



## Yoga Park Concept Note

### Introduction

IDY 2025 which falls on 21<sup>st</sup> June 2025 will mark a significant milestone— completion of a decade of promoting yoga as a global movement that enhances physical, mental, and spiritual well-being. Over the past ten years, IDY has evolved into a transformative force, encouraging holistic health, mindfulness, and harmony across cultures and communities. To commemorate this decade-long journey, IDY 2025 will feature ten **Signature Events** aimed at deepening yoga's reach at the grassroots level, ensuring its benefits are accessible to all sections of society.

'Yoga Park', one of the 10 Signature Events, is a programme to leave behind a positive legacy of IDY 2025 in form of creation of community assets. Accordingly, 1,000 parks in various Panchayats and Municipalities will be upgraded into 'Yoga Parks' with the help of local authorities. This project will transform public spaces into dedicated wellness zones where people can practice yoga every day. It draws inspiration from 'Yoga Parks' already functioning in some cities in India, as well as international wellness ideas like Mindfulness Gardens in California, meditation spaces in New York City, and outdoor fitness parks in Berlin. The Yoga Parks will be welcoming public spaces for people of all ages and backgrounds.

Yoga Parks can have trained instructors from partnering yoga institutions leading structured yoga sessions, as well as educational workshops, awareness programs, and guided meditation practices. Information boards will display details about yoga postures (asanas), breathing exercises (pranayama), and meditation techniques so that anyone can learn and practice on their own. Special arrangements can be made for senior citizens, children, and people with health issues to ensure that everyone can enjoy the benefits of yoga.

### Objectives for the Event

- i. **Democratize Wellness:** Make yoga accessible to rural communities, and urban populations alike.
- ii. **Strengthen Community Bonds:** Foster social unity through collaborative health practices and volunteer driven activities.
- iii. **Promote Environmental Sustainability:** Integrate green infrastructure and eco awareness programs into public spaces.
- iv. **Leverage Partnerships:** Forge robust collaborations between local panchayats, corporates, municipal bodies, and grassroots networks to drive scalable impact.



- v. **Build Legacy:** Link Yoga Parks to Ayushman Arogya Mandirs (AAMs) for ongoing health camps, mental wellness drives, and annual yoga festivals.

### Suggested role of Sponsoring Organizations

Sponsoring Organizations play an indispensable role in the Yoga Park Initiative. Their partnership is vital not only because it injects much-needed resources and technical expertise into the project but also because it builds community trust and sets a powerful example of corporate social responsibility in promoting holistic wellness. By collaborating with government bodies and local communities, these partners help transform public spaces into sustainable wellness hubs that benefit every citizen. Their responsibilities include:

- **Collaboration with Authorities:** Sponsoring Organization will work with State Ayush Units and local governments to identify park locations and streamline approvals.
- **Logistical Support:** Sponsoring Organizations will Fund and manage infrastructure upgrades, including ecofriendly amenities and accessibility features.
- **Community Mobilization:** Sponsoring Organization will be expected to conduct outreach campaigns, workshops, and volunteer drives to ensure public participation.
- **Branding & Promotion:** Sponsoring organizations will be responsible for adhering to MoA guidelines for park branding and leverage media/social platforms to amplify the initiative's reach.
- **Financial Commitment:** Sponsoring Organization will be expected to support Park development and maintenance through CSR programs or direct funding.
- **Post Event Legacy:** Sponsoring organizations are suggested to partner with Ayushman Arogya Mandirs (AAMs) to sustain health programs and monitor park utilization metrics. Ayushman Arogya Mandirs (AAMs) are innovative community health hubs designed to blend traditional wellness practices with modern healthcare services. They serve as local centers for regular health camps, mental wellness drives, and community yoga sessions, ensuring that holistic health benefits continue year-round.

### Conclusion



The Yoga Park Initiative is more than an event—it is a pledge to embed wellness into India’s cultural fabric. By creating spaces where yoga transcends age, ability, and socioeconomic barriers, this initiative reaffirms India’s role as a global leader in holistic health. Together, let us build a legacy where wellness is not a privilege but a right for every citizen.