kaścit Duḥkha Bhāgbhavet
ॐ Śāntiḥ Śāntiḥ Śāntiḥ

Past International Day of Yoga (IDY) Celebrations

The first International Day of Yoga (IDY) was celebrated on June 21, 2015, with the Hon'ble Prime Minister of India leading the event in New Delhi. This historic occasion set two Guinness World Records—one for the largest Yoga session with 35,985 participants at a single venue and another for the highest number of nationalities (84) in a single Yoga session. The event was celebrated in 170 countries, including the USA, China, and Canada, marking the beginning of a worldwide movement. Since then, India's main IDY celebrations have been held in different cities: Chandigarh (2016), Lucknow (2017), Dehradun (2018), Ranchi (2019), Mysuru (2022), Jabalpur (India) and New York City (USA) in 2023, Srinagar in 2024 and Visakhapatnam in 2025. At each event, the Hon'ble Prime Minister of India led a mass Common Yoga Protocol (CYP) session, while thousands of similar Yoga demonstrations took place across the country.

In 2020 and 2021, due to the COVID-19 pandemic, mass gatherings were not possible. The celebrations shifted online with the themes "Yoga at Home, Yoga with Family" in 2020 and "Yoga for Wellness" in 2021. People across the world participated from their homes, and the Ministry of Ayush (MoA) provided digital resources through its Yoga Portal (yoga.ayush.gov.in) and social media platforms. In 2021, a trainer-led Yoga session was also telecast on DD National to ensure widespread participation.

The 8th edition of IDY in 2022 marked the return of physical events. With the theme "Yoga for Humanity," the celebrations focused on Yoga's role in promoting well-being, especially during and after the pandemic. The event saw over 22.13 crore participants, with a global outreach of 125 crore through various initiatives of the MoA and other stakeholders. The main event was held at Mysuru Palace (Karnataka), where over 15,000 people participated in the CYP session. Additionally, 87 Yoga and Ayush institutions and startups showcased their products at an exhibition in Dussehra Ground, Mysuru.

Another major initiative was the 'Guardian Ring of Yoga,' which followed the movement of the Sun from east to west, based on the concept "One Sun, One Earth." This program involved 79 countries and the United Nations Organization (UNO), with full support from Indian Missions. As IDY 2022 coincided with the celebration of 'Azadi ka Amrit Mahotsav' (AKAM), the Central Government observed the day at 75 heritage sites across India. Indian Missions abroad and leading Yoga institutions also participated with great enthusiasm, further strengthening the global presence of IDY.

IDY 2023 was celebrated with the theme "Yoga for Vasudhaiva Kutumbakam," aligning with India's G20 Presidency. The national event took place in Jabalpur, Madhya Pradesh, where the Honorable Vice President of India led a mass Yoga session with over 15,000 participants following the CYP. Meanwhile, the Hon'ble Prime Minister led the global celebrations from the UN Headquarters in New York, with representatives from 135 countries joining the event. A significant highlight of IDY 2023 was the 'Ocean Ring of Yoga,' where Indian Navy and merchant ships carried the message of peace across India's extended maritime neighborhood, covering over 35,000 km.

At the national level, the focus was on "Har Aangan Yoga," encouraging Yoga practice at the grassroots level through Panchayats, Anganwadis, and Ayush centers. Two Guinness World Records were set—one at the UN Headquarters and another in Surat, where 1.53 lakh people participated. Yoga demonstrations took place in extreme locations, from the Arctic to Antarctica, including India's research bases in Antarctica. The event also saw coordinated Yoga demonstrations by the Indian armed forces along the country's coastline and islands, forming the Yoga Bharatmala and Yoga Sagarmala. With over 23.44 crore participants globally and an outreach of 113 crore through various initiatives, (IDY) 2023 witnessed an overwhelming response.

