

17-23 March, 2025

IDY 2025

International Day of Yoga
NEWSLETTER



Yoga Quote

“ Let us gear up and celebrate this ancient practice that enhances our mental and physical well-being. Let us create a healthier and happier society ”

Shri Narendra Modi
Prime Minister



Yoga, a foundational influence in the life journey of PM Narendra Modi

Take-aways from the Lex Fridman podcast

The Lex Fridman podcast on Prime Minister Narendra Modi which has become a global media sensation in a short time explores the latter's life-journey and leadership philosophy. It seeks the human behind the politician. A standout revelation from the podcast was Prime Minister Modi's deep connection to Yoga and Indian traditions.

Here are some highlights of that connection, as gathered from the podcast:

Fasting and Tradition: Prime Minister Modi highlights fasting as a key yogic tradition. He prepares with Yogic and Ayurvedic

practices, emphasizing the role of fasting in elevating the body, mind, and soul.

Yoga as Preparation: He views Yoga as more than exercise; it's a holistic practice vital for well-being. He credits yoga even for his ability to fast.

Meditation in the Himalayas: He shares experiences from his time in the Himalayas, practicing techniques of Yoga and meditation. This experience, he says, "strengthened me from within," illustrating meditation's impact on his inner growth.

Discipline and Focus: PM Narendra Modi's conversation reflects a commitment to discipline and inner strength—qualities honed through yoga. He attributes his work ethic to the motivation from others, but his stamina likely stems from his many years of yoga and meditation practices.

Mindfulness in Meditation: He describes meditation as "Dhyan," or being present. This aligns with yoga's goal of quieting the mind and fostering mindfulness, emphasizing his practical understanding of meditation.

Service and Spirituality: PM Modi's focus on duty and service connects to Yoga's philosophy of selfless action and higher purpose. His engagement with yogic practices indicates a profound integration of these principles into his life.

In short, the podcast reveals how yoga has been a foundational influence in the Prime Minister's personal journey.



Inside



The acceptance of Yoga is now visible in households nationwide.

- Sh. Prataprao Jadhav
Minister of State (I/C),
Ministry of Ayush, Govt. of India

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"The acceptance of Yoga is now visible in households nationwide"

Shri Prataprao Jadhav
Minister of State (I/C), Ministry of Ayush



Yoga Mahotsav 2025 marked the beginning of a 100-day countdown to International Day of Yoga (IDY) 2025. The event was inaugurated by Shri Prataprao Jadhav, Minister of State (I/C), Ministry of Ayush. He released the IDY-2025 Handbook Version 1.0, which provides guidance for IDY event organisers and Yoga enthusiasts worldwide.

Shri Jadhav announced the ten Signature Events of IDY-2025, which mark the special occasion of the 10th anniversary of IDY observation. He said these Events would make this year's celebrations bigger and more inclusive. He highlighted Yoga's importance in today's

world and stated, "Today, we are all affected in some way by lifestyle changes and related disorders. Yoga can play an effective role in managing these issues."

The minister also spoke about Yoga's role in managing obesity and improving health. He said, "Yoga offers a holistic approach by promoting physical fitness, mental well-being, and a balanced lifestyle." He further added, "From the past 10 years, under the visionary leadership of the Prime Minister Shri Narendra Modi, we have celebrated this day as a grand festival. Yoga is not just a way of life but also a powerful means to maintain mental and physical well-being. Its unparalleled strength guided millions across the world to stay healthy and resilient during the challenging days of the COVID-19 lockdown."

Yoga has united people across the country in the pursuit of health and inner peace. The minister said that Yoga is now a part of daily life in numerous homes.

Shri Jadhav emphasised the need to make Yoga a mass movement. He encouraged people of all ages to practise Yoga regularly. He stressed that it can improve health, reduce stress, and boost productivity. Schools, workplaces, and communities should actively promote Yoga.

With Yoga Mahotsav 2025, India is once again leading the way in promoting Yoga as a way of life. This event is a prelude to International Day of Yoga, a global movement towards better health and well-being. The goal is to inspire millions to embrace Yoga and experience its life-changing benefits.

