



Government of India
Ministry of Ayush



Yoga Prabhava



Yoga Prabhava

Yoga Prabhava 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, wherein an impact assessment will be carried out to assess the outcomes of a decade of IDY observance on public health and related areas.

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 Prabhava**, which will be in the form of a rigorous research exercise that systematically assesses the decadal impact of IDY observation from multiple perspectives.

Assessment Methodology:

The study will employ three key research approaches:

- A Nationwide Sample Survey covering diverse demographics.
- Secondary Research to analyse past studies, reports, and global research on yoga's impact.
- Data Mining & Analytics to identify trends and growth patterns in the adoption of yoga across different sectors.

A decade of IDY observation, unbroken even during the times of COVID-19 disruption, stand as a testament to India's leadership in deploying yoga to achieve public health outcomes. The findings of Yoga Prabhava will bring forth its outcomes in concrete terms, and are expected to serve as strategic policy guidance, shaping wellness initiatives and possibly reinforcing preventive healthcare efforts. Additionally, the report will function as a comprehensive knowledge resource, documenting key achievements, addressing challenges, and outlining a roadmap to amplify the future impact of International Day of Yoga (IDY). By measuring and analysing IDY's legacy, Yoga Prabhava will provide valuable insights to inform and enhance future global health and wellness initiatives.



Yoga Prabhava

Yoga for One Earth, One Health

