



Government of India
Ministry of Ayush



Yoga

Bandhan



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

