

Indiatourism Delhi to Celebrate International Day of Yoga 2025 at Qutub Minar Complex

Mass Yoga Session on 21st June 2025 to Promote “Yoga for One Earth, One Health”

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In celebration of India’s timeless wellness heritage and its commitment to global well-being, Indiatourism Delhi, under the aegis of the Ministry of Tourism, Government of India, will organize a Mass Yoga Session on 21st June 2025, from 6:00 AM to 8:00 AM, at the iconic Sun Dial Lawns of the Qutub Minar Complex, a UNESCO World Heritage Site, to mark the International Day of Yoga.

This year’s global theme, “Yoga for One Earth, One Health / , ”, underscores the profound connection between human well-being and ecological balance. The event aims to promote yoga as a powerful tool for physical vitality, mental clarity, emotional peace, and spiritual harmony — all essential in fostering a sustainable and healthy world.

Dignitaries expected to Attend Include:

- Shri Gajendra Singh Yadav, Hon’ble Member of Legislative Assembly (MLA)
- Shri Lakshay Singhal, IAS, District Magistrate, South Delhi
- Ms. Priyanga Wickramasinghe, Deputy High Commissioner, Embassy of Sri Lanka
- Ms. Wathsala Amarasinghe, Minister Counsellor, Embassy of Sri Lanka
- Special Guests from Malaysia.

The session will be conducted by renowned Yoga Guru Shri Gopal Rishi and his team, who will guide the participants through a series of holistic Yoga practices designed to enhance physical strength, mental wellness, and inner peace.

Participation and Collaboration:

The event will witness enthusiastic participation from over 400 individuals, including:

- Members of Indian Association of Tour Operators (IATO)
- Association of Domestic Tour Operators of India (ADTOI)
- Travel Agents Association of India (TAAI)
- Regional Level Tourist Guides, students from Yuva Tourism Clubs, and faculty and students from Institutes of Hotel Management (IHMs)
- Officials from the Archaeological Survey of India (ASI), Ministry of Tourism, and local citizens

The active involvement of key tourism stakeholders, industry professionals, and students reflects a broad commitment to integrating wellness with tourism and cultural preservation.

Yoga at Heritage – A Message to the World:

Celebrating Yoga amidst the historic backdrop of Qutub Minar symbolizes the enduring legacy of India’s spiritual traditions and its leadership in promoting holistic health globally. The event also aligns with India’s vision of positioning itself as a global hub for wellness tourism.

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