



International Day of Yoga

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Why in News

The International Day of Yoga (IDY) is observed on 21st June.

The **theme** for the year 2020 is '**Yoga for Health – Yoga at Home**', which takes into account the social distancing measures announced by most countries amid **Covid-19 pandemic**.

Key Points



- **Proposed by India:**

- The idea of IDY was proposed by India during the opening of the 69th session of the United Nations General Assembly (UNGA), held in 2014.
- The UN proclaimed 21st June as IDY by passing a resolution in December, 2014.
- The **first Yoga Day celebrations in 2015** at Rajpath in New Delhi created **two Guinness World Records**.
 - It was the **world's largest yoga session** with 35,985 people.
 - **84 nationalities** participated in it.

- **About Yoga:**
 - Yoga is an ancient physical, mental and spiritual practice that **originated in India.**
 - The word **‘yoga’ is derived from Sanskrit** and means to join or to unite, symbolizing the union of body and consciousness.
 - Today it is practiced in various forms around the world and continues to grow in popularity.
- **Initiatives by India:**
 - The **Ministry of Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy (AYUSH)** in its **‘Common Yoga Protocol’** has listed Yama, Niyama, Asana, etc. among popular yoga ‘sadhanas’.
 - The **Beauty & Wellness Sector Skill Council (B&WSSC)** has vocational education courses in Yoga for CBSE schools.
 - B&WSSC is established as a non-profit organization under the aegis of **National Skill Development Corporation**, Ministry of Skill Development and Entrepreneurship.
 - About **96,196 candidates have been trained as yoga instructors** and trainers through various skilling initiatives like the **Pradhan Mantri Kaushal Vikas Yojana (PMKVY)**.
 - PMKVY is the **flagship scheme of the Ministry of Skill Development and Entrepreneurship.**
 - Yoga is also a part of the **Fit India Movement.**
 - Fit India Movement is a nation-wide campaign that aims at encouraging people to include physical activities and sports in their everyday lives.

Source: IE