IDY 2024 was celebrated worldwide with the theme "Yoga for Self and Society," highlighting Yoga's role in personal well-being and social harmony. In India, despite heavy rain, 7,000 yoga enthusiasts participated in the main event at the Sher-i-Kashmir International Convention Centre (SKICC) in Srinagar. A 45-minute Common Yoga Protocol session was broadcast across Doordarshan, reaching millions globally. Additionally, 20,000 people participated in Yoga sessions held across all 20 districts of Jammu and Kashmir.

A key highlight of (IDY) 2024 was the "Yoga for Space" initiative, supported by the Indian Space Research Organisation (ISRO), where scientists and officials across all ISRO centers, including the Gaganyaan project team, practiced yoga, showcasing its importance in high-performance environments. The event also promoted inclusivity with the launch of a Braille CYP book, making Yoga accessible to visually impaired individuals, and the release of the "Professor Ayushman" Comic Book, designed to introduce children to Yoga in an engaging way.

Several records were set, including a Guinness World Record for the Yoga Shapath Abhiyan in Uttar Pradesh, where 25.93 lakh individuals pledged their commitment to Yoga. A large-scale demonstration in Andhra Pradesh with 1,000 participants, including 600 differently-abled individuals was also held. The Central Council for Research in Yoga & Naturopathy (CCRYN), in collaboration with PGIMER, Chandigarh, received recognition from the Asia Book of Records for mobilizing the highest number of healthcare professionals practicing CYP. Overall, (IDY) 2024 saw an estimated participation of 24.53 crore people, further strengthening Yoga's global influence.

IDY 2025 marked a historic milestone as a decadal celebration, bringing together people across geographies to practice Yoga at scale. With over 13 lakh registrations and participation from more than 60 countries, it emerged as the largest and most inclusive yoga movement to date. The event on 21st June was led by Hon'ble Prime Minister Narendra Modi from Visakhapatnam, Andhra Pradesh, where he guided the CYP, setting the tone for synchronised celebrations worldwide. India also achieved two significant Guinness World Records in Visakhapatnam. The first being the largest gathering for a yoga session at a single venue: An impressive 302,000 (3.02 lakh) participants joined on June 21, 2025 and second record of the largest mass Surya Namaskar demonstration when 22,122 tribal students participated on June 20, 2025.

The programme was anchored by ten thoughtfully curated Signature Events – including:

- **Yoga Sangam:** The flagship event which was conducted at over 13,00,000 locations on the 21st of June, 2025, simultaneously with the national event in Visakhapatnam, Andhra Pradesh where the Hon'ble Prime Minister led the Common Yoga Protocol.
- **Yoga Bandhan:** An event involving the exchange of Yoga delegates with partner countries with the aim to foster institution-to-institution and people-to-people collaboration.
- **Harit Yoga:** An initiative to promote environmental sustainability practices (through tree plantations, cleanliness drives, and community-driven environmental efforts) alongside traditional Yoga.
- **Yoga Park:** A programme where existing public parks in various Panchayats, Municipalities and other institutions were upgraded with the support of local authorities.
- **Yoga Samavesh:** A programme grounded in inclusivity and accessibility that aimed to bring the benefits of Yoga to diverse and often underserved groups with ten specialized Yoga protocols.
- **Yoga Prabhava:** A comprehensive decadal impact assessment report (2015-2025) of IDY's observation on overall public health and social well-being in India.
- **Yoga Connect:** A Global Online Yoga Summit which brought together Yoga experts, policymakers, and health specialists from around the world and provided a global platform for idea exchange on the evolving landscape of Yoga and wellness.
- **Yoga Unplugged:** A dynamic initiative aimed at engaging youth in Yoga through interactive and modern approaches comprising a series of online and offline activities to promote participation.
- **Yoga Maha Kumbh:** A week-long 'festival of Yoga' which brought together thousands of people across cities.
- **Samyoga:** An initiative aimed at highlighting the translation of Yoga evidences into other contemporary and modern healthcare systems.

Together, they brought yoga closer to diverse communities, keeping the practice at the centre through strong on-ground execution. The theme Yoga for One Earth, One Health united these efforts. It reaffirmed Yoga's enduring role in connecting people, institutions, and nations, and in advancing a shared vision of holistic health, harmony, and sustainability.

