**Background on International Day of Yoga**. (IDY)

(See excerpts from UNGA Meeting Records [A/69/PV.15](http://www.un.org/en/ga/search/view_doc.asp?symbol=A/69/PV.15) (page 18) [A/69/PV.69](http://www.srichinmoybio.co.uk/news/wp-content/uploads/2014-12dec-11-a-69-PV-69-GA-prov-verb-mention-IDoY-N1468494.pdf) and UN Press Release [GA/11601](http://2014-12dec-11-Press-Release-GA-11601-Day-of-Yoga-text-adopted.pdf))

**Time line:**

**IDY was suggested** by Prime Minister Modi of India in speech to General Assembly (2014 Sep 27) .([A/69/PV.15](http://www.un.org/en/ga/search/view_doc.asp?symbol=A/69/PV.15), p. 18

**Draft IYD Resolution** was circulated to country delegations with many co sponsors:

 [A/69/L.17    Draft Resolution –](http://www.srichinmoybio.co.uk/news/wp-content/uploads/UN-A-69-L-17-00-draft-Day-of-Yoga-Resolution-and-co-sponsors-2014-Nov-07.pdf) Day of Yoga and Co-Sponsors (2014-Nov-07)

 [A/69/L.17/Add.1  Added C0-Sponsors](http://www.srichinmoybio.co.uk/news/wp-content/uploads/UN-A-69-L-17-A1-additional-co-sponsors-Day-of-Yoga-2014-Dec-11.pdf) (totaling 170) for Day of Yoga Draft (2014-Dec-11)

**IYD Resolution** introduced by India representative and **adopted**

* [A/Res/69/131  International Day of Yoga Resolution](http://www.srichinmoybio.co.uk/news/wp-content/uploads/UN-A-Res-69-131-International-Day-of-Yoga-GA-Resolution-adopted-2014-dec-11.pdf) (**Adopted by UN General Assembly** Sixty-ninth session Agenda item 124, **2014-Dec-11**)
* Many Countries’ Delegations offered supportive comments before and after resolution was adopted (see meeting record [A/69/PV.69](http://www.srichinmoybio.co.uk/news/wp-content/uploads/2014-12dec-11-a-69-PV-69-GA-prov-verb-mention-IDoY-N1468494.pdf) and Press release [GA/11601](http://2014-12dec-11-Press-Release-GA-11601-Day-of-Yoga-text-adopted.pdf)).

**UN Secretary General** Message for IDY (2016-Jun21)

* With photos of SG-Yoga: <http://www.un.org/en/events/yogaday/message.shtml>
* SG ST/SM/17867-Obv/1631 Release:-“respect all” : <http://www.un.org/press/en/2016/sgsm17867.doc.htm>

**Yoga and UN Culture of Peace** (2016 Oct 28) at UNHQ

* **full video programme at un site**: <http://webtv.un.org/meetings-events/watch/yoga-and-the-united-nations-culture-of-peace-program/5191247242001>
* **background with text and photos excerpt with sc choir highlighted** at >scc site: <http://www.srichinmoybio.co.uk/news/united-nations/yoga-and-the-un-culture-of-peace/>

=====================================**details and source links** ====================

**India PM Modi speech 2014-Sep 27 (A/69/PV.15)**

<http://www.un.org/en/ga/search/view_doc.asp?symbol=A/69/PV.15> (page 18)

The President :: I have great pleasure in welcoming His Excellency Mr. Narendra Modi, Prime Minister of the Republic of India, and inviting him to address the General Assembly. Mr. Modi (India) (spoke in Hindi; English text provided by the delegation

