



# International Day of Yoga 2023

## Why in News?

The 9<sup>th</sup> [International Day of Yoga \(IDY\)](#) was celebrated on June 21st with various events and initiatives taking place across the country.

- This year's IDY theme, "**Yoga for Vasudhaiva Kutumbakam**," which highlights India's socio-cultural heritage and promotes unity.

## What are the Key Highlights of IDY 2023?

- **Promoting Tribal Artisans:**
  - [Tribal Cooperative Marketing Development Federation of India Ltd \(TRIFED\)](#) collaborated with the [Ministry of Ayush](#) to supply yoga mats exclusively **made by tribal artisans**.
    - These mats represent the diverse **cultural heritage of India's tribes**, showcasing their stories, folklore, and artistic traditions.
  - TRIFED will highlight products and communities such as [Madur mats or Madhurkathi from Medinipur](#), [Sabai Grass Yoga Mats from Mayurbhanj](#), and [Gondha Grass mats from Jharkhand](#).
- **Ocean Ring of Yoga:**
  - [Indian Navy](#) and Merchant ships will organize yoga demonstrations at ports and vessels of friendly countries, fostering global participation.
- **Yoga from the Arctic to Antarctica:**
  - Coordination between the Ministry of External Affairs (MEA) and the Ministry of Ayush to organize yoga events in countries along the **Prime Meridian line and UN member countries**.
  - Yoga sessions to be held at [Himadri in the Arctic](#) and [Bharati in Antarctica](#), showcasing yoga's reach to extreme regions.
- **Yoga Bharatmala and Yoga Sagarmala:**
  - Indian armed forces, including [Indo-Tibetan Border Police \(ITBP\)](#), [Border Security Force \(BSF\)](#), and [Border Roads Organization \(BRO\)](#), will form a chain of yoga demonstrations.
    - Yoga Sagarmala will feature **yoga along the Indian coastline** along with yoga demonstrations on the flight deck of [INS Vikrant](#).
- **National Level Initiatives:**
  - The Prime Minister will **lead yoga at the United Nations Headquarters in New York**, demonstrating a global commitment to yoga.
  - The Ministry of Ayush encourages "**Har Aangan Yoga**" which means Yoga in the courtyard of every house, by enabling yoga observation at the village level.

## 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 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 **WHO** and the **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 Recognized as a Sports Discipline:**

- The Ministry of Youth Affairs and Sports, after reviewing categorization of various Sports disciplines, **recognized 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)**.

#### ▪ **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.

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