

International Day of Yoga

Prelims: Current events of national and international importance | Health

Why in News?

Recently, 12th International Day of Yoga (IDY) was celebrated worldwide, organized by the various organisations in collaboration with national and global stakeholders.

- **Yoga** - Yoga is an ancient discipline originating in India, which unites -
 - **Body** - Movements, or Postures (asana)
 - **Mind** - Breathing (pranayama)
 - **Consciousness** - Meditation (dhyana).
- **History** - Yoga spans **2,500-5,000 years ago**, firstly mentioned in Rigveda.
- It evolved through Hinduism and Buddhism, and modernized into fitness-focused practice after colonial interest.
- **UN Declaration** - On 11 December 2014, the UN General Assembly proclaimed 21 June as International Day of Yoga.
- **Celebrated on** - June 21 since 2015.
- **UNESCO** - Yoga inscribed on the Representative List of Intangible Cultural Heritage of Humanity (2016).

International Yoga Day, 2026

- **Theme, 2026** - Yoga for Healthy Ageing.
- **Global Participation** - Celebrated in 190+ countries, with events at 2,500+ locations via Indian Missions abroad.
- Supports WHO's Decade of Healthy Ageing (2021-2030) goals
- **Guinness World Record** - Over 4 lakh participants in a synchronized yoga session.
- **Cultural Integration** - Celebrations at 100 iconic heritage sites (Red Fort, Konark Sun Temple, Mahabalipuram).

Digital Initiatives

- **Yoga 365** - Promotes yoga as a daily lifestyle choice.
- **Yoga Samavesh** - Inclusive routines like chair yoga for senior citizens.

References

1. [PIB | IDY](#)
2. [Mednews | IDY](#)