“… we need to change our lifestyles. Avoiding energy use is the cleanest option and would give a new direction to our economy. For us in India, respect for nature is fundamental and an integral part of spiritualism. It is part of our ideology. I would like to draw the Assembly’s attention to another idea. When we talk of climate change, we are also talking about holistic health care, connecting with nature and going back to basics. Today, I would like to underscore that yoga is an invaluable gift from our ancient tradition. Yoga embodies unity of mind and body, thought and action. It is important to coordinate all of those aspects. Such a holistic approach is valuable to our health and our well-being. Yoga is not just about exercise; it is a way to discover the sense of oneness with yourself, the world and nature. By changing our lifestyle and creating consciousness, it can also help us deal with climate change. Let us work towards adopting an international yoga day. Finally, we are at a historic moment. Every age is defined by its character and remembered for how it rose to meet its challenges. Today, we are responsible to rise and meet those challenges. Next year, the United Nations will be 70 years old. We should ask ourselves whether we should wait until we are 80 or 100 years old to take action ( - A/69/PV.15 page 19/51 - 27/09/2014 )

Multi media coverage at UNGA site: : <https://gadebate.un.org/en/69/india>; Video + Audio downloads: Arabic [Download](https://s3.amazonaws.com/downloads.unmultimedia.org/wss/ga69/ar/69_IN_ar.mp3), Chinese [Download](https://s3.amazonaws.com/downloads.unmultimedia.org/wss/ga69/zh/69_IN_zh.mp3); English [Download](https://s3.amazonaws.com/downloads.unmultimedia.org/wss/ga69/en/69_IN_en.mp3); French [Download](https://s3.amazonaws.com/downloads.unmultimedia.org/wss/ga69/fr/69_IN_fr.mp3); Russian [Download](https://s3.amazonaws.com/downloads.unmultimedia.org/wss/ga69/ru/69_IN_ru.mp3); Spanish [Download](https://s3.amazonaws.com/downloads.unmultimedia.org/wss/ga69/es/69_IN_es.mp3) ; Original language [Download](https://s3.amazonaws.com/downloads.unmultimedia.org/wss/ga69/floor/69_IN_fl.mp3)

Advance Statement in English: <https://gadebate.un.org/sites/default/files/gastatements/69/IN_en.pdf>

**See also:** [https://www.pminewyork.org/pages.php?id=2002](https://www.pminewyork.org/pages.php?id=2002%20) (downloaded 7 Sep 2016)

**STATEMENT BY H.E. NARENDRA MODI,** PRIME MINISTER OF INDIA AT THE GENERAL DEBATE OF THE **69TH SESSION OF THE UNITED NATIONS GENERAL ASSEMBLY ON SEPTEMBER 27, 2014** New York excerpt: Original in Hindi.

"...We can achieve the same level of development, prosperity and well being without necessarily going down the path of reckless consumption. It doesn't mean that economies will suffer; it will mean that our economies will take on a different character. For us in India, respect for nature is an integral part of spiritualism. We treat nature's bounties as sacred.

Yoga is an invaluable gift of our ancient tradition. Yoga embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help us deal with climate change. Let us work towards adopting an International Yoga Day...."

"Finally, We are at a historic moment. Every age is defined by its character; and, each generation is remembered for how it rose together to meet its challenges. We have that responsibility to rise to our challenges now. Nowhere is this more pronounced than in this great assembly. Next year we will be seventy. We should ask ourselves whether we should wait until we are 80 or 100

Hindi text / rendered in English: <http://www.narendramodi.in/text-of-the-pms-statement-at-the-united-nations-general-assembly-6660>

**Draft resolution and list of Co-Sponsors 2014-Nov-07**

**A/69/L.17 = 6 Languages:** <http://www.un.org/Docs/journal/asp/ws.asp?m=A/69/L.17>

**A/69/L.17/Add.1 = C0-Sponsors added as of 2014-Dec-11:** <http://www.un.org/Docs/journal/asp/ws.asp?m=A/69/L.17/Add.1>

**International Day of Yoga** Resolution Adopted in 6 Languages

A/RES/69/131 United Nations General Assembly Sixty-ninth session Agenda item 124, <http://www.un.org/en/ga/search/view_doc.asp?symbol=A/RES/69/131>. Printed on 9 January 2015 as 14-67019 (E)

