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# PM Modi-Led Yoga Session Creates A New Guinness World Record

## Why In The News?

- **PM Modi Led A Unique Yoga Session** At The United Nations Headquarters In New York On The Occasion Of The **9<sup>th</sup> International Yoga Day** With Participation From **135 Nations**, Creating A **Guinness World Record** For People Of Most Nationalities Coming Together For Yoga.
- The **Certificate For The Guinness Record** Was Handed Over To Modi At A Specially Erected Stage After The Event. The Theme For This Year's International Yoga Day Is '**Yoga For Vasudhaiva Kutumbakam**' (One Earth, One Family, One Future).
- The Event Was Attended By Several Notable Dignitaries And Prominent Personalities From All Walks Of Life, Including New York Mayor Eric Adams. Modi, In His Address At The Event, Said **Yoga Is Universal And That It Is Free From Copyrights, Patents, And Royalty Payments.**



## What Are The Guinness World Records?

- **Guinness World Records** - Originally Known As **The Guinness Book Of Records** - Documents Record-breaking Achievements Of All Kinds, Listing World Records Both Of Human Achievements And The Extremes Of The Natural World.

- Guinness World Records, **Since Its Inception In 1955**, Has Become The Primary International Source For Cataloguing And Verification Of A Huge Number Of World Records. **It Has Sold Over 150 Million Books Globally In 40 Languages.**
- The First Edition Topped The **Bestseller List In The United Kingdom** By Christmas 1955. Today, **It Contains 62,252 Active Records.** From The “World’s Tallest Building” (Burj Khalifa, Dubai) To “Longest Fingernails Ever” (Lee Redmond), GWR Documents It All.
- While Originally A Yearbook, Today, **GWR Has Television Shows Across The World, As Well As A Robust Online Presence**, With A Huge Social Media Following.



## How Does One Make A Guinness World Record?

- GWR Has **Over 75 Adjudicators Across The World**, Who Determine Whether A Record Has Been Broken Or Not. There Is Even An **Application Process** - One Can Apply To **Invite An Adjudicator To Witness A Record Being Broken.** However, There Are Some **Strict Criteria** That Make A Guinness World Record.
- It Should Be Objectively Measurable.
- It Should Be Breakable - It Cannot Be Something So Unique That Only One-Person Can-Do It.
- Similarly, It Should Also Be Standardizable With A Possibility To Create A Set Of Parameters And Conditions That All Challengers Can Follow.
- It Should Be Verifiable.
- It Should Be Based On Only One Variable.
- It Should Be The Best In The World. For Any New Record, GWR Sets A Minimum Standard That Has To Be Met For The Record To Be Broken.

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