

International day of Yoga, 2022

June 22, 2022

In news– Eighth edition of the International Day of Yoga was observed on 21st June 2022.

About International Day of Yoga-

- 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.
- Recognized by the UN, 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.
- **The theme for 2022 was 'Yoga for Humanity'.**

About Yoga-

- Yoga is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India and aim to control (yoke) and still the mind, recognizing a detached witness-consciousness untouched by the mind (*Chitta*) and mundane suffering (*Duḥkha*).
- There is a wide variety of schools of yoga, practices, and goals in Hinduism, Buddhism, and Jainism.

- Yoga is **first mentioned in the Rigveda**, and is referred to in a number of the Upanishads.
- **The first known appearance of the word “yoga” with the same meaning as the modern term is in the Katha Upanishad**, which was probably composed between the fifth and third centuries BCE.
- Yoga continued to develop as a systematic study and practice during the fifth and sixth centuries BCE in ancient India’s ascetic and Śramaṇa movements.
- **The most comprehensive text on Yoga, the Yoga Sutras of Patanjali**, date to the early centuries of the Common Era.
- Yoga philosophy became known as one of the six orthodox philosophical schools (Darśanas) of Hinduism in the second half of the first millennium CE.
- Hatha yoga texts began to emerge between the ninth and 11th centuries, originating in tantra.

The fundamentals of Yoga-

Yoga works on the level of one’s body, mind, emotion, and energy. This has given rise to four broad classifications of Yoga they are;

- Karma Yoga (where we utilize the body)
- Jnana Yoga (where we utilize the mind and intellect)
- Bhakti Yoga (where we utilize the emotion) and
- Kriya Yoga (where we utilize the energy).

All ancient commentaries on Yoga have stressed that it is essential to work under the direction of a guru.