IDY Over The Years

Year	Venue	Theme	Participants
2015	New Delhi	Yoga for Harmony and Peace	35,000+
2016	Chandigarh	Yoga for Self and Society	30,000+
2017	Lucknow, Uttar Pradesh	Yoga for Health	51,000+
2018	Dehradun, Uttarakhand	Yoga for Peace	60,000+
2019	Ranchi, Jharkhand	Yoga for Heart	18,000+
2020	Virtual	Yoga for Health - Yoga at Home	
2021	Virtual	Yoga for Wellness	
2022	Mysuru, Karnataka	Yoga for Humanity	15,000+
2023	Jabalpur, Madhya Pradesh & New York (USA)	Yoga for Vasudhaiva Kutumbakam	15,000+
2024	Srinagar, Jammu & Kashmir	Yoga for Self and Society	20,000+
2025	Visakhapatnam, Andhra Pradesh	Yoga for One Earth One Health	3,00,000+



Creating a buzz: Initiatives for IDY promotion by the Ministry of Ayush

Following are some of the initiatives being undertaken by MoA to maximize participation in the observance of IDY 2026:

Countdown Events leading up to the International Day of Yoga on 21st June, 2026.

1. **100 Day Countdown Event:** The curtain raiser event marking the official commencement of nationwide preparations for IDY 2026 was held at Vigyan Bhawan, New Delhi, on March 13, 2026. At the event, the Hon'ble Minister of State (I/C) Ayush, Shri Prataprao Jadhav, launched key initiatives including: “10 Yoga Protocols for Non-Communicable Diseases (NCDs) and Target Groups,” and “Yoga for Air Travel”. Additionally, under the Yoga 365 Campaign of the Ministry of Ayush, MDNIY exchanged a Memorandum of Understanding with Habuild to provide free daily online Yoga sessions to promote year-round Yoga practice.



2. **75 Day Countdown Event:** MDNIY, Ministry of Ayush, organised Yoga Mahotsav–2026 at Chhatrapati Shri Shivaji Maharaj Udyan, Lonar, district Buldhana, Maharashtra on 7th April, 2026. The event marked a significant milestone as it entered the Asia Book of Records for the largest gathering performing Trikonasana. Nearly 5,000 participants assembled at dawn to perform the Common Yoga Protocol (CYP) which was led by Prof. (Dr.) Kashinath Samagandi, Director, MDNIY, transforming the historic town of Lonar into a vibrant centre of collective wellness. The event also showcased several flagship initiatives of the Ministry of Ayush and marked 75 days to the 12th IDY 2026.



3. **50 Day Countdown Event:** The event was held at Kanha Shanti Vanam, Hyderabad, on 2nd May 2026 in the lead up to IDY 2026 celebrations, marking 50 days to IDY 2026. The event was graced by the Hon'ble Minister of State (I/C) Ayush and other senior dignitaries. The event marked a significant milestone as it entered the Asia Book of Records for the largest gathering performing ‘Bhujangasana’ with 5000+ participants.
4. **25 Day Countdown Event:** The event will take place at the Khajuraho Group of Monuments, a UNESCO World Heritage Site in Madhya Pradesh, India.

Yoga 365

Yoga 365 is an initiative by the Ministry of Ayush that aims to transform Yoga from a symbolic annual event into a sustained national discipline, one that is practiced daily. It envisions Yoga as a lifestyle, and creates a structured pathway for individuals, institutions, and communities to engage with it meaningfully throughout the year.

By encouraging regular public participation, strengthening institutional adoption, and leveraging digital infrastructure, Yoga 365 seeks to make wellness accessible, inclusive, and habitual. It addresses rising concerns around lifestyle-related diseases and mental health and also positions Yoga as a cost-effective, scalable solution within India's broader preventive healthcare strategy.

As part of Yoga 365, the Ministry of Ayush, in collaboration with Habuild, is offering a 100-day free online Yoga programme comprising daily guided sessions. The sessions are designed to be beginner-friendly, short in duration, and easy to incorporate into daily routines, making them suitable for a wide range of participants, regardless of age, background, or location.

