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International Yoga Day 2023

Why In The News?

- On June 21, The Nations Across The Globe Celebrated **The 9th International Yoga Day** With PM Narendra Modi Leading The Celebrations At The United Nations (UN) Headquarters With Representatives From **Over 180 Countries**.
- Moreover, 250 Million People Across The World Are Expected To Participate In The Event, With The Theme **'Vasudhaiva Kutumbakam'** Aptly Translating To **One Earth. One Family. One Future.**



International Yoga Day Significance

- The Significance Of International Yoga Day Is To Raise Awareness Of The Many **Benefits Of Yoga For Physical And Mental Health**. Yoga Is A Mind-body Practice That Originated In India Thousands Of Years Ago. It Combines Physical Postures, Breathing Exercises, And Meditation.
- Yoga Has Been Shown To Improve Flexibility, Strength, Balance, And Endurance. It Can Also Help To Reduce Stress, Anxiety, And Depression. The Day Encourages The Cultivation Of A **Regular Meditation Practice To Foster Mental Clarity And Self-awareness, Essential For Thriving In A Stress-free Environment.**

INTERNATIONAL DAY OF yoga

Origin Of Yoga Day

- The Indian **PM Narendra Modi**, In His **UN Address In 2014**, Suggested An Annual Day Of Yoga On June 21, As It Is The **Longest Day Of The Year In The Northern Hemisphere** And Shares A Special Significance In Many Parts Of The World.
- Following The Initial Proposal, The UN Adopted The Draft Resolution, **Entitled "Day Of Yoga", In 2014**. The Consultations Were Convened By The Delegation Of India.



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1st International Yoga Day

- The First International Day Of Yoga Was Observed Around The World On **21 June 2015**. The **Ministry Of AYUSH** Made The Necessary Arrangements In India. Similar Days Have Been Held In Cities In India And Around The World Each Year Since Then.
- **35,985 People**, Including PM Modi And Dignitaries **From 84 Nations**, **Performed 21 Asanas (Yoga Postures) For 35 Minutes** At Rajpath In New Delhi, Becoming The Largest Yoga Class Ever Held, And With The Largest Number - 84 - Of Participating Nations.

Yoga Day Celebration From 2105 - 2022

2017



Theme:
Yoga for Health

Event was celebrated in Lucknow on June 21, 2017, with 51,000 participants. Prime Minister Narendra Modi discussed its importance in lifestyle

2016



Theme:
Connect the Youth

The event was held in Chandigarh on June 21, 2016. 30,000 people and 150 Divyangjan participated along with the Hon'ble Prime Minister.

2015



Theme:
Yoga for Harmony & Peace

Held at Rajpath in New Delhi on June 21, 2015. The event registered 2 Guinness World Records- first for 35,985 people participating in a single Yoga session at a single venue and the second for most nationalities (84) participating in a Yoga session 2015.

2019



Theme:
Climate Action

Hon'ble PM Narendra Modi celebrated Yoga Day with other participants in Ranchi

2018



Theme:
Yoga for Peace

Observed in Dehradun on June 21, 2018, with 50,000 participants

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2022



Theme:
Yoga for Humanity

Hon'ble PM Narendra Modi celebrated Yoga Day with other participants at Mysuru Palace Ground, Karnataka.

2021



Theme:
Yoga For Wellness

Hon'ble PM Narendra Modi launched 'WHO M-Yoga' App

2020

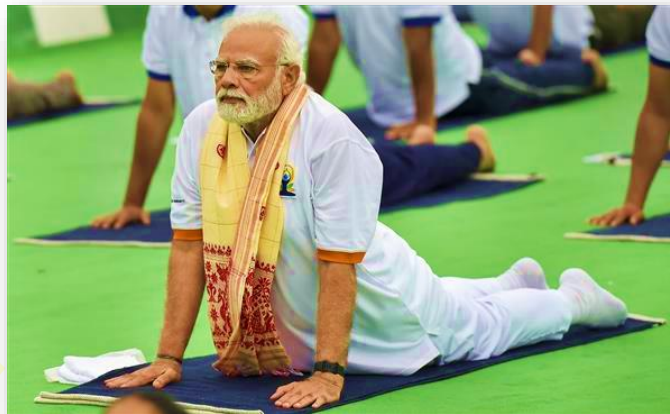


Theme:
Yoga for Health - Yoga at Home

The event was organised virtually due to the global COVID-19 pandemic

International Yoga Day 2023 Highlights

- **“Yoga For Vasudhaiva Kutumbakam”** Is The Theme For This Year’s International Yoga Day 2023 Which Beautifully Captures Our Shared Aspiration For **“One Earth, One Family, And One Future.”**
- PM Narendra Modi Will Lead A Unique Yoga Session At The U.N. Headquarters In A Historic Celebration To Commemorate The **9th International Day Of Yoga** Which Will See The Participation From Top U.N. Officials, Envoys From Across The World And Prominent Individuals.



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