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आज़ादी का  
अमृत महोत्सव



# INTERNATIONAL YOGA DAY

21 June 2022

*“The practice of Yoga brings joy, health, peace from within and deepens a sense of connection between an individual's inner consciousness and the external world.”*



# IRITM celebrates International Yoga Day

(21 June 2022)

***“Yoga Allows You to Rediscover a Sense of Wholeness on Your Life,  
Where you do not Feel like You are Constantly Trying to Fit  
Broken Pieces Together.”***

Yoga is the ancient way to attain physical, mental, and spiritual practice. Primarily originating in India, the word 'yoga' is derived from Sanskrit, meaning to unite. This unity signifies the ultimate union of the body with consciousness and thus attaining definitive peace.

Recognizing the universal appeal of Yoga, on December 11 2014, the United Nations proclaimed June 21 to be marked as the 'International Day of Yoga'. It was first started by our present Prime Minister, Shri Narendra Modi. He celebrated Yoga Day for the first time on June 21 in 2015, after which Yoga Day started being celebrated all over the world on June 15, and it turned into International Yoga Day. Since then, Yoga Day has been celebrated every year by the Ministry of Ayurveda, Yoga, Naturopathy, Unani, Siddha, Sowa-Rigpa and Homoeopathy (AYUSH) in India.

As per the calendar, this date is the longest day of the year in the Northern Hemisphere and the shortest in the Southern Hemisphere. Also, from the Yoga's perspective, this summer solstice marks the transition to Dakshinayana. Dakshinayana is the six-month tenure for the sun to travel to the south on the celestial sphere in between the Summer and the Winter solstice.

The main aim of celebrating International Day of Yoga is to raise awareness of the multitude of benefits of Yoga. However, Yoga is much more than just a mere physical activity. As per one of the famous Yoga practitioners, late B. K. S. Iyengar, Yoga is the best way to cultivate and maintain a balanced attitude in daily life while bequeathing the best of performance skills in every action being made.

The essence of yoga is balance - not just balance within the body or that between the mind and the body, but also balance in the human relationship with the world. Yoga emphasizes the values of mindfulness, moderation, discipline and perseverance. When applied to communities and societies, Yoga offers a path for sustainable living.

Yoga is an important instrument in the collective quest of humanity for promoting sustainable lifestyle in harmony with planet Earth.

**‘Happy World Yoga Day’**