 See Links at UN site:   <http://www.un.org/en/ga/69/resolutions.shtml>(Resolution and Meeting Record in 6 Languages: Arabic [عربي](http://www.un.org/en/ga/search/view_doc.asp?symbol=A/RES/69/131&referer=http://www.srichinmoybio.co.uk/news/united-nations/yoga-and-the-un-culture-of-peace/&Lang=A), Chinese [中文](http://www.un.org/en/ga/search/view_doc.asp?symbol=A/RES/69/131&referer=http://www.srichinmoybio.co.uk/news/united-nations/yoga-and-the-un-culture-of-peace/&Lang=C), English [English](http://www.un.org/en/ga/search/view_doc.asp?symbol=A/RES/69/131&referer=http://www.srichinmoybio.co.uk/news/united-nations/yoga-and-the-un-culture-of-peace/&Lang=E), French [Français](http://www.un.org/en/ga/search/view_doc.asp?symbol=A/RES/69/131&referer=http://www.srichinmoybio.co.uk/news/united-nations/yoga-and-the-un-culture-of-peace/&Lang=F), Russian [Русский](http://www.un.org/en/ga/search/view_doc.asp?symbol=A/RES/69/131&referer=http://www.srichinmoybio.co.uk/news/united-nations/yoga-and-the-un-culture-of-peace/&Lang=R), Spanish [Españo](http://www.un.org/en/ga/search/view_doc.asp?symbol=A/RES/69/131&referer=http://www.srichinmoybio.co.uk/news/united-nations/yoga-and-the-un-culture-of-peace/&Lang=S))

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| **Resolution No.** [**A/RES/69/131**](http://www.un.org/en/ga/search/view_doc.asp?symbol=A/RES/69/131) | **Plenary** | **Agenda Item No. 124** | **Meeting Record:** [**A/69/PV.69**](http://www.un.org/en/ga/search/view_doc.asp?symbol=A/69/PV.69) **/ Date: 11 Dec 2014** | **Draft:****A/69/L.17** |
|  |  |  | **Press Release:** [**GA/11601**](http://www.un.org/press/en/2014/ga11601.doc.htm)**/ Vote: without a vote** | **& Add.1** |

**Meetings Coverage excerpted from UN site**: [Summary Background to International Day of Yoga](http://www.srichinmoybio.co.uk/news/wp-content/uploads/Background-to-International-Day-of-Yoga.docx) (excerpts from UNGA Meeting Record [A/69/PV.69](http://www.srichinmoybio.co.uk/news/wp-content/uploads/2014-12dec-11-a-69-PV-69-GA-prov-verb-mention-IDoY-N1468494.pdf) and UN Press Release [GA/11601](http://2014-12dec-11-Press-Release-GA-11601-Day-of-Yoga-text-adopted.pdf))

**Meeting Record A/69/PV.69**: General Assembly Plenary Sixty-ninth session, 69th Meeting (PM) GA/11601 11 Dec 2014; at <http://www.un.org/en/ga/search/view_doc.asp?symbol=A/69/PV.69>

**Press Release GA/11601** : Co-Sponsored by 170+ Member States, International Day of Yoga Text Adopted;. At: : <http://www.un.org/press/en/2014/ga11601.doc.htm>

**Secretary-General Messages for International Day o Yoga**,

**2015 Press Release-** SG/SM/16843 Yoga Can Improve Public Health [www.un.org/press/en/2015/sgsm16843.doc.htm](http://www.un.org/press/en/2015/sgsm16843.doc.htm)

**2016 Press Release**  SG/SM/17867 Help Raise Awareness of Duty to Respect All, <http://www.un.org/press/en/2016/sgsm17867.doc.htm>

**2016 Events Page** **With photos of SG**-Yoga <http://www.un.org/en/events/yogaday/message.shtml>

* + Secretary-General Ban Ki-moon gets a yoga lesson from Vijay Nambiar, the Secretary-General's Special Adviser on Myanmar. UN Photo/Mark Garten <http://www.un.org/en/events/yogaday/photos/sg-yoga.jpg>
	+ Secretary-General Ban Ki-moon observes a yoga class for pregnant mothers at a local health centre in Bali, Indonesia. UN Photo/Mark Garten <http://www.un.org/en/events/yogaday/photos/sg-yoga%20class_bright.jpg>

