

22 – 06 – 2023

News: International Day of Yoga (IDY)

International Day of Yoga

- The International Day of Yoga (IDY) is observed on **21st June every year** by **United Nations General Assembly**.
- The **idea of IDY was proposed by India** during the opening of the 69th session of the United Nations General Assembly (UNGA), held in 2014.
- The theme for the year 2023 is “**Yoga for Vasudhaiva Kudumbakam**” which highlights India's socio-cultural heritage and promotes unity.

Key Highlights of IDY 2023

Promoting Tribal Artisans

- **Tribal Cooperative Marketing Development Federation of India Ltd (TRIFED)** collaborated with the Ministry of Ayush to supply yoga mats exclusively made by tribal artisans.
- These mats **represent the diverse cultural heritage of India's tribes, showcasing their stories, folklore, and artistic traditions.**

- TRIFED will highlight products and communities such as Madur mats or Madhurkathi from Medinipur, Sabai Grass Yoga Mats from Mayurbhanj, and Gondha Grass mats from Jharkhand.

Ocean Ring of Yoga

- Indian Navy and Merchant ships will organize yoga demonstrations at ports and vessels of friendly countries, fostering global participation.

Yoga from the Arctic to Antarctica

- Coordination between the Ministry of External Affairs (MEA) and the Ministry of Ayush to organize yoga events in countries along the Prime Meridian line and UN member countries.
- Yoga sessions to be held at Himadri in the Arctic and Bharati in Antarctica, showcasing yoga's reach to extreme regions.

Yoga Bharatmala and Yoga Sagarmala

- Indian armed forces, including Indo-Tibetan Border Police (ITBP), Border Security Force (BSF) and Border Roads Organization (BRO) will form a chain of yoga demonstrations.

- Yoga Sagarmala will feature yoga along the Indian coastline along with yoga demonstrations on the flight deck of INS Vikrant.

National Level Initiatives

- The Prime Minister will lead yoga at the United Nations Headquarters in New York, demonstrating a global commitment to yoga.
- The Ministry of Ayush encourages “Har Aangan Yoga” which means Yoga in the courtyard of every house, by enabling yoga observation at the village level.