



Over 700 Yoga Exponents Participated in Global Fest in Uttarakhand

Why in News?

Recently, more than 700 yoga exponents and practitioners from across the country and abroad participated in the week-long annual [International Yoga Festival](#) in Uttarakhand's Rishikesh.

Key Points

- Organised by the **Uttarakhand Tourism Development Board**, the festival was held at the **Yog Bharat Ganga Ghat at Muni-Ki-Reti**.
 - The state government has been promoting the International Yoga Festival with an intent to provide a common platform for yoga enthusiasts, trainers, experts and students within India and beyond. **Rishikesh has become the global yoga capital** and this festival plays a vital role to further that.
- Yoga and religious institutions like **Ramamani Iyengar Memorial Yoga Institute, Isha Foundation, Shivanand Ashram, Manav Dharma Ashram and Krishnamacharya Yoga Mandiram** also participated in the festival.

International Day of Yoga (IDY)

- It is celebrated on **21st June**, every year. The idea of IDY was proposed by India during the opening of the 69th session of the **United Nations General Assembly (UNGA)**, held in 2014.
- The **first Yoga Day celebrations in 2015** at Rajpath in New Delhi created two Guinness World Records.

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