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EXCERPT from Meeting record [A/69/PV.69](http://www.srichinmoybio.co.uk/news/wp-content/uploads/2014-12dec-11-a-69-PV-69-GA-prov-verb-mention-IDoY-N1468494.pdf) and related Press release [GA/11601](http://2014-12dec-11-Press-Release-GA-11601-Day-of-Yoga-text-adopted.pdf))

**Summary:…**Before commencing discussions on strengthening global coordination in humanitarian assistance and relief, the General Assembly adopted without a vote …a resolution proclaiming 21 June as International Day of Yoga. General Assembly Vice-President Álvaro Mendonca E Moura (Portugal) delivering a statement on behalf of General Assembly President Sam Kutesa (Uganda), noted the overwhelming support that the resolution on yoga had received, with more than 170 co-sponsors.

The representative of Sao Tome and Principe also underlined that yoga would not only promote health, but supported clarity of vision and action. That clarity could help prevent contradictions, which often generated confusion while making rules and promoting laws.

**Delegation Comments by:**

**India, Israel, United States of America, Russian Federation, Qatar, Nepal, Sao Tome and Principe, Sri Lanka,** Vice-President (Portugal), on behalf of **General Assembly President** (Uganda)

**ASOKE MUKERJI (India) introduced the draft resolution on International Day of Yoga (document A/69/L.17)**. By its terms, the Assembly decided to proclaim 21 June the International Day of Yoga. He said yoga embodied the unity of mind and action. It also had a role in promoting sustainable development, he pointed out, noting that the draft text had received broad support from Member States. (**see fuller text below from** A/69/PV.69 of /2014 Dec 11 (page-2 & 3 of 28)

The Acting President : I now give the floor to the representative of India to introduce draft resolution A /69/ L .17.

 Mr. Mukerji (India): On behalf of the Indian delegation, I have the honour to introduce draft resolution A/69/L.17, by which the General Assembly would establish the International Day of Yoga, to be commemorated at the United Nations on 21 June every year. Member States may recall that during the maiden United Nations address on 27 September of Shri Narendra Modi, The Honourable Prime Minister of India, said from this rostrum, “we need to change our lifestyles. Avoiding energy use is the cleanest option and would give a new direction to our economy. For us in India, respect for nature is ... an integral part of spiritualism.” “Today, I would like to underscore that yoga is an invaluable gift from our ancient tradition. Yoga embodies unity of mind and body, thought and action ... a holistic approach [that] is valuable to our health and our well-being. Yoga is not just about exercise; it is a way to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can also help us deal with climate change. Let us work towards adopting an international yoga day.”( A/69/PV.15, p. 18 ) That is the vision that my delegation, along with everyone here, proceeded to implement. It is a matter of great satisfaction to all of us in the Assembly that today, less than 90 days after the proposal was made for an international yoga day, we have the honour to introduce in the Assembly a very forward-looking, simple yet substantive draft resolution calling for the establishment of an international day of yoga. Arrived at by consensus after just two rounds of informal consultations with all Member States, the text of the draft resolution conforms to the General Assembly’s basic template for establishing international days. It fully addresses the concern of some of our colleagues, notably from the European Union, about ensuring that this proposal does not entail any additional budgetary implications for the United Nations system. All activities held in connection with the Day will be financed solely through voluntary contributions. The draft resolution contains six preambular and four operative paragraphs. The preambular paragraphs draw from mostly agreed language and recognize that yoga provides a holistic approach to health and well- being, while acknowledging that wider dissemination of yoga’s benefits would be beneficial for the health of the world’s population. The main operative paragraph proclaims 21 June each year as the International Day of Yoga, while inviting all of us – Member and observer States, international and regional organizations, including non-governmental organizations, civil society and individuals – to join in and raise awareness about its benefits. When we started this journey, all we had was the vision articulated by the Prime Minister of India, which was warmly welcomed by a small yet committed corpus of friends of this initiative. The very fact that today in the General Assembly this draft resolution has garnered a record number of 175 sponsors, including the vast majority of Member States of all the regional and subregional groups of the General Assembly and all five permanent members of the Security Council, is testimony to the enthusiastic cross-cultural and universal appeal that yoga enjoys among Members of the United Nations. On behalf of my Government, I would like to place on record our sincerest appreciation to each and every Member State that has put its name behind this initiative by the Prime Minister of India, and to assure them that we will collectively work together in making the first International Day of Yoga a grand success, next year on 21 June. I must also thank the President of the General Assembly at its sixty-ninth session, His Excellency Mr. Sam Kutesa, and the Secretary-General, His Excellency Mr. Ban Ki-moon, who, despite their absence, have sent special messages to members of the General Assembly expressing their strong support and recognition of this initiative taken by the Prime Minister. As we are about to adopt the draft resolution, it is perhaps also appropriate to recall what the late Shri B. K. S. Iyengar, one of the most famous modern practitioners of yoga, said: “Yoga, an ancient but perfect science, deals with the evolution of humanity. This evolution includes all aspects of one’s being, from bodily health to self- realization. Yoga means union — the union of body with consciousness and consciousness with the soul. Yoga cultivates the ways of maintaining a balanced attitude in day-to-day life and endows skill in the performance of one’s actions.” … In the Sanskrit language, the meaning of the word yoga is to join or to yoke. We hope that the impact of this draft resolution will yoke our efforts in the area of global health with our aspirations for a meaningful post-2015 development agenda. I therefore recommend this draft resolution for adoption by consensus and thank all members.

