



FEDERATION OF ALL INDIA FARMER ASSOCIATIONS

FAIFA

— PROTECT OUR LIVELIHOOD —

CIRCULAR



CELEBRATION OF INTERNATIONAL DAY OF YOGA – 21 JUNE 2026



Dear Farmers, Farmer Producer Organizations (FPOs), and Member Associations,
Greetings from the Federation of All India Farmer Associations (FAIFA).

The International Day of Yoga (IDY) will be celebrated across the world on **21 June 2026** with the theme **“Yoga for Healthy Ageing.”** The theme highlights the importance of yoga in promoting physical fitness, mental well-being, emotional resilience, and healthy living throughout life.



ABOUT YOGA

Yoga is one of India's greatest gifts to the world. Rooted in ancient wisdom, it promotes harmony of mind, body, and spirit. Maharishi Patanjali systematized its principles through the **Yoga Sutras** and the eight-fold path of **Ashtanga Yoga**, which continues to guide people towards healthier and more balanced lives.



Farmers are the backbone of our nation and perform physically demanding work throughout the year. Regular practice of yoga can help **improve flexibility, strength, balance, respiratory health, concentration, stress management, and overall well-being.** It also supports healthy ageing by enhancing vitality, reducing fatigue, and promoting a healthy and active lifestyle.



In this regard, all member associations, Farmer Producer Organizations (FPOs), farmer groups, and individual farmers are requested to actively participate in the International Day of Yoga celebrations on **21 June 2026, from 7:00 AM to 8:00 AM.**

Farmers may organize or join yoga sessions in villages, community halls, schools, panchayat premises, agricultural institutions, auction platforms, or any suitable place.

HOW YOU CAN PARTICIPATE



Dedicate at least one hour to yoga practice on **21 June 2026.**



Spread awareness about the benefits of yoga among fellow farmers, family members, rural youth, women, and senior citizens.



Organize or join yoga sessions in your community with the support of local resources and institutions.

Where feasible, organizers may arrange:

- Yoga trainers / instructors
- Mats / carpets
- Drinking water
- Photography
- Local media coverage



All participating organizations are requested to share **photographs** and a **brief report** with FAIFA for documentation and wider dissemination through media and social media platforms. **Kindly share the report with the media in your area as well.**



Let us come together to celebrate the International Day of Yoga and promote a culture of health, wellness, and healthy ageing within our farming communities. Through collective participation, we can build healthier families, stronger rural communities, and a more resilient agricultural sector.

With Best Wishes,
For Federation of All India
Farmer Associations (FAIFA)

Your active participation will make this initiative a grand success!

Date: 21 June 2026
Time: 7:00 AM – 8:00 AM