

Consulate General of India
Phuentsholing

Press Release
12th International Day of Yoga

1. In the run-up to the 12th International Day of Yoga , the Consulate General of India, Phuentsholing organized a series of yoga outreach programmes, demonstrations and awareness sessions across the southern districts of Bhutan. These programmes were conducted in collaboration with various government agencies, educational institutions and community organizations, promoting this year theme “Yoga for Healthy Ageing”.

2. The outreach activities included yoga demonstrations and sessions at Toorsa Riverside, Gelephu Middle Secondary School, Losel Gyatsho Academy, De-suung Regional Office Phuentsholing, Samtse College of Education, Project DANTAK, Palden Tashi Choeling Shedra, Royal Bhutan Police, Phuentsholing, and the College of Science and Technology (CST), Rinchending. The programmes witnessed enthusiastic participation from students, government officials, security personnel, members of civil society and yoga enthusiasts.

3. As part of the celebrations, a Mega Yoga Session was organized at Gelephu Mindfulness City Football Ground on 14 June 2026. His Excellency Dr. Lotay Tshering, Governor of Gelephu Mindfulness City and former Prime Minister of Bhutan graced the event as the Chief Guest. The programme was attended by officials of Gelephu Mindfulness City, Senior Superintendent of Police, Gelephu, representatives of the Bhutan-India Friendship Association (BIFA), including its General Secretary Mr. Dawa Penjore, members of the Indian community, school representatives and yoga enthusiasts.

4. The outreach campaign culminated in a Mega Yoga Session held at the Phuentsholing Basketball Court on 21 June 2026. Dasho Karma Jurmi, Sr. Drungpa, Phuentsholing graced the event as the Chief Guest. The programme witnessed participation from senior officials of the Royal Government of Bhutan, Royal Bhutan Police, Regional Heads, De-suung Regional Office, Project DANTAK, IMTRAT, Bhutan-India Friendship Association, members of the Indian community and yoga enthusiasts from Bhutan and India.

5. The participants performed the Common Yoga Protocol and reaffirmed yoga’s role in promoting physical health, mental well-being and healthy ageing. The events also reflected the strong people-to-people ties and enduring friendship between India and Bhutan.

6. Additionally, a Drawing Competition on the theme of yoga was organized for school students under Primary, Middle and Senior categories. The competition received enthusiastic participation from students across Gelephu Mindfulness City and helped create greater awareness among youth regarding the benefits and values of yoga.

Phuentsholing
21 June 2026