PM Yoga Awards 2025: honouring contributions to Yoga

The Government of India has invited nominations for the prestigious Prime Minister's Awards for Yoga 2025 to recognise individuals and organisations that have made significant contributions to the promotion and development of Yoga. The awards aim to honour those who have played a major role in spreading the message of Yoga globally and making a positive impact on people's health and well-being. Yoga practitioners, researchers, institutions, and organisations dedicated to Yoga education and therapy are being encouraged to apply. Last date for submission of application is March 31, 2025. For submission of application and more information, please visit the Innovate India website.



A silent champion of Yoga

Among the many Yoga experts guiding people toward a healthier life, Shri Bal Mukund stands out as a pioneer of classical Yoga. His teachings combine traditional wisdom with modern approaches, making Yoga accessible to all.

“Yoga is not just about Fitness; it's about Rejuvenation,” he is known to repeat.

A seasoned Yogi, Shri Bal Mukund, has dedicated his life to the practice and teaching of Yoga. In his early years, he met many Siddha Yogis. Inspired by Devraha Baba, he pursued rigorous Yoga training. In Allahabad, he learned Shatkarma from Handia Baba. In Nepal, he learnt Siddhis under Sundar Baba in Muktinath.

His journey into Yoga took an unexpected turn, when while working as a Laboratory Assistant in an opium factory in Ghazipur, Uttar Pradesh, he developed Eosinophilia. Seeking relief, he consulted Swami Dharendra Brahmachari. Not only did Yoga help him recover, but the episode also left a deep imprint in him. Under Swami Ji's guidance, he went on to master advanced Yogic techniques like Khechari, Vajroli, and Basti.

Thanks to the expertise he developed, he became an Assistant Research Officer in Yoga at Morarji Desai National Institute of Yoga (MDNIY). His dedication and skill brought him national and international recognition. In 1993, he won the first championship of the Indian Yoga Association in Pondicherry. He later won 12 more National Yoga Championships.



Shri Bal Mukund
Yoga Expert

With deep mastery of Traditional Yoga, he was deputed to promote and propagate Yoga to over 45 countries. He trained Yoga enthusiasts in cities like Prague, Durban, and Cape Town. Under the Department of Indian System of Medicine (before the formation of the Ayush Ministry), he traveled to the countries, including Switzerland, Brazil, Czech Republic, France, Italy, China, and the United Arab Emirates, spreading the practice of Yoga. He continues to actively train NSG Commandos and dignitaries like central ministers. His life's work serves as a shining example of Yoga's potential to uplift humanity.

Speakers at Yoga Mahotsav 2025



One invaluable and sustainable asset that India is sharing with the world is Yoga. With the Hon'ble Prime Minister's unwavering efforts, Yoga has transcended borders, evolving into a global phenomenon and a subject of immense international interest.

- **Dr. D. Veerendra Heggade**

Dharmadhikari, Sri Kshetra Dharmasthala & Hon'ble Member of Parliament (RS)



India has become the diabetes capital of the world. Research studies supported by the Ministry of Ayush are underway to explore ways to reduce diabetes, achieve its complete reversibility. Other non-communicable diseases (NCDs) can also be brought down through Yoga.

- **Dr. H.R. Nagendra**

Chancellor of S-VYASA, Bengaluru



The authenticity of traditional Yoga cannot be replicated by any other form of Yoga. Traditional Yoga effectively resolves various modern-day problems, proving its superiority in promoting overall well-being.

- **Dr. Vishwas Mandlik**

Head, Yoga Vidya Gurukul, Nasik



According to the data of the National Sample Survey Organisation (NSSO), in 2.5 crore households—approximately 8% of all households in the country—at least one member practices yoga. This serves as strong evidence of how deeply yoga has integrated into public life.

