



Over 700 Yoga Exponents Participated in Global Fest in Uttarakhand | Uttarakhand | 26 Mar 2024

Why in News?

Recently, more than 700 yoga exponents and practitioners from across the country and abroad participated in the week-long annual [International Yoga Festival](#) in Uttarakhand's Rishikesh.

Key Points

- Organised by the **Uttarakhand Tourism Development Board**, the festival was held at the **Yog Bharat Ganga Ghat at Muni-Ki-Reti**.
 - The state government has been promoting the International Yoga Festival with an intent to provide a common platform for yoga enthusiasts, trainers, experts and students within India and beyond. **Rishikesh has become the global yoga capital** and this festival plays a vital role to further that.
- Yoga and religious institutions like **Ramamani Iyengar Memorial Yoga Institute, Isha Foundation, Shivanand Ashram, Manav Dharma Ashram and Krishnamacharya Yoga Mandiram** also participated in the festival.

International Day of Yoga (IDY)

- It is celebrated on **21st June**, every year. 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 **first Yoga Day celebrations in 2015** at Rajpath in New Delhi created two Guinness World Records.