



## 7th International Day of Yoga

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### Why in News

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**Seventh International Day of Yoga (21<sup>st</sup> June 2021)** is being celebrated by the Ministry of Culture at 75 **cultural heritage** locations across the country.

### Key Points

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- **Proposed by India:**

- The idea of **International Day of Yoga (IDY)** was **proposed by India** during the opening of the 69<sup>th</sup> session of the **United Nations General Assembly (UNGA)**, held in 2014.
- The UN proclaimed 21<sup>st</sup> 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.
- Yoga plays an important role in the **psycho-social care and rehabilitation of Covid-19 patients** in quarantine and isolation.
- The **World Health Organisation (WHO)** has also asked its member states to practice Yoga and has included it in its **Global Action Plan for physical activity 2018-30**.

- **IDY - 2021:**

- This year's theme is **"Yoga for wellness"**.
- The extensive drive (Yoga at 75 cultural heritage) has been titled **"Yoga, An Indian Heritage"**, and is part of India's **"Azadi ka Amrit Mahotsav"** campaign. Some places in the list of 75 sites are the **Agra Fort** in Uttar Pradesh, **Shanti Stupa** in Ladakh, **Ellora Caves** in Maharashtra and Nalanda in Bihar, **Rajiv Lochan Temple**, Raipur, **Sabarmati Ashram** in Gujarat, and **Akhnoor Fort in Jammu**.
- The Prime Minister announced the **M-Yoga App** which will help in achieving **'One World One Health'**.
  - The app is a work of collaboration between the World Health Organisation (WHO) and the Ministry of Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy (**Ministry of AYUSH**), Government of India.
  - In the M-Yoga App, there will be **yoga training videos and audio sessions** in different languages for people across the world which will play a 'great role' in **expanding yoga across the globe**.
  - The app is currently available in **English, Hindi and French**. It will be available in **other UN languages in the upcoming months**.

- **Other Initiatives by India:**

- The **Ministry of 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.
- Thousands of 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**