Beyond digital sessions, Yoga 365 will serve as an umbrella campaign that connects multiple Yoga-related initiatives of the Ministry of Ayush. This will include collaborations with institutions, corporate organisations, community groups and educational networks to expand daily practice opportunities. Initiatives such as Y-Break for corporate employees, the Common Yoga Protocol (CYP) for the general public, and therapeutic Yoga protocols for disease management illustrate how Yoga can support workplace well-being, daily fitness and preventive healthcare. Together, these efforts reflect the broader vision of making Yoga a practical tool for improving health and balance in daily life.



Prime Minister's Awards for Yoga 2026

The Ministry of Ayush (MoA) organizes the Prime Minister's Awards to recognize outstanding contributions to the promotion and development of Yoga. These awards were hosted on the Government of India's MyGov platform <https://innovateindia.mygov.in/pm-yoga-awards/>

There are two national-level awards for individuals or organizations of Indian origin and two international-level awards for those of Indian or foreign origin. Applicants or nominees must have significant experience and a deep understanding of Yoga. They can either apply directly or be nominated by a recognized Yoga organization. However, each applicant can apply for only one category (either national or international) in a given year.

The nomination process began on 21.02.2026 with the submission deadline being 5.04.2026. The selection follows a structured process led by two committees- the Screening Committee and the Evaluation Committee, both set up by the Ministry of Ayush. These committees review and finalize the award recipients based on specific criteria.

The winners will receive a trophy, a certificate, and a cash prize of INR 25 lakhs.



PM Yoga Award recipients being felicitated at the 2nd WHO Global Summit on Traditional Medicine

How can you participate in the global IDY Movement?

The International Day of Yoga (IDY) is a global celebration of India's rich cultural heritage and the universal benefits of Yoga. Individuals and organizations from all sectors are encouraged to actively participate in IDY 2026. Whether you are a citizen, yoga professional, government department, private enterprise, public sector undertaking (PSU), educational institution, or part of civil society—your involvement can make a meaningful impact. The Ministry of Ayush (MoA) looks forward to collaborating with you and facilitating your efforts.

The following initiatives can be undertaken by various stakeholders on IDY– 21st June 2026, or in the lead-up to the event:

1. Citizens

Yoga is an invaluable ancient Indian practice that promotes both physical and mental well-being. In the aftermath of the COVID-19 pandemic, its benefits—particularly for immunity, stress relief, and overall health—have become even more relevant. Citizens can actively participate in the IDY 2026 through the following activities:

- **Join the Common Yoga Protocol (CYP) Demonstration:** Participate in the nationwide CYP session on June 21, 2026, at 7:00 AM. You can join a local gathering, watch the national broadcast of the live celebration, or follow a CYP video for guidance (refer to IT Resources for Yoga).
- **Prepare in Advance:** If you are new to Yoga, consider undergoing CYP training before IDY. Training videos are available on the Ministry of Ayush's Yoga Portal (yoga.ayush.gov.in), the MDNIY website (yogamdniy.nic.in), and their social media platforms. These videos will also be aired on TV and radio in the days leading up to IDY.
- **Access Multilingual Resources:** CYP instructional videos are available in multiple languages on YouTube and other digital platforms (see IT Resources for Yoga).
- **Participate in the Habuild Programme:** A nationwide initiative where participants can join easily by giving a missed call on the toll-free number (1800-315-7008) and follow guided sessions from home.

2. Yoga Professionals

The International Day of Yoga (IDY) is an opportunity for Yoga professionals to promote the benefits of regular Yoga practice and contribute to a national movement for health and wellness. Here are some ways to actively engage and inspire public participation:

- **Lead CYP Training Programs:** Organize face-to-face or online training sessions for the public well in advance to ensure they are prepared for IDY on June 21, 2026 (see IT Resources for Yoga).
- **Host Yoga-Related Events:** Conduct workshops, online lectures, and interactive sessions with Yoga experts to encourage participation, ideally starting at least three weeks before IDY.
- **Promote Awareness:** Use innovative methods to familiarize people with the Common Yoga Protocol (CYP) and encourage them to adopt Yoga in daily life.
- **Conduct Online Training Programs:** Organize 15-day CYP training sessions (one hour per day) and encourage friends and acquaintances to participate.

