



# International Yoga Day 2023

## Why In The News?

- On June 21, The Nations Across The Globe Celebrated **The 9<sup>th</sup> 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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## 1<sup>st</sup> 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

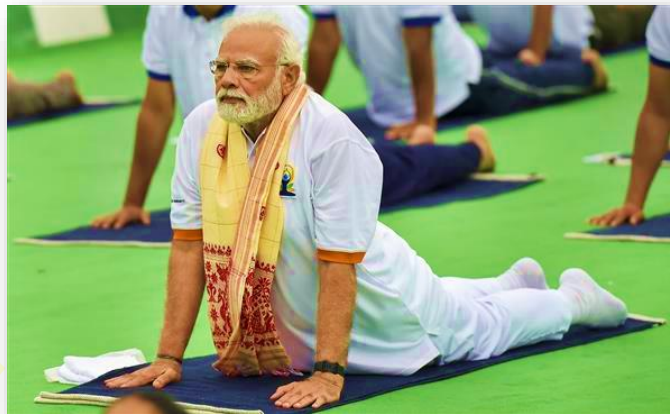


Theme:  
**Yoga for Health - Yoga at Home**

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 **9<sup>th</sup> International Day Of Yoga** Which Will See The Participation From Top U.N. Officials, Envoys From Across The World And Prominent Individuals.



## Courses

ACC (1) AFCAT (1) AIRMEN (2) CAPF (1) CDS EXAM (2) INET OFFICER (1) MNS (1) MOCK TEST (3) NDA EXAM (1) PC(SL) (1) SCO (1) SSB INTERVIEW (2) TERRITORIAL ARMY (1)

<p><b>HIGHEST RATED</b></p> <p><b>INTERVIEW</b> ONLINE COURSE</p> <p>243 PEOPLE ONLINE NOW</p> <p>SSB Interview Online Course 2022</p> <p>★★★★★ 5 (139)</p> <p>₹ 6,999.00</p>	<p><b>HIGHEST RATED</b></p> <p>CDS Exam Online Course 2023</p> <p>448 PEOPLE ONLINE NOW</p> <p>★★★★★ 5 (87)</p> <p>₹ 5,999.00</p>	<p><b>BEST SELLER</b></p> <p>CDS OTA Exam Online Course 2023</p> <p>256 PEOPLE ONLINE NOW</p> <p>★★★★★ 5 (84)</p> <p>₹ 5,499.00</p>	<p><b>BEST SELLER</b></p> <p>AFCAT Exam Online Course 2023</p> <p>187 PEOPLE ONLINE NOW</p> <p>★★★★★ 5 (71)</p> <p>₹ 5,999.00</p>	<p><b>HIGHEST RATED</b></p> <p>NDA Exam Online Course 2023</p> <p>143 PEOPLE ONLINE NOW</p> <p>★★★★★ 5 (85)</p> <p>₹ 5,999.00</p>	<p><b>HOT &amp; NEW</b></p> <p>Territorial Army Exam Online Course 2023</p> <p>101 PEOPLE ONLINE NOW</p> <p>★★★★★ 5 (80)</p> <p>₹ 5,999.00</p>
<p><b>HOT &amp; NEW</b></p> <p>ACC Exam Online Course Army Cadet College 2023</p> <p>451 PEOPLE ONLINE NOW</p> <p>★★★★★ 5 (61)</p> <p>₹ 6,999.00</p>	<p><b>BEST SELLER</b></p> <p>MNS Military Nursing Service Exam Online Course 2023</p> <p>98 PEOPLE ONLINE NOW</p> <p>★★★★★ 5 (52)</p> <p>₹ 5,999.00</p>	<p><b>HOT &amp; NEW</b></p> <p>OIR TEST &amp; PPDT Online Course – Officers Intelligence Rating Test</p> <p>83 PEOPLE ONLINE NOW</p> <p>★★★★★ 5 (61)</p> <p>₹ 3,999.00</p>	<p><b>HOT &amp; NEW</b></p> <p>AFCAT Exam Online Mock Test Series 2022</p> <p>35 PEOPLE ONLINE NOW</p> <p>★★★★★ 5 (72)</p> <p>₹ 499.00</p>	<p><b>BEST SELLER</b></p> <p>CDS Exam Online Mock Test Series 2022</p> <p>24 PEOPLE ONLINE NOW</p> <p>★★★★★ 5 (86)</p> <p>₹ 499.00</p>	<p><b>BEST SELLER</b></p> <p>NDA Exam Online Mock Test Series 2022</p> <p>16 PEOPLE ONLINE NOW</p> <p>★★★★★ 5 (86)</p> <p>₹ 499.00</p>

