



सत्यमेव जयते

Government of India
Ministry of Ayush



Yoga Park



Yoga Park





Yoga Park is one among the 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, aiming to leave behind a positive legacy of IDY 2025 in form of creation of community assets.

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 **Yoga Park**, which seeks to upgrade existing parks in various Panchayats (Rural) and Municipalities (Urban) into Yoga Parks with the help of the local authorities. This project will transform public parks into dedicated wellness zones where people can practice yoga every day. Other owners of public parks, like Corporations in the private and public sectors, RWAs, social welfare organisations etc. are also encouraged to upgrade them into yoga parks as part of their own social responsibility activities.

The Yoga Parks will be welcoming public spaces for people of all backgrounds, where trained instructors from partnering yoga institutions will lead yoga sessions and awareness programs. There will also be information boards detailing yoga postures, breathing exercises, and techniques, enabling self-guided practice. Special provisions will ensure accessibility for senior citizens, children, and those with health issues, allowing everyone to benefit from yoga.

Objectives of Yoga Park:

-  **Inclusive Wellness:** Make yoga accessible to one and all, in both rural and urban communities.
-  **Strengthen Community Bonds:** Foster unity through collaborative health practices and volunteer activities.
-  **Promote Environmental Sustainability:** Incorporate green infrastructure and eco-awareness into public spaces.
-  **Build Legacy:** Connect Yoga Parks with Ayushman Arogya Mandirs for ongoing health camps and wellness drives.



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Calling upon Corporate Bodies to become yoga givers:

The Yoga Park Initiative is more than an event - it is a pledge to embed wellness into India's cultural fabric. We call upon Corporate Bodies to take up this pledge as part of their CSR initiatives, by partnering with local panchayats, municipal bodies, other owners of public parks like RWAs and grassroots yoga networks for a significant impact on public health standards. You may write to idy.coordination@gov.in to learn more about this opportunity.

Calling upon Panchayati Raj Institutions (PRIs) and Urban Local Bodies (ULBs) to take ownership of this wellness initiative

By creating public spaces for Yoga, this initiative builds a legacy where wellness is not a privilege but a right for every citizen. We call upon PRIs and ULBs to come forward with proposals for upgrading existing parks under their ownership to Yoga Parks. You may write to idy.coordination@gov.in to learn more about this initiative.

Yoga for One Earth, One Health