- **Utilize Social Media:** Share information about free IDY resources, events, and the Common Yoga Protocol through social media, tagging the Ministry to maximize reach.
- **Engage in Competitions & Awards:** Participate in contests on the MyGov platform.

3. Central Ministries/Departments and State/UT Administrations

IDY 2026 provides an opportunity for Central Ministries, Departments, and State/UT Administrations to promote the long-term health and well-being benefits of Yoga. They can engage individuals and institutions through the following initiatives:

IDY related activities:

- **Issue Internal Guidelines:** Circulate official directives outlining the significance of IDY and its observance.
- **Utilize Social Media:** Share IDY updates and resources from MoA's social media platforms (see IT Resources for Yoga) on official handles.
- **Website Integration:** Display the IDY logo and upload guidelines and digital resources on official websites.
- **Promote CYP Awareness:** Encourage staff participation in Common Yoga Protocol (CYP) training, utilizing digital and virtual training sessions from Morarji Desai National Institute of Yoga (see IT Resources for Yoga).
- **Circulate IDY Resources:** Distribute materials and links to Departments, employees, and partners for wider outreach, encouraging family participation.
- **Organize Yoga Events:** Conduct workshops, lectures, and training sessions with Yoga experts, starting at least three weeks before IDY 2026.
- **Encourage Participation in IDY Competitions:** Motivate employees to engage in contests on the MyGov platform.
- **Distribute Yoga Essentials:** Provide Yoga attire, mats, and other IDY-branded items to employees to encourage participation.
- **Collaborate with NGOs:** Organize CYP workshops in partnership with NGOs and Yoga experts.
- **Plan Long-Term Yoga Initiatives:** Extend Yoga-related activities beyond June 21, 2026, ensuring a sustained impact.

4. Yoga Organizations and NGOs

Yoga Organizations and NGOs, driven by their commitment to wellness, can play a crucial role in making IDY 2024 a national movement. Here are key ways to contribute:

- **Circulate internal communication** about the significance of IDY 2026, along with details on how members, staff, or volunteers can participate or contribute to the observance
- **Engage Through Social Media:** Disseminate IDY updates using MoA's social media resources (see IT Resources for Yoga).
- **Website Integration:** Display the IDY logo and upload guidelines and digital resources on organizational websites.

- **Promote CYP Training:** Conduct 15-day online CYP training programs (one hour daily) and ensure maximum participation.
- **Circulate IDY Resources:** Distribute digital materials and links to employees and partners for wider awareness.
- **Encourage Participation in IDY Activities:** Motivate employees to engage in contests on MyGov (Visit MyGov).
- **Distribute Yoga Essentials:** Provide Yoga attire, mats, and IDY-branded items to staff to encourage practice.
- **Publish IDY-Themed Content:** Feature articles on Yoga and IDY in newsletters, bulletins, or magazines.

5. Private Companies and PSUs

Private companies and PSUs can actively promote the benefits of Yoga among employees and the public through the following initiatives:

- **Circulate internal communication** about the significance of IDY 2026, along with details on how staff and volunteers can participate or contribute to the observance
- **Maximize Social Media:** Disseminate IDY updates using MoA's social media resources (see IT Resources for Yoga).
- **Website Integration:** Display the IDY logo and upload guidelines and digital resources on organizational websites.
- **Promote CYP Training:** Conduct 15-day online CYP training programs (one hour daily) and ensure maximum participation (CYP links in IT Resources for Yoga).
- **Circulate IDY Resources:** Distribute digital materials and links to employees and partners for wider awareness.
- **Encourage Participation in IDY Activities:** Motivate employees to engage in contests on MyGov.
- **Distribute Yoga Essentials:** Provide Yoga attire, mats, and IDY-branded items to staff to encourage practice.
- **Publish IDY-Themed Content:** Feature articles on Yoga and IDY in newsletters, bulletins, or magazines.
- **Host Online Competitions:** Organize Yoga-themed quizzes, essay contests, and other activities to engage employees and the younger generation.
- **Y-Break Protocol:** Private companies can participate by adopting Y-Break, a short workplace yoga protocol designed to reduce stress and improve focus. It can be practised at offices during working hours in just a few minutes without special infrastructure.

