

LOK BHAVAN, TAMIL NADU - PRESS RELEASE

**HON'BLE GOVERNOR OF TAMIL NADU CALLS UPON PEOPLE TO
OBSERVE INTERNATIONAL DAY OF YOGA – 2026**

On the occasion of the International Day of Yoga to be observed on 21 June 2026, Thiru. Rajendra Vishwanath Arlekar, Hon'ble Governor of Tamil Nadu, has called upon the people of Tamil Nadu to actively observe the International Day of Yoga and to adopt Yoga as an integral part of a healthy, disciplined and balanced way of life.

In his message, the Hon'ble Governor has observed that Yoga, one of India's most valuable gifts to humanity, represents a holistic approach to health and well-being by fostering harmony between the body, mind and spirit. Rooted in India's rich civilisational heritage, Yoga continues to serve as an effective means of promoting physical fitness, mental resilience, emotional balance and inner well-being.

Referring to this year's theme, "**Yoga for Healthy Ageing**", the Hon'ble Governor has emphasised the importance of adopting healthy lifestyles and preventive health practices in the context of emerging public health challenges and changing lifestyles. He has noted that regular practice of Yoga can significantly contribute to improving the quality of life and promoting healthy ageing across all sections of society.

The Hon'ble Governor has urged citizens, particularly students, youth, professionals and senior citizens, to incorporate Yoga into their daily routine and encourage its practice within their families and communities. He has further called upon educational institutions,

universities, schools, industries, commercial establishments, government offices, local bodies, voluntary organisations and community groups throughout the State to organise and participate in Yoga-related activities on 21 June 2026. He has emphasised that the observance of the International Day of Yoga should serve as an opportunity to promote awareness regarding preventive healthcare, physical fitness and holistic well-being.

With a view to facilitating broad-based public participation, Lok Bhavan, Tamil Nadu, in collaboration with Anna University, Chennai, has launched a dedicated online portal for the International Day of Yoga 2026. The initiative seeks to encourage participation from educational institutions, industries, organisations, villages, Krishi Vigyan Kendras, farmers, fishermen, artisans and various other sections of society across Tamil Nadu.

Institutions and organisations willing to serve as Nodal Centres for Yoga practice on 21 June 2026 are encouraged to register through the Nodal Centre Registration Portal by furnishing the requisite details, including information relating to participants.

Individual participants may register through the Participant Portal by selecting a Nodal Centre of their choice and participating in the Yoga sessions scheduled on 21 June 2026. Participants attending Yoga sessions at designated Nodal Centres will receive online certificates of participation.

Nodal Centres have been requested to upload photographs, videos and brief reports of the Yoga activities conducted at their respective locations through the portal following the event. Nodal Centres

demonstrating exemplary participation and effective organisation of Yoga activities may be suitably recognised.

The Hon'ble Governor has expressed the hope that the International Day of Yoga 2026 will witness widespread participation across Tamil Nadu and contribute towards strengthening the culture of health, wellness, self-discipline and collective well-being in society.

The Nodal Centre registration links have already been shared with the concerned departments, institutions and organisations.

Participant Portal: <https://events.annauniv.edu/>

For further information, contact: **+91-7010257955 & 044-22357343**

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Date:17.06.2025

Released by :-

Public Relations Office