



# International Day of Yoga 2024

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The 10<sup>th</sup> [International Day of Yoga \(IDY\)](#) is being celebrated on 21<sup>st</sup> June 2024 with the theme of “**Yoga for Self and Society**”.

- 21<sup>st</sup> June was declared as the IDY by the [United Nations](#) in **2014**, by resolution 69/131.
- The resolution to establish this day was proposed in the **69<sup>th</sup> session** of the UN by India and was endorsed by 175 member states.
- The **first International Day of Yoga (IDY) was celebrated in 2015** with the theme "Yoga for Harmony and Peace".
  - The **inaugural IDY event in New Delhi set two Guinness World Records**: one for the largest yoga session with 35,985 participants and another for the most nationalities (84) participating in a single session.
- The [World Health Organisation \(WHO\)](#) recognises yoga as a powerful tool for promoting a healthier lifestyle, improving both physical and mental health, and controlling [Noncommunicable Diseases \(NCDs\)](#).
  - Yoga can **play a crucial role in achieving the Sustainable Development Goals (SDGs)**, including a 15% relative reduction in physical inactivity **by 2030**.
- The Ministry of Youth Affairs and Sports **recognised Yoga as a sports discipline and placed it in the 'Priority' category in 2015**.

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