6. Schools, Colleges, and Universities

Educational institutions can actively promote the benefits of Yoga among students, faculty, and staff through the following initiatives:

- **Circulate internal communication** about the significance of IDY 2026, along with details on how volunteers can participate or contribute to the observance.

- **Leverage Social Media** to disseminate IDY related updates on MoA's social media resources (see IT Resources for Yoga)
- **Website Integration:** Display the IDY logo and upload guidelines and digital resources on institutional websites.
- **Promote CYP Training:** Conduct 15-day online CYP training programs (one hour daily) and ensure maximum participation.
- **Circulate IDY Resources:** Distribute digital materials and links to departments, employees, and students for wider awareness.
- **Organize Yoga Events:** Host workshops, lectures, and training sessions with Yoga experts, starting at least three weeks before IDY 2026.
- **Encourage Participation in IDY Activities:** Motivate students and staff to engage in contests on MyGov (Visit MyGov).
- **Distribute Yoga Essentials:** Provide Yoga attire, mats, and IDY-branded items to encourage practice.
- **Publish IDY-Themed Content:** Feature articles on Yoga and IDY in newsletters, bulletins, or magazines.
- **Host Online Competitions:** Organize Yoga-themed quizzes, essay contests, and other activities to engage students and faculty.
- **Collaborate with NGOs:** Conduct CYP workshops with Yoga experts and community organizations.
- **Encourage Local Participation:** Adapt activities based on local circumstances to maximize engagement in IDY 2026.

7. Gram Panchayats, Municipal Corporations, Housing Societies, and Other Civil Society Bodies

Local governing bodies and community organizations can promote the benefits of Yoga through the following initiatives:

- **Promote Common Yoga Protocol (CYP):** Conduct 15-day online CYP training sessions (one hour daily) and ensure widespread participation.
- **Disseminate Digital Resources:** Share Yoga-related materials and links (available in IT Resources for Yoga) with citizens via WhatsApp groups and other platforms.
- **Organize Yoga Events:** Host workshops, lectures, and training programs led by Yoga experts, starting three weeks before IDY 2026.
- **Encourage Participation in IDY Activities:** Motivate residents to engage in MyGov contests (Visit MyGov).
- **Collaborate with NGOs:** Arrange CYP workshops with Yoga experts and community organizations.



Auxiliary Initiatives

100 Days, 100 Cities, and 100 Organizations

From March 13 to June 21, 2026, MDNIY launched a global campaign—100 Days, 100 Cities, 100 Organizations—to celebrate International Day of Yoga (IDY). The initiative aimed to promote yoga nationwide, encouraging its integration into daily life for improved health and well-being.



10 Yoga Protocols for Non-Communicable Diseases (NCDs) and Target Groups

The Ministry of Ayush has launched 10 targeted Yoga Protocols for NCDs and Target groups. These protocols have been developed by the WHO Collaborating Centre for Traditional Medicine at Morarji Desai National Institute of Yoga (MDNIY) for the following specialised groups Diabetes Mellitus, Hypertension, Bronchial Asthma, Children (3–6 years), Adolescents, Senior Citizen, Women (12–35 years), Pregnant Women, Substance Abuse (Drug De-addiction), and Mental Health. The initiative aims to popularise condition and group specific Yoga practices through clearly defined protocols, ensuring accessibility, safety and inclusivity for diverse population groups, while supporting preventive and promotive healthcare.



