

## **Yoga for Humanity – IDY 2022**

Prime Minister Shri Narendra Modi proposed the idea of a "Yoga Day" on September 27th, 2014, during his speech at the United Nations General Assembly. A whopping 177 member states voted in favor of the resolution put forward by the honorable Prime Minister of India. Subsequently, the world celebrated its first International Yoga Day on June 21, 2015 where the honorable Prime Minister Shri Narendra Modi himself performed 21 Aasanas along with other distinguished and eminent figures. Ever since then, the world is celebrating International Day of Yoga on every 21st June – the day with the longest period of sunshine.

Yoga, which has been practiced in India for centuries, has proved much helpful in maintaining a healthy body and mind. Yoga has a comprehensive approach, focusing on all the bodily and mental functions. Yogic postures, called Aasanas strengthen the body while also enhancing mental clarity and confidence. Pranayama practice is particularly crucial in internal system cleansing. These physical exercises produce energy, which is subsequently directed into Dhyana or meditation for steadiness, tranquilly, and quiet.

This year, the main event of mass Yoga demonstration was organized under the leadership of the Honorable Prime Minister of India Shri Narendra Modi Ji at Mysuru Palace, Mysuru Karnataka. International Day of Yoga is celebrated with a unique theme every year. This year's theme was “Yoga for Humanity” with the focus on "Brand India at Global Stage" while showcasing its iconic places.

As the 8th International Day of Yoga coincided with the “Azadi Ka Amrit Mahotsav” year, the Government of India observed the occasion at 75 iconic places throughout India, in addition to 75 locations throughout the world and within States and UTs.

Among the 75 iconic locations, Union Minister of Law and Justice Shri Kiren Rijju led the celebration at Dong in Arunachal Pradesh. Dong is the easternmost village in the Anjaw district near the point where India, China and Myanmar meet.

The village experiences the first sunrise in the country, thus earning it the nickname 'India's Land of the Rising Sun'.

Shri Kiren Rijju urged the people to practice yoga for their well-being and to appreciate living a healthy lifestyle. He also thanked the prime minister "for his idea of mass demonstration of yoga on this day at 75 iconic locations across the country."

Further, Hon'ble Minister of State for Law & Justice Shri SP Singh Baghel led the event at Nainital, Uttarakhand.

This year was one of its kinds as the International Day of Yoga was observed with "Guardian Ring" concept. The concept was a collaborative exercise between 79 countries and United Nations organizations along with Indian Missions abroad to illustrate Yoga's unifying power that surpasses National boundaries.

As per WHO "Yoga has helped hundreds of millions of people across the world stay healthy during the COVID-19 pandemic. This is consistent with the WHO principle that states health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."

**Glimpses of Celebration of International Yoga Day at Anjaw(Arunachal Pradesh), Nainital(Uttar Pradesh) and at the Main Secretariat**





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