



Government of India
Ministry of Ayush



Yoga Sangam




Yoga Sangam


Yoga Sangam 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 expand yoga's grassroots reach, and to ensure that everyone can access its benefit.


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.


The flagship Signature Event is Yoga Sangam, a groundbreaking initiative unfolding a synchronized, yet distributed mass yoga demonstration at 1,00,000 locations across India. It will take place on 21st June, 2025, the International Day of Yoga. It will weave a harmonious tapestry of well-being nationwide, as hundreds of thousands of individuals unite under yoga's enabling shield. The other nine Signature Events are designed to add to the build-up for and momentum of Yoga Sangam.

The concept of Yoga Sangam goes deeper than the display of yoga or the large participation numbers, and incorporates several core themes:

 **National Integration:** By bringing together participants from diverse backgrounds, regions, and cultures, Yoga Sangam will foster national unity and societal harmony.

 **Health and Wellness:** The event will inspire people to incorporate yoga into daily life, enhancing the nation's overall health and wellness.

 **Cultural Heritage:** Celebrating India's rich legacy, Yoga Sangam will reinforce the country's role as the global focal point of yoga.

 **Awareness and Accessibility:** Yoga Sangam is dedicated to promoting yoga's benefits and ensuring it is accessible to all, regardless of socio-economic status.



Yoga Sangam

Be a Yoga Giver. Organise a Yoga Sangam.

Yoga Sangam will be a 45 minutes long harmonious yoga demonstration based on the Common Yoga Protocol (CYP), as organised every year on 21st June.

Aspiring Yoga Sangam organisers are encouraged to submit proposals for organising Yoga Sangam events on the Yoga Portal of the Ministry of Ayush, marking their intention to hold the event on 21st June in their locality.

The weblink for registration is <https://yoga.ayush.gov.in/yoga-sangam>. While such registration is not mandatory for organising Yoga Sangam, it gives the organisers the opportunity to upload photos and other details of the event on the Yoga Portal on 21st June, and also receive an online certificate for having been key stakeholders of this historic occasion.

Yoga Sangam is more than an event; it's a movement towards a healthier, more enlightened India. As June 21st approaches, it is our privilege to invite you to embrace Yoga Sangam's spirit and take upon the role of a yoga giver. Do register your proposals and encourage others also to do so. Let us make yoga a fundamental part of our lives, guiding India towards a future of health, joy, and unity.

Yoga for One Earth, One Health

