

**Press Release**

**12<sup>th</sup> International Day of Yoga at the United Nations**

The Permanent Mission of India to the United Nations organized the 12th International Day of Yoga at the United Nations Headquarters in New York on 18 June 2026. This year's theme, "Yoga for Healthy Ageing" is rooted in the established fact that Yoga is an important tool for strengthening physical vitality, mental resilience and emotional balance, enabling people to lead healthier, active and fulfilling lives.

2. In his opening remarks, Ambassador Harish Parvathaneni, Permanent Representative, highlighted the growing global reach of Yoga. He noted that Yoga has evolved into a powerful force that leads to physical, mental, and spiritual well-being, across geographies, cultures, and faiths, stressing the truly universal character of Yoga. He added that Yoga is rooted in India's ancient wisdom and guided by the philosophy of *Vasudhaiva Kutumbakam*—the world is one family.

3. In a special message on the occasion, UN Secretary-General, H.E. Antonio Guterres conveyed that Yoga teaches mindfulness, respect and care for humanity, planet and one another. Yogmata Keiko Aikawa, the first female and non-Indian Siddha Master, graced the occasion. Around 800 yoga enthusiasts from different walks of life participated actively. The event featured Common Yoga Protocol sessions and an advanced yoga demonstration by the Art of Living Foundation. The Chair of the International Day of Yoga Committee at the UN, Ms. Dennis Scotto, served as the Master of Ceremony.

4. Prime Minister Narendra Modi introduced the idea of International Day of Yoga during his address at the 69th session of the UN General Assembly. Subsequently, a resolution was adopted by the General Assembly on December 11, 2014, declaring June 21 as International Day of Yoga. The resolution was endorsed by a record 175 Member States. Since then, millions of people around the globe have celebrated this day with great fervour every year. In 2023, the International Day of Yoga celebration at the United Nations Headquarters created a Guinness World Record for the participation of yoga enthusiasts from most nationalities.

*New York*  
*18 June 2026*