



Government of India
Ministry of Ayush



Yoga Samavesh



Yoga Samavesh

Yoga Samavesh 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, designed to take the rewards of yoga to diverse and often underserved communities.

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 Samavesh**, a program rooted in the principles of inclusivity and accessibility. It will focus on addressing the unique needs of select groups with special needs. To cater to these needs, special yoga protocols have been finalised, targeting areas/ groups such as:

- Diabetes Mellitus
- Senior Citizens
- Hypertension
- Women (12–35 years)
- Bronchial Asthma
- Pregnant Women
- Children (3–6 years)
- Substance Abuse
- Adolescents
- Mental Health

The core of **Yoga Samavesh** will comprise efforts to popularise these targeted yoga interventions for special groups. While ten yoga protocols have been specifically cited above, activities may extend beyond them to cater to other special groups as well.

For every category, participants belonging to the identified special group will receive a structured 10-day training program conducted by partner organisations. These sessions are designed to provide participants knowledge of yoga tailored to their specific needs.

While there will be final yoga demonstration events to be held on 21st June 2025 (i.e. IDY) to mark the culmination of Yoga Samavesh, different partner organisations will hold such events on multiple dates prior to IDY as well.

Calling upon NGOs, government bodies and other agencies working for people with special needs to become organisers of Yoga Samavesh

We call upon agencies supporting such special groups, including the stakeholding bodies of the Central and State governments to take up organising Yoga Samavesh activities. This effort will reaffirm the commitment to using yoga as a universal tool for empowerment, and holistic health. You may write to idy.coordination@gov.in to learn more about this opportunity as well as the special yoga protocols.



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Yoga for One Earth, One Health

