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Yoga for Healthy Ageing Is the Theme for International Day of Yoga 2026

9 June 2026

SOCIAL ISSUES**HISTORY & CULTURE****GS2****GS1**

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Yoga for Healthy Ageing Is the Theme for International Day of Yoga 2026

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HOW

WHY IN NEWS

The **Ministry of Ayush** announced that the theme for the **12th International Day of Yoga (IDY)**, to be observed on **June 21, 2026**, is **“Yoga for Healthy Ageing.”** The main national celebration will be held in **Kolkata**. The theme reflects a shift in focus from lifespan to “healthspan,” promoting yoga as preventive healthcare for an ageing population.

ABOUT INTERNATIONAL DAY OF YOGA

ATTRIBUTE	DETAIL
Date	June 21 (annual)
First observed	2015 (1st IDY)
2026 edition	12th IDY
2026 theme	“Yoga for Healthy Ageing”
Main host (2026)	Kolkata
Nodal ministry	Ministry of Ayush

HOW JUNE 21 BECAME YOGA DAY

MILESTONE	DETAIL
Proposed	By the Prime Minister at the UN General Assembly in September 2014
Declared	By a UN General Assembly resolution on December 11, 2014
Co-sponsors	A record 177 countries supported the resolution
Why June 21	It is the Summer Solstice, the longest day in the Northern Hemisphere, with cultural significance in yogic tradition

The declaration was notable for its speed and the **record co-sponsorship**, reflecting yoga’s global reach and India’s soft power.

WHY “HEALTHY AGEING”

India’s population is ageing: the share of the elderly is projected to rise substantially by 2050. The 2026 theme positions yoga as a tool for **healthy ageing**:

- **Preventive healthcare:** yoga can help manage and prevent non-communicable diseases (NCDs) like diabetes and hypertension that rise with age.
- **Healthspan over lifespan:** the goal is not just living longer but living well, with mobility and independence.
- **Inclusive practice:** adaptations such as chair yoga make the practice accessible to older people.

This links yoga to the wider public-health agenda, including **Ayushman Bharat** and the management of India’s growing NCD burden.

YOGA AS SOFT POWER

International Day of Yoga is also an instrument of **cultural diplomacy and soft power**, projecting an aspect of Indian heritage globally. Its observance in scores of countries each year reinforces India’s cultural standing and the global appeal of its traditional knowledge systems.

UPSC RELEVANCE

Prelims

- **International Day of Yoga:** June 21; first observed **2015**; 2026 is the **12th** edition

- 2026 theme: **“Yoga for Healthy Ageing”**; main host: **Kolkata**; nodal ministry: **Ayush**
- Declared by a **UN General Assembly resolution (December 11, 2014)**, proposed by India in September 2014
- A record **177 countries** co-sponsored the resolution
- June 21 is the **Summer Solstice**

Mains Angles

- 1 **GS2 Health:** Examine yoga’s role as preventive healthcare amid India’s ageing demographics and NCD burden.
- 2 **GS2 Soft Power:** Discuss International Day of Yoga as an instrument of India’s cultural diplomacy.
- 3 **GS1 Society:** Analyse the challenges and policy responses to an ageing Indian population.

FACTS CORNER

FACT	DETAIL
Observance	International Day of Yoga, June 21
First observed	2015 (12th edition in 2026)
2026 theme	“Yoga for Healthy Ageing”
Main host 2026	Kolkata
Nodal ministry	Ministry of Ayush
UN resolution	December 11, 2014
Proposed by	India (PM at UNGA, September 2014)
Co-sponsors	Record 177 countries
Date significance	Summer Solstice

Sources: Ministry of Ayush, DD News, PIB

Source: Yoga for Healthy Ageing Is the Theme for International Day of Yoga 2026 — Ujiyari.com | Free UPSC & State PCS Current Affairs

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Specialised district-level police units tasked with investigating...

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