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# Know About International Yoga Day 2018

**International Yoga Day** is celebrated every year on **21st June** since its inception in 2015 by the virtue of our honorable Prime Minister Mr. Narendra Modi. The Prime Minister of India, proposed the idea of the International Yoga Day during his speech at the United Nations General Assembly (UNGA). Subsequently, the UNGA declared 21st June as International Yoga Day in **2015**. In his UN address, the Indian Prime Minister Narendra Modi suggested the date of 21st June, as it is the **longest day of the year** in the Northern Hemisphere.

The Indian Prime Minister Narendra Modi is going to participate in the 2018 edition of International Yoga Day, being organized in **FRI Dehradun**. The event will witness a gathering of around **60,000** people.

The word Yoga is a Sanskrit word and it comes from the root word **Yuja** which basically means to bind to and align to hold. Widely practiced in India, yoga promotes physical, mental and spiritual well-being.

## What was PM Modi's UNGA Address?

Let's have a look at Indian Prime Minister Narendra Modi's UNGA address which led to the International Yoga Day.





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Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help in wellbeing. Let us work towards adopting an International Yoga Day – Narendra Modi, UN General Assembly

Following this proposal by Narendra Modi, the UNGA held informal consultations on the draft resolution entitled "International Day of Yoga", on 14 October 2014. The consultations were convened by the **delegation of India.**

## International Yoga Day Themes

2017

- **India:** In **Lucknow**, Narendra Modi participated in the event and practiced yoga along with 51,000 participants.



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- **New York:** Thousands of participants gathered to practice yoga on **Times Square**.
- **Japan** created a Parliamentary League for the promotion of yoga just prior to the event, in April 2017
- **China:** The largest gathering was 10,000 participants in the city of **Wuxi**.
- **Athens:** The event took place on June 25 as part of the Greek Open Yoga Day
- **Kyiv:** The event took place on June 18 and gathered a few hundred participants.
- **Ireland:** Participants met in the round room of the **City Hall in Dublin**.

2016

- The Government of India decided to take forward the momentum created by International Day of Yoga, 2015 with greater and more active participation of youth.
- The ministry organized an event titled "**The National Event of Mass Yoga Demonstration**" at **Chandigarh** attended by the Indian Prime Minister.
- A special event titled "Conversation with Yoga Masters – Yoga for the achievement of the Sustainable Development Goals (SDGs)" with Sadhguru as the main speaker.

2015

- The **first International Yoga Day** was observed all over the world on 21st June 2015.
- The Ministry of **AYUSH** made the necessary arrangements in India.
- 35,985 people, including Narendra Modi and a large number of dignitaries from 84 nations, performed 21 yoga asanas (postures) for 35 minutes at **Rajpath in New Delhi**.





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- NCC cadets entered the **Limca Book of Records** for the "largest yoga performance simultaneously by a single uniformed youth organization" by performing at multiple venues.
- The event at Rajpath established two Guinness world records awarded to the Ministry of AYUSH and received by AYUSH minister **Shripad Yesso Naik**.
- The two records were for the largest yoga class, featuring 35,985 people and for the largest number of participating nationalities (84 nations).
- In San Francisco, 5,000 participants gathered in the Marina Green Park to practice yoga.

## 10 Benefits of Practicing Yoga

Yoga is known to be **extremely beneficial** for physical, mental and spiritual well-being.

1. Increases muscle strength and tone
2. Provides flexibility
3. Improves respiration, energy and vitality
4. Balances the metabolism.
5. Aids in weight reduction
6. Provides cardio and circulatory health benefits
7. Helps improves athletic performance
8. Provides an ultimate mind body relaxation
9. Helps prevent degenerative diseases.
10. It increases your cognitive ability, helps you improve your attention.

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*Now that you have read about International Yoga Day, check how much you remember.*

1. Which Government proposed the concept of 'International Yoga Day'?
  - (a) Indian Government
  - (b) US Government
  - (c) Government of China
  - (d) Government of Canada
  
2. When was the concept of 'International Yoga Day' officially recognized by the UNGA?





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- (a) 2017
- (b) 2012
- (c) 2015
- (d) 2005

3. Where was the 2017 Indian Edition of the International Yoga Day held?
- (a) Mumbai
  - (b) Delhi
  - (c) Lucknow
  - (d) Dehradun
4. When is International Yoga Day celebrated?
- (a) 7th March
  - (b) 18th January
  - (c) 21st June
  - (d) 27th December
5. When was the concept of International Yoga Day proposed?
- (a) 2011
  - (b) 2014
  - (c) 2008
  - (d) 2007
6. Where was the 2015 Indian Edition of the International Yoga Day held?
- (a) Mumbai
  - (b) Hyderabad
  - (c) Lucknow
  - (d) Delhi
7. Who was awarded the Guinness world records during International Yoga Day?
- (a) Ministry of Ayush
  - (b) Ministry of Health & Family Welfare
  - (c) Indian Council of Medical Research
  - (d) Ministry of External Affairs
8. In 2015, where did the Yoga practice session take place in San Francisco?
- (a) Marina Green Park
  - (b) Mission Bay



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- (c) Pacific Heights
- (d) Noe Valley

9. How many nations participated in the 2015 Indian Edition?

- (a) 77
- (b) 84
- (c) 65
- (d) 98

10. Who was awarded the Limca Book of Records in the Indian Edition?

- (a) NCC Cadets
- (b) RBI
- (c) Ministry of HRD
- (d) Health Department

9. (c) 10. (d)  
9. (a) 10. (c)



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