

Ministry of Tourism



Ministry of Tourism Celebrates 12th International Day of Yoga Across the Country; Hon'ble Tourism Minister Performs Yoga at Karjat, Maharashtra

"Yoga enables us to serve society and the nation with our fullest potential by keeping both body and mind healthy": Shri Gajendra Singh Shekhawat, Culture & Tourism Minister

"Yoga is India's timeless gift to the world, inspiring healthier lives and stronger communities": Shri Bhuvnesh Kumar, Secretary, Ministry of Tourism

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The Ministry of Tourism marked the **12th International Day of Yoga (IDY) 2026** with nationwide celebrations reaffirming its commitment to promoting wellness, holistic health and mindful living across the tourism and hospitality ecosystem. On the occasion, **Union Minister for Tourism and Culture Shri Gajendra Singh Shekhawat** participated in a yoga session at **Shantikshetra Ashram, Karjat, Maharashtra**, where he highlighted the transformative role of yoga in individual well-being and nation-building.



अंतर्राष्ट्रीय योग दिवस पर आज शांतिक्षेत्र आश्रम, करजत (महाराष्ट्र) में योगाभ्यास किया। योग हमारे जीवन को संतुलित करने का माध्यम है।

माननीय प्रधानमंत्री श्री @narendramodi जी के प्रयासों से योग आज एक वैश्विक व्यवहार बन चुका है।

योग करते हुए हमेशा सकारात्मक ऊर्जा का विशेष अनुभव... pic.twitter.com/Ng2s6SYIs
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— Gajendra Singh Shekhawat (@gssjodhpur) June 21, 2026

As part of the nationwide celebrations, the **Ministry of Tourism**, in collaboration with **India Tourism Development Corporation (ITDC)** and the **Standing Conference of Public Enterprises (SCOPE)**, organised a special International Day of Yoga programme at **The Ashok, New Delhi**. The event brought together senior officials from the Ministry of Tourism, Department of Public Enterprises, Central Public Sector Enterprises (CPSEs) and other stakeholders. The yoga session, conducted by expert instructors from the **Morarji Desai National Institute of Yoga (MDNIY)**, witnessed participation from more than **150 representatives from over 10 CPSEs**.



This year's theme, "**Yoga for Healthy Ageing**," underscores the importance of integrating yoga into everyday life to promote physical vitality, mental well-being, emotional resilience and healthy longevity.



Speaking on the occasion, **Shri Bhuvnesh Kumar, Secretary, Ministry of Tourism**, said, "Yoga is India's timeless gift to the world, promoting harmony between mind, body and spirit. The theme 'Yoga for Healthy Ageing' reinforces the importance of adopting wellness practices that support healthier and more fulfilling lives. It is encouraging to see public sector organisations come together in embracing this movement and inspiring healthier communities."



Highlighting ITDC's commitment to promoting wellness and healthy living, Ms. Mugdha Sinha, Managing Director, ITDC, said that this year marks the second consecutive year of the whole-of-CPSE approach, bringing together public sector enterprises in a collective commitment to health and well-being. Yoga is a powerful tool for holistic wellness and healthy ageing. Through this observance, we reaffirm our dedication to fostering wellness, resilience and healthier lifestyles among employees and stakeholders. We are encouraged by the enthusiastic participation of CPSEs in this nationwide movement, she added.



Extending the celebrations across the tourism and hospitality education ecosystem, **Institutes of Hotel Management (IHMs)** under the Ministry of Tourism organised yoga sessions and awareness programmes across the country with enthusiastic participation from students, faculty members and staff. Through these initiatives, the institutions encouraged young hospitality professionals to embrace wellness as an integral part of both personal and professional life.







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