



# 8th International Day of Yoga

## Why in News?

Eighth [International Day of Yoga](#) (21<sup>st</sup> June 2022) is being celebrated across the world.

- Theme 2022: 'Yoga for Humanity'.

## What is Historical Background and Significance?

### ▪ Background:

- The idea of **International Day of Yoga (IDY)** was proposed by India during the opening of the 69<sup>th</sup> session of the [United Nations General Assembly \(UNGA\)](#), held in 2014.
- The UN proclaimed **21<sup>st</sup> June as IDY by passing a resolution** in December, 2014.
- The first Yoga Day celebrations in **2015 at Rajpath in New Delhi** created two Guinness World Records.
  - It was the **world's largest yoga session** with 35,985 people.
  - 84 nationalities participated in it.

### ▪ Yoga and its Significance:

- 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, symbolizing the union of body and consciousness.
- Today it is practiced in various forms around the world and continues to grow in popularity.
- Yoga plays **an important role in the psycho-social care** and rehabilitation of [Covid-19 patients](#) in quarantine and isolation.
- The [World Health Organisation \(WHO\)](#) has also asked its member states to practice Yoga and has included it in its Global Action Plan for physical activity 2018-30.

## What is the Significance of the Day?

- The International Yoga Day is **observed to spread awareness about the practice of yoga and its holistic approach to physical and mental well-being.**
- The International Day of Yoga aims to **inculcate a habit of meditation for the peace of mind and the self-awareness** which is necessary to survive in a stress-free environment.

## What are the Related Initiatives?

### ▪ M-Yoga App:

- The Prime Minister announced the **M-Yoga App which will help in achieving** ['One World One Health'](#).
- The app is a work of collaboration between the [World Health Organisation \(WHO\)](#) and the Ministry of Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy (**Ministry of AYUSH**), Government of India.

### ▪ New website for International Day of Yoga (IDY):

- This web portal provides all the updated and relevant information relating to International Day of Yoga.
- It has a **social wall where all the social media interactive platforms are available**

**for the visitors to keep track on the discussions and participate in them.**

- The portal is also linked to important web pages such as [Swachh Bharat, Make in India](#), etc.
- **Yoga recognised as a Sports Discipline:**
  - The Ministry of Youth Affairs and Sports, after reviewing categorization of various Sports disciplines, **recognised Yoga as a sports discipline and placed it in the 'Priority' category** in September 2015.
- **Common Yoga Protocol:**
  - The Ministry of [AYUSH](#) in its '**Common Yoga Protocol**' has listed Yama, Niyama, Asana, etc. among popular yoga 'sadhanas'.
- **Vocational Education Courses in Yoga:**
  - The Beauty & Wellness Sector Skill Council (B&WSSC) has **vocational education courses in Yoga for CBSE schools**.
  - B&WSSC is established as a non-profit organization under the aegis of National Skill Development Corporation, Ministry of Skill Development and Entrepreneurship.
- **Various Skilling initiatives:**
  - Thousands of candidates have been trained as yoga instructors and trainers through various skilling initiatives like the [Pradhan Mantri Kaushal Vikas Yojana \(PMKVY\)](#).
  - PMKVY is the flagship scheme of the Ministry of Skill Development and Entrepreneurship.
- **Fit India Movement:**
  - Yoga is also a part of the [Fit India Movement](#).
  - Fit India Movement is a nation-wide campaign that aims at encouraging people to include physical activities and sports in their everyday lives.

[Source: IE](#)

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