- **Vaidya Rajesh Kotecha**

Secretary, Ministry of Ayush



International Day of Yoga 2025: marking a decade of wellness

June 21st marks the annual observation of International Day of Yoga (IDY), a global wellness movement that has created a feeling of unity, going beyond geographical borders and cultural differences. Last year, over 24.52 crore people participated according to self-reported figures, and this year promises to be even bigger.

The countdown to IDY 2025 began with the grand Yoga Mahotsav on March 13th, 2025, initiating a 100-day journey of events across India. These events include the Common Yoga Protocol (CYP) trainings, discussions, and deliberations on yoga. The Minister of State (I/C) for Ministry of Ayush, Shri Prataprao Jadhav inaugurated the Yoga Mahotsav and launched The International Day of Yoga Handbook, 2025, Version 1.0, providing a valuable resource for aspiring organisers of IDY events.

This year's focus on 10 Signature Events provides more reasons for people to join in. From Yoga Bandhan, featuring global partnerships with 10 countries, to Samyogam, integrating yoga with modern healthcare, these Events promise to add a variety of experiences to the IDY observation. Additionally, Yoga Parks promote community engagement, while Yoga Samavesh makes yoga inclusive for specially-abled individuals.

The annual PM Yoga Awards announced by the Ministry of Ayush (MoA), will be conferred upon individuals who have made outstanding contributions to the promotion of yoga. These Awards will motivate many, including those who had not tried it before, to embark on their own yoga journey and become part of the vibrant yoga community.

In another inclusive initiative, the Ministry of Ayush is inviting the public to contribute theme ideas for IDY 2025, broad-basing the ownership of the IDY celebration.

In conversation with Shri Subodh Tiwari

Secretary General, Indian Yoga Association & CEO,
Kaivalyadhama

What does Yoga mean to you personally? How has its meaning evolved over the years?



Shri Subodh Tiwari: Yoga is being able to be peaceful, quiet and reflective at your mind level, which enables you to practice what you already know. The greatest challenge we face today is that, most of human beings are knowledgeable thanks to the great virtual world, however, we don't implement a lot of good knowledge. Yoga is that enablement.

Over the years, the principles have been intact, the context has kept changing. While the Yoga world gets worried about the dilution of Yoga, I personally feel that, this still serves as the first step for an individual to be reflective and move inwards. Over the years, this aspect has promoted acceptance of Yoga across the globe. The scientific paradigm has increased tremendously.

What has been the impact of the observation of IDY on the practice of Yoga in India, and around the world.

Shri Subodh Tiwari: International Day of Yoga has been a motivational day for the Yoga fraternity, which has seen its largest spread ever, in the practitioners. I am using the word largest very carefully. Never ever did you drive on a day and saw hundreds of people on the street walk with Yoga mats, but for the IDY. Never before you saw the corporate sector looking up at various organisations for deputation of Yoga teachers, but for the IDY, and the success story goes on. And this celebration has led to inculcation of Yoga as a preferred practice for holistic well being. It has lent it credence for large scale practice.

What initiatives has Kaivalyadhama taken to promote Yoga education?

Shri Subodh Tiwari: Kaivalyadhama founded in 1924 is the first institute to have investigated Yoga scientifically, in a laboratory set up. The Founder Swami Kuvalyananda also set up the first ever formal college of Yoga in 1951 and in 1962, Kaivalyadhama

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Yoga Mahotsav 2025

Catch the buzz among participants

Yoga Mahotsav 2025 held at Vigyan Bhavan, New Delhi, under the aegis of the Morarji Desai National Institute of Yoga (MDNIY) and the Ministry of Ayush, Government of India, marked the beginning of the 100-day countdown to IDY 2025.

Bringing together Yoga enthusiasts, experts, and dignitaries from across the country, the Mahotsav showcases India's rich Yogic heritage through interactive sessions, demonstrations, and insightful discussions. With the unveiling of 10 transformative initiatives in the form of Signature Events, the event reaffirms India's commitment to promoting Yoga as a global movement for harmony, and holistic well-being.

