

**Consulate General of India
Hong Kong & Macau SARs**

Subject: 12th International Day of Yoga (IDY) 2026 in Hong Kong

The Consulate General of India, Hong Kong & Macau SARs, organised the **12th International Day of Yoga (IDY) celebrations** in Hong Kong on 21 June 2026.

The event commenced with welcome remarks by the Consul General of India in Hong Kong & Macau SARs, Shri Rajesh N. Naik. Reflecting on this year's theme, "**Yoga for Healthy Ageing**," the Consul General encouraged the gathering to adopt yoga as a practice that supports graceful ageing, maintain independence, and foster a harmonious balance of physical and mental well-being at every stage of life.

Following the inaugural address, the gathering enthusiastically participated in two guided sessions of the Common Yoga Protocol (CYP), designed by the Ministry of Ayush. Yoga instructors led the participants through a comprehensive series of asanas, concluding with pranayama and meditation techniques.

The celebration witnessed a remarkable turnout, bringing together members of the Indian diaspora, local Hongkongers, local yoga instructors, and wellness enthusiasts. Together, they embraced the timeless spirit of yoga, underscoring the practice's universal appeal.

The event also saw participation from the representatives of Hong Kong SAR Government, members of the Consular Corps and several prominent members of local business community.

The Consulate General of India in Hong Kong and Macau SARs organised a series of yoga sessions in the run-up to this year's International Day of Yoga, with approximately 17,000 participants joining in for the sessions in total. To build momentum ahead of the main event, the Consulate hosted dedicated countdown events marking 75 days, 50 days, and 3 weeks to go to IDY 2026. Yoga enthusiasts joined the daily online virtual sessions being held over the final three weeks in the led-up to IDY. The Consulate also hosted the International day of Yoga celebrations in Macau on 14 June 2026, which welcomed 250 participants, further underscoring the universal appeal and growing community spirit surrounding the practice across the region.
