



Government of India
Ministry of Ayush



Harit योग



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.



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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

