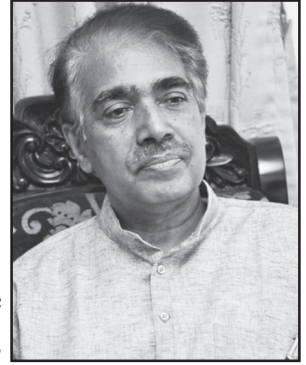


## EDITORIAL

**‘INTERNATIONAL YOGA DAY’**

Ninth International Yoga Day, observation & celebration was led by the honourable Prime Minister of India, Shri.Narendra Modi at United Nations Head Quarters on 21st June 2023. The noble theme of this year’s yoga day was “*Yoga for Vasudhaiva Kutumbakam*” (world is our family) – the wish for ‘One Earth, one family, one future’. It was celebrated simultaneously in close to 190 countries worldwide.

The origin of the concept of an International Yoga day is the address delivered by Shri.Narendra Modi at the U.N.General Assembly in 2014. He put forward the proposal for an International Yoga Day to create greater awareness and promote the practice of ‘Yoga’ for world peace and wellbeing of all. He said, “*Yoga is an invaluable gift of India’s ancient tradition (to the world). It embodies unity of mind and body, thought and action, restraint and fulfillment, harmony between man and nature and a holistic approach to health and wellbeing, and discovers the sense of oneness with the world and nature*”. The U.N.General assembly in its meeting held on 11th December 2014, declared unanimously 21st June as the International Yoga Day. The first IYD was held on 21st June 2015 and inaugurated by Shri.Narendra Modi with the theme “Yoga for Harmony and Peace”. Millions of people participated in India and in other countries. IYD is held every year and millions of people in hundreds of nations participate with one specific common theme each time.

International Yoga Day has become a global phenomenon. Observance of IYD each year has created greater awareness globally of India’s vedic heritage culture and philosophy of universal brotherhood, concern, and prayers for the wellbeing of the whole world. Yoga is not just physical exercise (as was mis-understood in general) but a holistic approach to physical, mental, and spiritual health, peace, and bliss. It is not a religious practice. It is for all the world, it suits all, belonging to all faiths. Regular meditation and yoga relieves one of mental stress, promote peace of mind, universal wellbeing, foster self-realization, oneness with others and Nature. There have been significant research findings in several universities, worldwide on the positive effects of Yoga on physical and mental health, enhancement of power of the mind and even a cure for many types of bodily and mental ills, and developing and strengthening of one’s immune systems enhancing resistance to diseases. Yoga uplifts one and all not only in physical fitness, but also emotionally and spiritually.

**Dr. C. G. Krishnadas**  
Chairman – Editorial Advisory Board

