



**Embassy of India
The Hague, The Netherlands**

PRESS RELEASE

Celebration of 12th International Day of Yoga in the Netherlands

1. The 12th edition of the International Day of Yoga (IDY) was celebrated across the Netherlands in June 2026, with events organized in more than a dozen cities by the Embassy of India, The Gandhi Centre (ICCR), and partner yoga institutes, foundations and community organizations, under the theme *Yoga for Healthy Ageing*.
2. Yoga is an ancient tradition from India that combines physical, mental and spiritual practices to achieve harmony of the body and mind. It is practiced today by millions of people around the world.
3. On 11 December 2014, the United Nations General Assembly declared 21 June as the International Day of Yoga. The initiative, first proposed by Prime Minister Narendra Modi during the 69th session of the UNGA, led to a resolution introduced by India and endorsed by a record 175 member states. The first International Day of Yoga was observed on 21 June 2015, and the Embassy of India in the Netherlands has marked the occasion annually since then.
4. As part of this year's celebrations, the Embassy of India, The Hague, organized a flagship yoga event on 20 June 2026 at a venue along the Maas River in Rotterdam, overlooking the Erasmus Bridge and the Fenix Museum. The event drew a diverse gathering of over 150 participants. Ambassador of India to the Netherlands, H.E. Mr. Kumar Tuhin, addressed the gathering, highlighting the preventive healthcare benefits of regular yoga practice. The serene yoga session, led by Mr. Vijayaganesha Korikkaru, and the pranayama session, led by Ms. Havinder Chahal from Ibreathe Rotterdam, offered participants an opportunity to experience the physical and mental benefits of yoga in a beautiful riverside setting.
5. On 21 June 2026, the Embassy celebrated the International Day of Yoga in several cities across the Netherlands, including Almere, Utrecht, Amstelveen, Hoofddorp, Breda, Eindhoven, Groningen, Leeuwarden and Rotterdam, as well as in the Dutch Caribbean islands of Curaçao and Aruba. The celebrations were organized in association with Stichting Indian Summer Festival, Bridging the Gap, You Are the Buddha Yoga Academy, EICC, Yoga Kumar NL, Holistic Yoga NL, AVI International, Ibreathe and India Foundation.
6. In the run-up to IDY 2026, the Gandhi Centre conducted a series of preparatory sessions in June, including sessions on Sun Salutations, Yoga for Stress and Anxiety, Yoga for Back and Joint Pain, and Yoga for Kids. The programme also featured an expert lecture on Yoga and Ayurveda, as well as an outreach session for students of Shri Vishnu School, The Hague.
7. The Gandhi Centre, the cultural wing of the Embassy of India in the Netherlands, conducts regular yoga classes throughout the year and organizes yoga outreach programmes at various institutions and organizations from time to time.