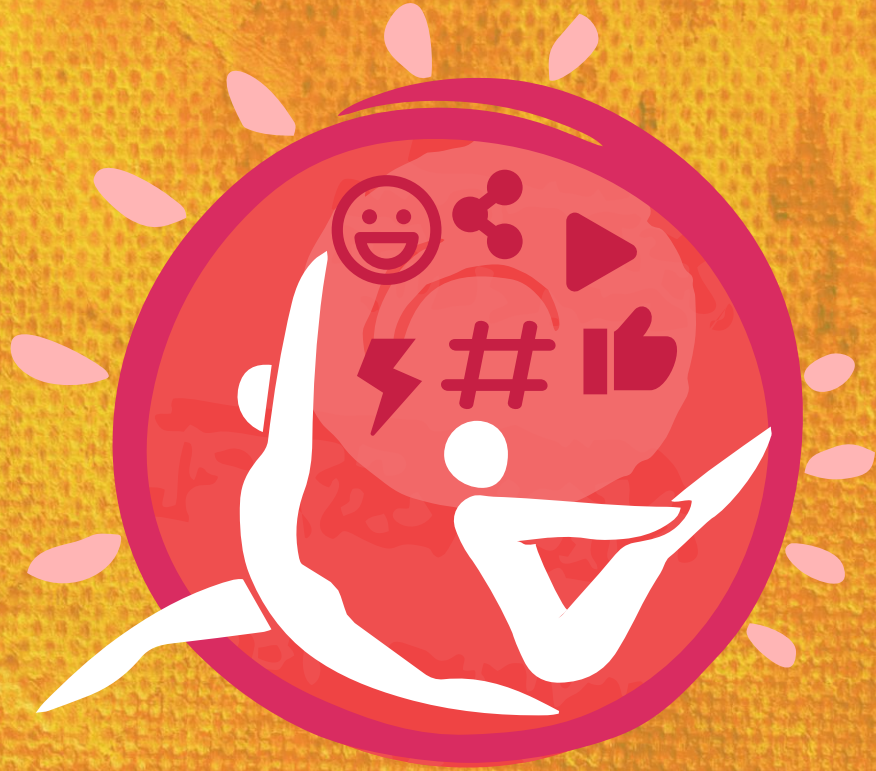




Government of India
Ministry of Ayush



Yoga Unplugged



Yoga Unplugged

Yoga Unplugged 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 make yoga more attractive and engaging for young people.

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.

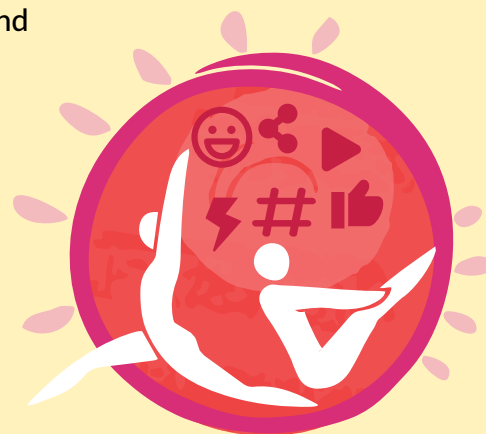
One among them is **Yoga Unplugged**, which will encourage the youth to adopt yoga as part of their everyday lives, promoting mindfulness, health, and well-being. The initiative will use both online and offline methods to offer a variety of experiences that appeal to young individuals and motivate them to actively pursue yoga.

The objectives of Yoga Unplugged include enhancing youth engagement by presenting yoga in a relatable way. It will integrate cultural performances to strengthen community connections among young practitioners. It will also focus on driving participation through social media, increasing educational outreach about the benefits of yoga, and highlighting impactful youth-led stories to inspire peers.

Yoga Unplugged Youth Festivals: This will be a key sub-track that showcases yoga in a format appealing to younger audiences. The festivals could include curated cultural performances with top performing arts institutions, yoga-themed activities and competitions. An essential feature will be Yoga Fusion, combining traditional practices with modern music and movement to make yoga more dynamic and accessible.

Online activities of Yoga Unplugged will include quizzes, essay competitions, e-poster contests, photography contests, and various social media challenges aimed at engaging youth. The goal is to create discussions and user-generated content that makes yoga feel relatable.

Offline events will be held in collaboration with youth organisations and educational institutions. These will cover workshops, talks, competitions, street art, etc. It will also include dedicated yoga spaces on campuses, increasing awareness and participation among students. The integration of yoga into sports will also be emphasized.



Yoga Unplugged

Samarpan Volunteer Programme for IDY-2025: A volunteering program is being developed to engage students in the celebration of International Day of Yoga (IDY) 2025. Partnerships with colleges will help build a volunteer base, allowing students to support various events and earn certificates recognizing their service and leadership.

Calling upon Educational Institutions to become active partners in this initiative

Yoga Unplugged aims to inspire the younger generation to embrace yoga as a dynamic and integral part of their daily routine. We invite educational institutions, especially universities and colleges, 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

