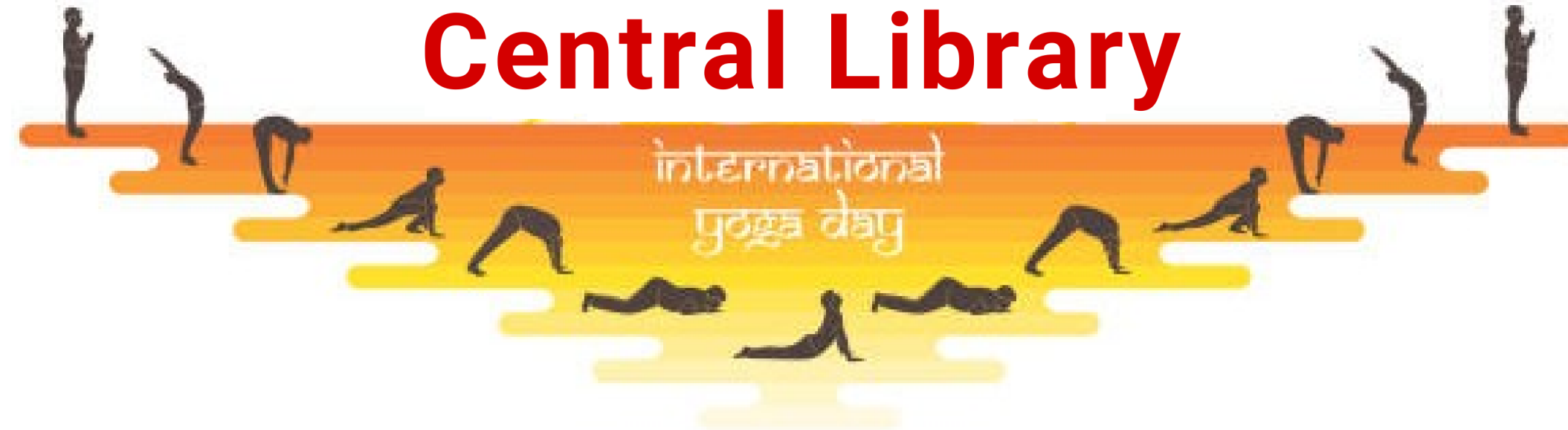




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## अंतर्राष्ट्रीय योग दिवस पर विषयगत पुस्तकों का प्रदर्शन Thematic Book Display on the International Day of Yoga

June 19-21, 2024 (9:30 am - 5:15 pm)

