



Yoga Mahotsav

[Source: PIB](#)

Recently, the 'Yoga Mahotsav' was held in celebration of the **75-day countdown to the International Day of Yoga in Pune.**

- The participants performed **Common Yoga Protocol (CYP)** in complete rhythm and harmony with a mesmerising outcome. It was organised by the **Ministry of Ayush, Govt. of India.**

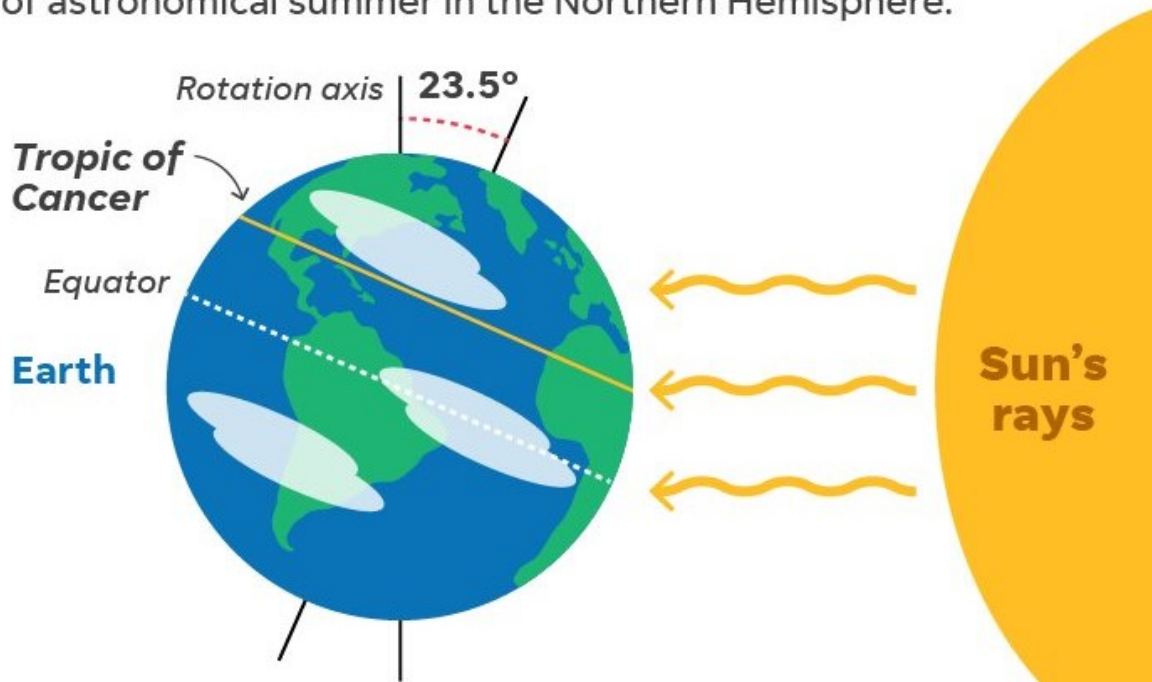
International Day of Yoga:

- The United Nations declared **21st June** as the [International Day of Yoga](#) in 2014.
- The date of [21st June](#) was suggested as it is the **longest day of the year** in the **Northern Hemisphere** having special significance in many parts of the world.
- The **first International Yoga Day** celebration was organised at Rajpath in New Delhi on 21st June **2015.**
- **Yoga** is an ancient physical, mental, and spiritual practice that **originated in India.**
- The **word 'yoga'** is **derived from Sanskrit** and means to join or to unite, symbolising the union of body and consciousness.
- The [World Health Organization \(WHO\)](#) mentions yoga as a means to improve health in its **Global Action Plan on Physical Activity 2018-2030.**

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June 21 has the most daylight

Friday, June 21, at 11:54 a.m. EDT is the summer solstice, the moment the sun is directly over the Tropic of Cancer, an imaginary line that circles the globe. This marks the beginning of astronomical summer in the Northern Hemisphere.



Read More- [International Day of Yoga](#), [World Health Organization \(WHO\)](#)

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