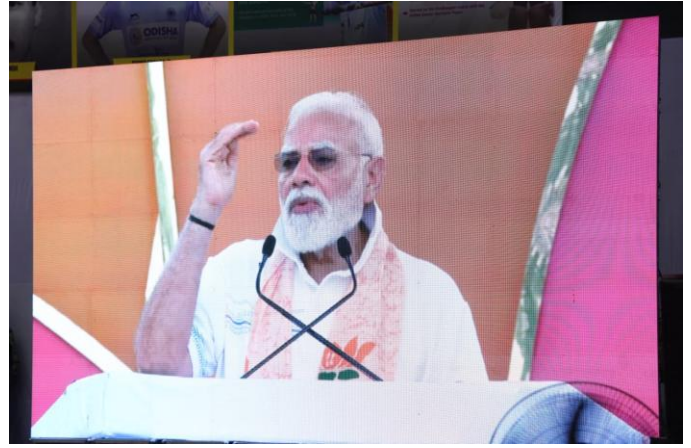


State level observation of the 12th International Day of Yoga at the Khuman Lampak Indoor Stadium in Imphal on 21.06.2026



Shri Ajay Kumar Bhalla, Hon'ble Governor of Manipur graced the State level observation of the 12th International Day of Yoga at the Khuman Lampak Indoor Stadium in Imphal on 21st June, 2026 and witnessed the live streaming of the main event held in Kolkata where the Hon'ble Prime Minister Shri Narendra Modi addressed the nation on the Day. The event witnessed the participation of over 1000 individuals, including students, public servants, yoga enthusiasts, security personnel, and the people. The Hon'ble Governor led the people in performing yoga *asanas* insisting it to be a habit in everyday lives of the people. Shri Y. Khemchand Singh, Hon'ble Chief Minister, Shri Govindas Konthoujam, Hon'ble Home Minister, MLAs and Chief Secretary also attended the event. This year's International Day of Yoga is observed with the theme 'Yoga for Healthy Ageing'. The global observance highlights the practice's lifelong benefits for physical vitality, mental clarity and emotional well-being at every stage of life. Later, Yoga Day was also observed at Lok Bhavan, Imphal.