



Government of India
Ministry of Ayush



Samyoga



Samyoga

Samyoga 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, an initiative aimed at highlighting the translation of evidence-based yoga practices into contemporary healthcare systems.

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 **Samyoga**, covering discussions and experience-sharing regarding the adoption of yoga in conventional medicine as well as in systems like Ayurveda, Siddha, Unani, Homeopathy, Naturopathy and Sowa Rigpa.

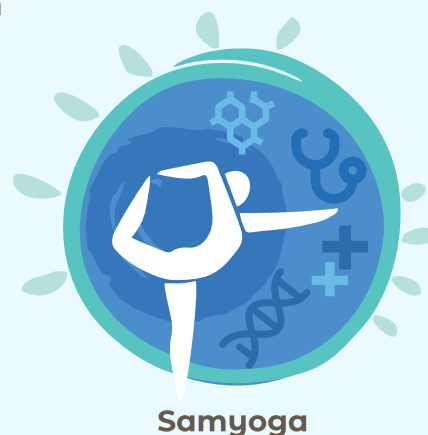
As part of Samyoga, one-day events will be organised with support from identified partners for cross-disciplinary collaboration among yoga and other contemporary systems of medicines. One of the key outcomes of Samyoga will be the creation of a repository of essential activities drawn from the event, contributed by experts from diverse medical fields for structured inclusion in public health initiatives. Success stories and best practices will be shared on national and international platforms.

The Main Samyoga Event - Overview:

The event which will be held in New Delhi is envisaged as a credible platform that presents yoga's impactful deployment in contemporary healthcare frameworks. It will serve to make yoga more accessible and impactful in contemporary healthcare frameworks.

Activities expected to be part of the event include:

- Keynote by eminent practitioners from conventional medicine on "Modern Medicine & Yoga: A Synergistic Approach"
- Panel discussions or knowledge sharing sessions by experts on best practices on inclusion of Yoga in modern medicine.
- Media coverage and engagement of dignitaries, amplifying the reach and significance of the initiative.



Satellite Events - Overview:

These events will broadly align with the framework outlined above for the main event, however the scale could be smaller. Some of them will be dedicated to showcasing the adoption of yoga in Ayush systems of healthcare.

Calling upon healthcare institutions including hospitals and research bodies to become organisers of Samyoga

Yoga is increasingly being used in the treatment of various disease conditions in hospitals across the country. If you are one such institution which supports the translation of evidence-based yoga practices into contemporary healthcare, we encourage you to organise a Samyoga event. This way, you can contribute to yoga achieving its full potential as a public health enabler. You may write to idy.coordination@gov.in to learn more about this opportunity.

Yoga for One Earth, One Health