Yoga for Air Travel

Yoga for Air Travel is a thoughtfully designed 5-minute in-flight wellness protocol which was launched during Yoga Mahotsav 2026 by Shri Prataprao Jadhav, Hon'ble Union Minister of State (Independent Charge) for Ayush. This innovative initiative brings the timeless knowledge of Yoga into the cabin, transforming your seat into a space for rejuvenation. Developed by MDNIY, the protocol is tailored for today's frequent flyers—offering a quick, safe, and effective way to stay refreshed mid-air. Integrating Yoga into daily routines even in constrained environments like flights can significantly improve circulation, reduce stress, and support overall well-being.



Memorandum of Understanding with Habuild

An MoU was exchanged between MDNIY, Ministry of Ayush, and Habuild Health Tech Pvt. Ltd. to leverage digital innovation for expanding the reach of Yoga through the concept of “360° Yoga”, aimed at taking structured Yoga practices to every household. This collaboration seeks to encourage widespread participation and support the adoption of Yoga as a part of daily life through accessible, technology-enabled platforms.

The initiative aligns with the Ministry of Ayush's Yoga 365 campaign, which aims to promote Yoga as a year-round national movement for health and well-being, reinforcing sustained practice and holistic wellness among citizens.



MyGov Events

As part of the activities leading up to IDY 2026, multiple citizen engagement initiatives were launched on the MyGov platform to encourage widespread participation and creativity. These included campaigns to suggest the theme for IDY 2026, Yoga – My Pride 2026 Photography Contest, IDY 2026 Quiz, E-Poster Competition, Yog Geet (Jingle) Competition and Reel Contest. Together, these activities aim to raise awareness, promote knowledge and deepen public engagement with Yoga.





IT Resources for Yoga

CYP Videos (Hindi, English and 21 Regional Languages)

S. No.	IDY Videos – Common Yoga Protocol	
1	Common Yoga Protocol - Hindi	
2	Common Yoga Protocol- English	
3	Common Yoga Protocol- Manipuri	
4	Common Yoga Protocol-Kannada	
5	Common Yoga Protocol- Sanskrit	
6	Common Yoga Protocol-Marathi	
7	Common Yoga Protocol- Malayalam	



8	Common Yoga Protocol-Bengali	
9	Common Yoga Protocol- Kashmiri	
10	Common Yoga Protocol-Tamil	
11	Common Yoga Protocol-Urdu	
12	Common Yoga Protocol-Telugu	
13	Common Yoga Protocol-Assamese	
14	Common Yoga Protocol-Punjabi	
15	Common Yoga Protocol-Oriya	



16	Common Yoga Protocol-Gujarati	
17	Common Yoga Protocol-Nepali	
18	Common Yoga Protocol-Sindhi	
19	Common Yoga Protocol-Santali	
20	Common Yoga Protocol-Konkani	
21	Common Yoga Protocol-Dogri	
22	Common Yoga Protocol-Bodo	
23	Common Yoga Protocol-Maithili	

Links of MoA and MDNIY Websites, Social Media Platforms, and Institutions

S. No.	Ministry of Ayush/Institutes	Website Links
1.	Ministry of Ayush Website	www.ayush.gov.in
2.	Yoga Portal – Ministry of Ayush	https://yoga.ayush.gov.in/
3.	Ministry of Ayush – YouTube Channel	https://www.youtube.com/channel/UCqRR2gs-I3zrNcE4so4TpgQ
4.	Ministry of Ayush – Facebook Page	https://www.facebook.com/moayush/
5.	Ministry of Ayush – X	https://x.com/moayush
6.	Ministry of Ayush – Instagram	https://www.instagram.com/ministryofayush/
7.	Morarji Desai National Institute of Yoga (MDNIY) - Website	http://www.yogamdniy.nic.in/
8.	MDNIY-YouTube	https://www.youtube.com/@mdniyyoga
9.	MDNIY-Facebook	https://www.facebook.com/mdniyayush
10.	MDNIY- Instagram	https://www.instagram.com/mdniyyoga/
11.	MDNIY- X	https://x.com/mdniy
12.	Central Council for Research in Yoga & Naturopathy (CCRYN)	https://naturopathyday.in/index.php
13.	National Institute of Naturopathy (NIN), Pune	https://punenin.org/

