



International Yoga Day - 2022

21st June, 2022

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International Yoga Day

2022 Theme: Yoga for Humanity

21st June, 2022

**Gujarat Tribal Research and Training Society
TRI, Gujarat, Gandhinagar**

Background

International Yoga Day celebrates the physical and spiritual prowess that yoga has brought to the world stage. While it is an important source of exercise and healthy activity millions join in and practice on a daily basis. For many, these routines are a way to connect the body, mind and soul in a way that has existed for centuries.

History

Yoga is considered to be an ancient practice that originated 5,000 years ago in India. Yoga was developed as a way to interconnect the mind, body and soul to step closer into enlightenment. As the practice became popular in the west, it became popularized as an exercise and relaxation method, with claims to help the body's general well-being, alleviate physical injuries and chronic pain.

The idea of International Yoga Day was first proposed by Prime Minister Narendra Modi on September 27, 2014, during his speech at the UN General Assembly, where a resolution to establish June 21 as International Yoga Day was introduced by India's Ambassador, Asoke Kumar Mukerji.

The date of June 21 was chosen as it is the Summer Solstice, the day where there is the most sun out of every other day of the year. Overall, it received support from 177 nations, the highest number of co-sponsors for any UN resolution, proclaiming June 21 as the International Yoga Day.

2022 Theme: Yoga for Humanity

The COVID-19 pandemic has been an unprecedented human tragedy. Beyond its immediate impact on physical health, the COVID-19 pandemic has also exacerbated psychological suffering and mental health problems, including depression and anxiety, as pandemic-related restrictions were introduced in various forms in many countries. This has highlighted the urgent need to address the mental health dimension of the pandemic, in addition to the physical health aspects.

People around the world embraced yoga to stay healthy and rejuvenated and to fight social isolation and depression during the pandemic. Yoga is also playing a significant role in the psycho-social care and rehabilitation of COVID-19 patients in quarantine and isolation. It is particularly helpful in allaying their fears and anxiety.

In addition to the human suffering, the COVID-19 pandemic has also highlighted several key vulnerabilities of the economic and developmental models of countries around the world. Future prosperity demands that the member states rebuild differently as they recover from the COVID-19 pandemic.

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 can be an important instrument in the collective quest of humanity for promoting sustainable lifestyle in harmony with planet Earth. In keeping with this spirit, the theme for this year's Yoga Day celebrations is **"Yoga for Humanity."**

TRI, Gujarat Celebrated International Yoga Day



TRI, Gujarat staff members performing Yoga on the occasion of International Yoga Day

International Yoga Day



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Every year since 2015, on 21st June, International Yoga Day is celebrated all over the world and in India it is celebrated with the idea of "Yoga for Humanity and Peace". This year, the "International Yoga Day" is being celebrated under the program "Azadi Ka Amrut Mahotsav".

The Government of India and the Government of Gujarat are celebrating "International Yoga Day" under the theme "Yoga for Humanity".



"International Yoga Day" was celebrated by Gujarat Tribal Research and Training Society (TRI, Gujarat) on June 21, 2022 in the park opposite the Tribal Museum as "Yoga Program". Under this program, all the staff members of TRI, Gujarat celebrated "International Yoga Day" by doing various yogas and pranayama.

