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