

**Embassy of India
Bucharest**

PRESS RELEASE

**12th International Day of Yoga (IDY) 2026 Celebrated at
Piața Constituției, Bucharest, Romania**

The Embassy of India in Bucharest celebrated the 12th International Day of Yoga (IDY) 2026 on Sunday, 21 June 2026, at the iconic Piața Constituției (Constitution Square), in front of the Palace of Parliament, Bucharest. The event witnessed enthusiastic participation by a large number of yoga practitioners, members of the Indian community, Romanian friends of India, students, children, wellness enthusiasts and representatives from various sectors of society, reflecting the growing popularity of yoga and India's timeless wellness traditions in Romania.

Organized by the Embassy of India with the support of the Ministry of Ayush and the Indian Council for Cultural Relations (ICCR), the event was held under the global theme "**Yoga for Healthy Ageing.**" The celebration brought together people from different nationalities, age groups and professions in a spirit of harmony, health and friendship.

Dr. Manoj Kumar Mohapatra, Ambassador of India to Romania and Moldova, addressed the gathering and highlighted the significance of yoga as a holistic way of life promoting physical, mental and spiritual well-being. He underlined that yoga, one of India's most precious gifts to humanity, transcends geographical and cultural boundaries and continues to inspire millions across the world by fostering harmony between mind, body and nature. The Ambassador emphasized the relevance of yoga in today's fast-paced world and its role in promoting healthy lifestyles, inner peace and collective well-being.

The Common Yoga Protocol session was conducted by Ms. Veronica Mathew, Yoga Teacher engaged by the Embassy with the assistance of ICCR. Participants enthusiastically performed various yoga postures and breathing exercises, demonstrating the spirit of unity and wellness that the International Day of Yoga embodies.

The event witnessed active participation from major yoga organizations and associations in Romania, including large groups from Brahma Kumaris, Isha Foundation and Sahaj Yoga. Following the Common Yoga Protocol session, Sahaj Yoga presented a special stage demonstration showcasing the richness and diversity of yoga traditions.

The celebration was further enriched by the participation of Indian and Romanian children, students from universities and schools in Bucharest,

members of various cultural organizations, corporate representatives and wellness groups. Their enthusiastic participation highlighted the universal appeal of yoga and its ability to bring communities together beyond barriers of age, nationality and profession.

As part of the preparations for IDY 2026, the Embassy had organized a Curtain Raiser event on 31 March 2026 and subsequently conducted more than thirty yoga sessions and outreach programmes in various Romanian institutions, universities, schools and corporate establishments. These events served to promote awareness about the benefits of yoga and generated widespread interest among the Romanian public in the run-up to the International Day of Yoga.

The Embassy expressed its sincere appreciation to the Mayor's Office and the City Hall of Bucharest for kindly providing the venue at Piața Constituției and for their excellent cooperation and support in facilitating the organization of this landmark event. The Embassy also conveyed its gratitude to the Romanian Police and the Jandarmeria for their invaluable assistance and cooperation in ensuring the smooth and secure conduct of the event.

The Embassy places on record its appreciation for the continued support extended by the Ministry of Ayush, Government of India, and the Indian Council for Cultural Relations (ICCR), whose guidance and assistance contributed significantly to the successful organization of IDY 2026 in Romania.

The celebration provided a unique opportunity for people from diverse backgrounds to come together in the spirit of health, harmony and friendship, further strengthening the vibrant people-to-people ties between India and Romania.

Since its adoption by the United Nations in 2014, the International Day of Yoga has evolved into a truly global movement promoting wellness, mindfulness and sustainable living. The successful celebration of IDY 2026 in Bucharest once again underscored the universal appeal of yoga and reaffirmed India's commitment to sharing its ancient wisdom for the well-being of humanity and the vision of "**One Earth, One Health.**"

Place : Bucharest

Date : 21 June 2026



Banner for the 12th International Day of Yoga 2026 in Bucharest



Remarks by Ambassador Shri Manoj Mohapatra on the 12th IDY 2026



Yoga Protocol by Ms. Veronica Mathew on the 12th IDY 2026



Yoga Sessions on the 12th IDY 2026



Honouring the support extended to organise the 12th IDY 2026



Group photographs on the occasion of 12th IDY 2026