The occasion brought together Yoga enthusiasts from all over the country. To capture the spirit of the Mahotsav, the IDY Newsletter team spoke with the participants and gathered their firsthand reviews. Let's hear some of them, and understand their thoughts about Yoga:



"Yoga Mahotsav beautifully showcased the deep connection between mind and body. The sessions reinforced how Yoga is not just about flexibility but overall well-being."

- Bharat Kumawat
Certificate Course in Yoga for Wellness Instructor (CCYWI),
30th Batch Central Armed Police Forces (CAPF)



"The festival's focus on community and inclusivity was truly heartwarming. Seeing people from all walks of life embrace Yoga was a testament to its universal appeal."

- Pushpendra Kumar
CCYWI, 30th Batch CAPF



"Yoga Mahotsav was an eye-opener! The scientific discussions on Yoga's impact on mental health made me realize its true potential beyond physical fitness."

- Sanjay Kumar
CCYWI, 30th Batch CAPF

YOGA MAHOTSAV-2025

A curtain raiser to International Day of Yoga-2025
March 13, 2025 | Vigyan Bhawan, New Delhi



"Practicing Yoga at this grand event, surrounded by like-minded individuals, was a rejuvenating experience. It strengthened my resolve to make Yoga a lifelong practice."

- Sharat Singh Rana
Yoga Enthusiast



"Yoga Mahotsav was an enriching experience, offering profound insights through in-depth scientific discussions on Yoga's impact on mental health. The event deepened my understanding of its significance and transformative potential."

- Karan Singh
Yoga Enthusiast



In conversation with Shri Subodh Tiwari

**Secretary General, Indian Yoga Association & CEO,
Kaivalyadhama**

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was recognised as the National Level Institute of Higher Learning in Yoga. Therefore promotion of Yoga has been one of our main objectives. We offer Certificate Course, Post Graduate Diploma, Diploma in Yoga Therapy, BA Yoga Shashtra, MA, PhD. We offer In Service training to the school teachers , special educators, police personnels. We offer in-depth Teachers Training Course in Pranayama and also the Continuing Medical Education with Ministry of Ayush. We have maintained the depth of teaching and width of exposure for the students.

How does Indian Yoga Association (IYA) contribute to the standardization and regulation of Yoga practices in India?

Shri Subodh Tiwari: Indian Yoga Association proudly unites all the traditions of Yoga , and is a living example of Unity in Diversity. We works towards laying out minimum standards in Yoga. This enables each tradition to adopt the minimum standards and also include their own lineage teachings , thus enabling , good standards and benchmarking in Yoga education. We have a Standing Committee for Accreditation , which lays down the models of the courses , so far we have accreditation for 50 hours foundation course , 200 hours certificate course and 500 advanced certificate. Recently we have also launched accreditation for Assistant Yoga Therapist Course.

What message would you like to give to those who are new to Yoga and looking to begin their journey?

Shri Subodh Tiwari: The story starts with a Yoga mat . Buy one for yourself. Keep observing and appreciating it each day at home until one day you want to spread it on the floor. Another day will come when you will sit on it and another day you will start to stretch , bend and twist and sit quietly. This was the lighter side, I will just say, be sincere , you need not be serious. Secondly , practice each day , may be five minutes , may be 30 minutes. Maintain discipline of practice. As far as possible, learn under personal supervision of a teacher.

Yoga Mahotsav 2025: a curtain-raiser to IDY 2025 organised in New Delhi



The Morarji Desai National Institute of Yoga (MDNIY), under the Ministry of Ayush, Government of India, set the stage for International Day of Yoga (IDY) 2025 with a grand curtain raiser named Yoga Mahotsav - 2025 at Vigyan Bhavan, New Delhi. This event marked the beginning of the 100-day countdown to IDY-2025, and the unveiling of the 10 Signature Events which aim to expand Yoga's global reach.

Union Minister of State (IC), Ministry of Ayush, Shri Prataprao Jadhav inaugurated the event, emphasising Yoga's role in health and wellness. He also unveiled the 10 Signature Events leading up to IDY 2025, covering mass Yoga demonstrations, global partnerships, and Yoga Parks for community engagement.