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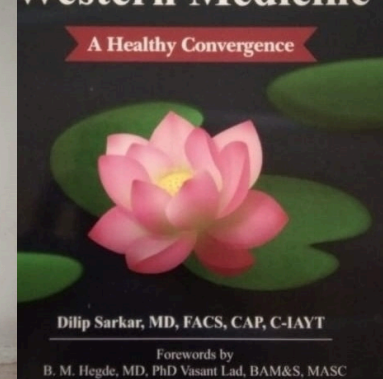
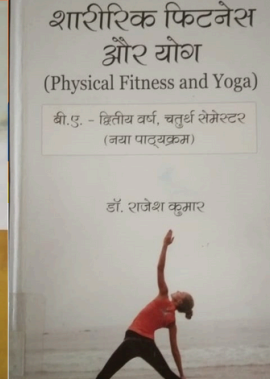
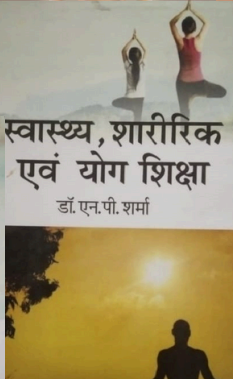
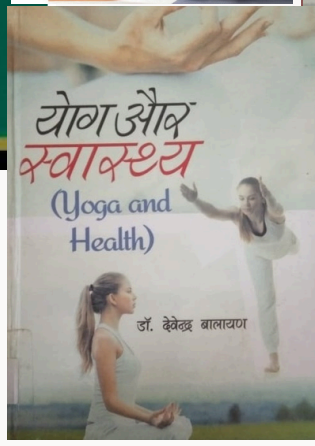
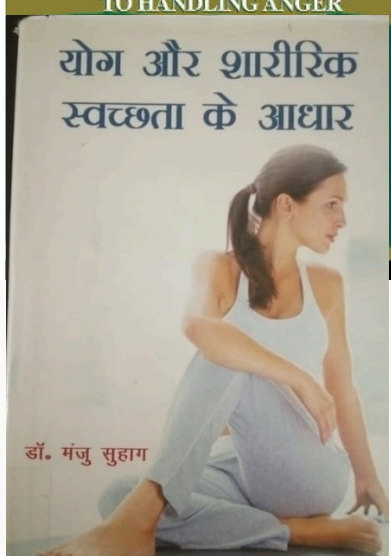
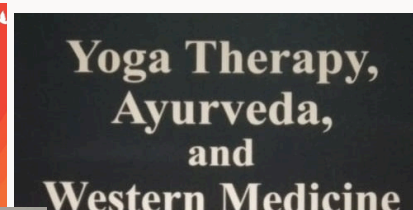
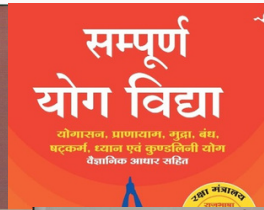
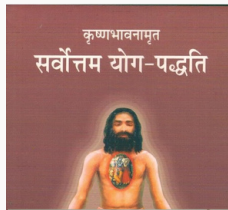
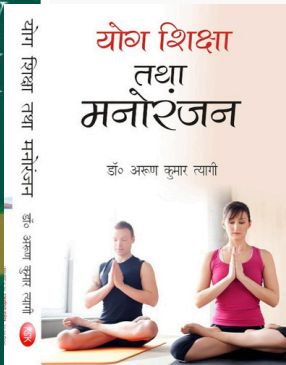
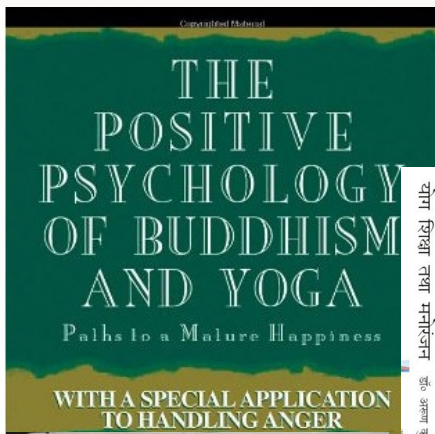
**THEMATIC BOOK DISPLAY ON  
OCCASION OF**

**INTERNATIONAL**

**DAY OF YOGA**

**June 19-21,  
2024**

**(09:30am to 05:15pm)**



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# International Day of Yoga

The International Day of Yoga is a day in recognition of Yoga, that is 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 the 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 Day of Yoga is to increase public awareness of the various advantages of yoga practice (WHO, 2023).

## **2024 Theme: Yoga for women's empowerment**

This year marks the 10th International Day of Yoga with the theme “Yoga for Women's Empowerment.” The goal is to transform yoga into a widespread movement that emphasizes women’s well-being and promotes global health and peace.

Female empowerment aims to create a society in which all women can make their own choices and are able to act with confidence. Through regular yoga practice, women can not only tone their bodies, but also cultivate a sense of mental resilience and determination, empowering them in various stages of their lives. Yoga's focus on mindful breathing, meditation, and gentle movement helps calm the nervous system, lower stress hormone levels, and promote a sense of inner peace. Regular practice fosters mental well-being and emotional resilience (United Nations, 2024).

## **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, 10th International Day of Yoga 2024  
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