

21– 06 – 2024

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 2024 is “**Yoga for Self and Society**” which highlights India's socio-cultural heritage and promotes unity.

Background

- The **idea of International Day of Yoga (IDY) was proposed by India** during the opening of the 69th session of the United Nations General Assembly (UNGA), held in 2014.
- The **UN proclaimed 21st June as IDY** by passing a resolution in December 2014.
- The **first Yoga Day celebrations in 2015 at Rajpath in New Delhi** created two **Guinness World Records**.

- It was the world's largest yoga session with 35,985 people.
- 84 nationalities participated in it.

Yoga

- Yoga is an ancient physical, mental and spiritual practice that originated in India.
- The word 'yoga' is derived from Sanskrit and means to join or to unite, symbolizing the union of body and consciousness.
- Today it is practiced in various forms around the world and continues to grow in popularity.
- Yoga plays an important role in the psycho-social care and rehabilitation of Covid-19 patients in quarantine and isolation.
- The World Health Organisation (WHO) has also asked its member states to practice Yoga and has included it in its Global Action Plan for physical activity 2018-30.