

# International day of Yoga

June 21, 2021

**In news-** The Ministry of Culture celebrated International Day of Yoga at 75 cultural heritage locations across the country.

## **Key updates-**

- The **extensive drive has been titled “Yoga, An Indian Heritage”**, and is part of India’s “Azadi ka Amrit Mahotsav” campaign.
- The **theme** for International Yoga Day 2021 has been decided by the UN to be **“Yoga for well-being”**.
- The number of participants for yoga sessions were restricted to 20 at each site.

Prime minister announced that India, along with the United Nations and WHO, is launching an **app called M-Yoga** aiming to provide easy access to Yogic practice all over the world.

## **International Yoga Day-**

- The word ‘yoga’ derived from Sanskrit and **means to join or to unite**, symbolising the union of body and mind.
- The proposal to observe an International Yoga Day was first introduced by PM Modi in his address during the opening of the **69th session of the UNGA in 2014**.
- The draft resolution was endorsed by a record 175 member states.
- The day aims to raise awareness worldwide of the many benefits of practicing yoga.
- It has been **celebrated every year on June 21 since 2015**.
- June 21 is picked for celebrating International Yoga Day as it **marks the Summer Solstice in the Northern Hemisphere** – the longest day of the year and considered auspicious in many cultures.
- The first-ever International Yoga Day saw the participation of nearly 36,000 people at Delhi’s Rajpath

and created two records – a Guinness World Record for the largest yoga class at a single venue and the other for the highest number of nationalities to have participated.

Celebrations were **held in 192 of the 193 UN member countries, except Yemen.**