IDY Infographics and Creatives

A consolidated drive has been created where various infographics and creatives are being uploaded regularly. These can be used by the IDY organizers for event publicity on their respective websites and social media platforms. Link to drive <https://drive.google.com/drive/folders/1NYzG4-psVuhivuOB8wNQhnzzebuxi9qY>



Appendices (Appendix 1: UN Resolution on IDY)

Resolution adopted by the General Assembly on 11 December 2014 [without reference to a Main Committee (A/69/L.17 and Add.1)] 69/131. International Day of Yoga

The General Assembly,

Recalling its resolutions 66/2 of 19 September 2011 on the Political Declaration of the High-level Meeting of the General Assembly on the Prevention and Control of Non-communicable Diseases and 68/98 of 11 December 2013 on global health and foreign policy,

Reaffirming General Assembly resolutions 53/199 of 15 December 1998 and 61/185 of 20 December 2006 on the proclamation of international years, and Economic and Social Council resolution 1980/67 of 25 July 1980 on international years and anniversaries,

Noting the importance of individuals and populations making healthier choices and following lifestyle patterns that foster good health,

Underscoring the fact that global health is a long-term development objective that requires closer international cooperation through the exchange of best practices aimed at building better individual lifestyles devoid of excesses of all kinds,

Recognizing that Yoga provides a holistic approach to health and well-being, recognizing also that wider dissemination of information about the benefits of practicing Yoga would be beneficial for the health of the world population,

1. Decides to proclaim 21 June as the International Day of Yoga;
2. Invites all Member and observer States, the Organizations of the United Nations system, and other international and regional Organizations, as well as civil Society, including non-governmental Organizations and individuals, to observe the International Day of Yoga, in an appropriate manner and in accordance with national priorities, in order to raise awareness of the benefits of practicing Yoga;
3. Stresses that the cost of all activities that may arise from the implementation of the present resolution should be met from voluntary contributions;
4. Requests the Secretary-General to bring the present resolution to the attention of all Member and observer States and the Organizations of the United Nations system.

The PDF version of this resolution is available on UN's webpage on IDY and can easily be downloaded from here <http://undocs.org/A/RES/69/131>



Appendix 2: DoPT Y Break O.M.

F.No. 11012/2/2014-Welfare
Government of India
Ministry of Personnel, Public Grievances and Pensions
Department of Personnel and Training
Welfare Division

Room No.385, 3rd Floor
Lok Nayak Bhawan, Khan Market, New Delhi
Dated 02nd September, 2021

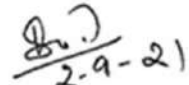
OFFICE MEMORANDUM

Subject :Introduction of short duration protocol Yoga break (Y-Break) for people at work place -regarding

Ministry of AYUSH informed that they have designed & developed Five Minutes duration Yoga Protocol, named Y-Break for work place by an Expert Committee in the year 2019 and the module was launched in January, 2020 on Pilot Project basis in 6 major Metro cities (Delhi, Mumbai, Chennai, Bangaluru, Hyderabad and Kolkata) with the help of various stakeholders. Feedback of the same was very encouraging.

2. Consequent to above success, Ministry of Ayush developed an android based application Y Break and the same was made available recently in Google Play Store for access by public. A campaign was launched to spread awareness of the same to provide access & usage of Y-Break Protocol/App among people at work places with a view to refresh, de-stress and refocuses them with enhanced efficiency and productivity at workplaces.

3. In order to spread awareness about access & usage of Y-Break Protocol/App among workforce for all sectors (Public/Private), all Ministries/Departments of Government of India are requested to promote the usage of Y-Break Protocol among the employees and accordingly issue necessary directions/guidelines for all employees including employees of attached and subordinate offices to download the android based application namely Y-Break from Google Play Store.


(VanitaSood)

Deputy Secretary & Chief Welfare Officer

To

All Ministries/Departments (Through DoPT's website.)



सत्यमेव जयते

Ministry of Ayush

Government of India

🌐 www.ayush.gov.in