Sharing the statistics of National Sample Survey Organisation (NSSO), Vaidya Rajesh Kotecha, Secretary, Ministry of Ayush, highlighted that 8% of Indian households practice Yoga.

The event featured technical sessions, and live demonstrations of the Common Yoga Protocol (CYP), in which over 1,000 Yoga enthusiasts participated.

Member of Parliament (RS) Padmabhushan Dr. D. Veerendra Heggade, Dr. H.R. Nagendra, Chancellor of S-VYASA, Bengaluru and Dr. Vishwas Mandlik, Head, Yoga Vidya Gurukul, Nasik and other dignitaries, Yoga Gurus, and scholars attended the event. Yoga Mahotsav 2025 marks India's continued leadership in making Yoga a global movement for health and well-being.

International Day of Yoga 2025: 10 Signature Events



योग-संगम
Yoga Sangam

A synchronised Yoga demonstration at 1,00,000 locations across the country.



योग पार्क
Yoga Park

Development of 1,000 Yoga Parks for long-term community engagement with Yoga.



योग-प्रभाव
Yoga Prabhava

A decadal impact assessment on Yoga's role in public health since the commencement of IDY observation.



हरित-योग
Harit Yoga

A sustainability-driven initiative combining Yoga with activities for environmental conservation.



योग-महाकुम्भ
Yoga Maha Kumbh

A week-long festival across 10 locations, culminating in a central celebration of IDY on 21st June, 2025.

Global partnerships with 10 countries to take the rewards of Yoga to a wider audience.



योग-बन्धन
Yoga Bandhan

Highlighting Yoga's inclusive character through special Yoga programs for Divyangjan, senior citizens, children, and other groups with special needs.



योग-समावेश
Yoga Samavesh

A Global Yoga Summit featuring leading Yoga experts and healthcare professionals



योग कनेक्ट
Yoga Connect

An energetic celebration of Yoga by the younger generation.



योग अनप्लग्ड
Yoga Unplugged

An initiative to highlight the translation of evidence-based Yoga practices into modern and contemporary healthcare systems.



संयोग
Samyog

Ministry of Ayush releases IDY 2025 Handbook (Version 1.0) to guide aspiring IDY event organisers



In response to the growing global interest in the International Day of Yoga (IDY) 2025 and the demand for the guidance on how IDY events can be organized, the Ministry of Ayush has released Version 1.0 of the IDY-2025 Handbook. This is a guide book providing preliminary guidance for event organisers and Yoga enthusiasts worldwide. This preliminary document aims to facilitate preparations for the grand decadal commemoration of IDY, ensuring a seamless and widespread celebration.

Hon'ble Union Minister, Shri Prataprao Jadhav, launched the Handbook, emphasising its role in streamlining the execution of IDY activities. He said, "Yoga has become a global movement, and this handbook will serve as a valuable resource in uniting people together to celebrate health, wellness, and harmony."

The IDY 2025 Handbook (Version 1.0) outlines key preparatory steps, recommendations for organising Yoga sessions, and insights into the 10 Signature Events, which include mass Yoga demonstrations, global collaborations, and innovative health-focused initiatives. While this version of the Handbook provides basic guidance, the Ministry of Ayush is still working on the final plans for IDY 2025.

To ensure the IDY event organisers stay updated, Version 2.0 of the handbook will be released in April 2025, featuring additional details and recommendations. Stakeholders and Yoga enthusiasts are encouraged to download the latest version upon its release to access the most comprehensive guidance for IDY 2025.

Scan the QR code for IDY 2025 Handbook (Version 1.0)



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IDY 2025 NEWSLETTER

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International Day of Yoga



Disclaimer: This publication is brought out by the Morarji Desai National Institute of Yoga (MDNIY), for the purpose of dissemination of information. This is a broad-based forum, and the views and articles appearing here are not to be taken as official communications from the Institute.