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International Day of Yoga

The International Day of Yoga is a day in recognition of Yoga, celebrated across the world annually on June 21, following its adoption by the United Nations in 2014 (United Nations, 2014). The word "yoga," which means "to join or to unite," represents the fusion of the physical body and mental consciousness. It is currently practiced in many countries all over the world and is becoming more and more popular. The purpose of the International Yoga Day is to increase public awareness of the various advantages of yoga practice (WHO, 2023).

2025 Theme: Yoga for One Earth, One Health

This year marks the 11th International Day of Yoga with the theme “Yoga for One Earth, One Health”, which echoes a vital truth that personal wellness and planetary health are inseparably linked. Yoga strengthens the body, calms the mind and fosters a heightened sense of awareness and responsibility in daily life. This mindfulness allows one to choose healthier and more sustainable lifestyles. In caring for ourselves, we begin to care for the Earth, reflecting the enduring Indian ethos of Vasudhaiva Kutumbakam — the world is one family. (United Nations, 2025).

Some Important Resources

- Know More About Yoga
<https://yoga.ayush.gov.in/about-yoga>
- United Nations, International Day of Yoga
<https://www.un.org/en/observances/yoga-day>
- Yoga Ayush Portal
<https://yoga.ayush.gov.in/YAP/Home2.php>
- Permanent Mission of India to the UN, 11th International Day of Yoga 2024
<https://pminewyork.gov.in/IDYatUN>
- International Day of Yoga
<https://www.indiainnewyork.gov.in/yogaday/about.html>

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