

Press Conference for Celebration of 12th International Yoga Day 2026

Gangtok, May 13 (IPR): Advisor for AYUSH, Mr A.K. Ghatani, convened a press conference on the upcoming International Day of Yoga at his chamber in the Old STNM Hospital, Gangtok, today.

The theme for the 12th International Day of Yoga, to be observed on June 21, 2026, is “Yoga for Wellness, Wisdom, and World Peace.” The theme highlights the importance of mental well-being, holistic health, and inner peace for collective progress. As part of the celebrations, the nationwide campaign will feature “100 Days Free Live Yoga Sessions” under the [#Yoga365](#) initiative.

During the press briefing, the Advisor reiterated the message of Chief Minister Mr Prem Singh Tamang and Minister for AYUSH Mr G.T. Dhungel, urging the public to actively participate in the online yoga sessions. He further appealed to officials at the district, GPU, and block levels to ensure mass participation in yoga-related activities across the State.

Speaking further, the Advisor encouraged Government employees to take part in the 14-day Yoga Challenge and work collectively towards achieving a world record through large-scale public participation.

He also informed that school and college students would participate through live yoga demonstrations across various social media platforms. Highlighting the broader benefits of yoga, the Advisor stressed the importance of incorporating yoga into the daily lives of Government employees, including health workers and police personnel, to promote physical and mental well-being.

Additionally, he informed that special yoga sessions would be organised for cancer survivors, their caregivers, and senior citizens.

Concluding his address, the Advisor stated that the International Day of Yoga 2026 is set to be celebrated on a grand scale in the State and urged everyone to adopt yoga practices to combat mental stress and physical ailments.

Secretary, AYUSH Department, Ms Suchitra Rasaily, in her brief address, highlighted Sikkim’s significant role in achieving a world record through mass participation in yoga activities. She also outlined the various programmes and activities being organised ahead of the International Day of Yoga celebrations in the State.

The Secretary further encouraged the public to actively participate in the celebrations and emphasised the importance of continuing yoga practices in everyday life even after the International Day of Yoga celebrations.

The press conference was also attended by Additional Director-cum-State Nodal Officer, AYUSH, Dr Karma Choden Bhutia, Additional Director, AYUSH, Ms Chunni Thakarpa and Medical Officer, AYUSH, Dr Sumiran Tamang.