

International Day of Yoga

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International
YOGA DAY

The International Day of Yoga has been celebrated annually on June 21 since 2015, following its inception in the United Nations General Assembly in 2014. Yoga is a physical, mental and spiritual practice which originated in India. The Indian prime minister, Narendra Modi, in his UN address in 2014, had suggested the date of June 21, as it is the longest day of the year in the northern hemisphere and shares a special significance in many parts of the world.



Subsequently, the first International Day of Yoga was observed around the world on 21st June, 2015. In India, 35985 people including the prime minister and dignitaries



from 84 nations, performed 21 asanas (yoga positions) for 35 minutes at Rajpath in New Delhi, becoming the largest yoga class ever held, and with the largest number of participating nations. The Ministry of AYUSH was responsible for making the necessary arrangements in India.

