

CELEBRATING YOGA DAY

International Day of Yoga, or commonly referred to as Yoga Day, is celebrated annually on 21 June since its inception in 2015. An international day for yoga was declared unanimously by the United Nations General Assembly (UNGA) on 11 December 2014. Yoga is a physical, mental, and/or spiritual practice attributed mostly to India. Indian Prime Minister Narendra Modi in his UN address suggested the date of 21 June, as it is the longest day of the year in the Northern Hemisphere and shares special significance in many parts of the world.

“Yoga is an invaluable gift of ancient Indian tradition. It embodies unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature and a holistic approach to health and well-being. Yoga is not about exercise but to discover the sense

of oneness with ourselves, the world and Nature. By changing our lifestyle and creating consciousness, it can help us to deal with climate change. Let us work towards adopting an International Yoga Day,” said Prime Minister Narendra Modi at the 69th session of United Nations General Assembly (UNGA) on September 27, 2014.

On December 11, 2014, the 193 members of UNGA approved the proposal by consensus with a record 177 co-sponsoring countries a resolution to establish 21st June as “International Day of Yoga”. In its resolution, the UNGA recognised that Yoga provides a holistic approach to health and well-being and wider dissemination of



Indian Prime Minister Narendra Modi

information about the benefits of practicing Yoga for the health of the world population. Yoga also brings harmony in all walks of life and thus, is known for disease prevention, health promotion and management of many lifestyle-related disorders.

This booklet intends to give a brief overview about Yoga and Yogic practices

to orient one towards comprehensive health for an individual and the community.

Yoga is essentially a spiritual discipline based on an extremely subtle science which focuses on bringing harmony between mind and body. It is an art and science for healthy living. The word “Yoga” is derived from the Sanskrit root yuj meaning “to join”, “to yoke” or “to unite”. According to Yogic scriptures, the practice of Yoga leads to the union of individual consciousness with universal consciousness. According to modern scientists, everything in the universe is just a manifestation of the same quantum firmament. One who experiences this oneness of existence is said to be “in Yoga” and is termed as a yogi who has attained a state of freedom, referred to as mukti, nirvāna, kaivalya or moksha.

“Yoga” also refers to an inner science comprising of a variety of methods through which human beings

The third International Day of Yoga will be celebrated in Bahrain by the Indian Embassy at the Indian School Jashanmal Auditorium from 7.30 pm today.

can achieve union between the body and mind to attain self-realisation. The aim of Yoga practice (sādhana) is to overcome all kinds of sufferings that lead to a sense of freedom in every walk of life with holistic health, happiness and harmony.

Prime Minister Narendra Modi and Uttar Pradesh Chief Minister Yogi Adityanath will celebrate International Yoga Day 2017 in a yoga session at Ramabai Rally Ground in Lucknow today morning. The UN International Day of Yoga is celebrated every year on June 21. Several countries have already started celebrations with Yoga Day events from last week itself. The event in Lucknow is set to be one of the biggest yoga events in the country.

HAPPY INTERNATIONAL YOGA DAY



MEDITATION IS A VALUABLE EXERCISE BUT EVENTUALLY YOU HAVE TO OPEN UP YOUR EYE AND LOOK AROUND

Yoga is the journey of the self, to the self, through the self.

INTERNATIONAL Yoga DAY

International Day of Yoga 21 June

YOGA FOR HARMONY & PEACE

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