Mr. **Roet (Israel): …** Israel is proud to support and sponsor today’s global health and foreign policy initiative, as well as the International Day of Yoga….

Mrs. Robl (**United States of America): …**The United States is pleased to co-sponsor both draft resolutions before the Assembly today under agenda item 124: the draft resolution for an international day of yoga (A/69/L.17) and the annual draft resolution on global health and foreign policy (A/69/L.35). We appreciate the flexibility and dedication displayed by the main sponsors and all negotiating partners during the informal consultations. …

**Mr. Zagrekov (Russian Federation**) (spoke in Russian} We would like to welcome the draft resolution from our Indian colleagues on declaring the International Day of Yoga (A/69/L.17), which was introduced earlier today under this same agenda item. We think that the initiative is very useful in terms of popularizing yoga as an element of a healthy lifestyle, given the scientifically proven positive results that the practice of yoga can have on human health

Ms. **ALANOUD QASSIM M. A. AL-TEMIMI (Qatar) (spoke in Arabic)**

.. With regards to the draft text on yoga, Qatar also recognized the health benefits of that practice. “

“The State of Qatar is also a sponsor of the draft resolution to be adopted today proclaiming 21 June as the International Day of Yoga (A/69/L.17), given the benefits of yoga for health. It also stresses the importance of disseminating information more widely about the benefits of yoga so that all peoples of the world can enjoy its benefits and improve their lifestyles so as to enjoy better health.”

**DURGA PRASAD BHATTARAI (Nepal)** ... said yoga should have already found its way into the General Assembly Hall long ago, as the practice was beneficial spiritually. The scared mountains and Himalayas of Nepal were where forms of yoga and meditation had been practicing for centuries. Commercialized forms must stay true to traditional yoga, he said, noting that it was important to realize yoga as a long-term approach to enhancing health.

Mr. Bhattarai : (Nepal): I have the honour to speak on behalf of the Government of Nepal in support of the draft resolution before the Assembly on the International Day of Yoga (A/69/L.17), under the item “Global health and foreign policy”. My delegation wishes to place on record its most sincere appreciation to the leadership of India for their important initiative and coordination, which led to the submission of this draft resolution, of which Nepal is honoured to be a sponsor. Indeed, yoga should have found its way into this Hall a long time ago, given the widely accepted importance of the practice of yoga as a natural way of life to good health, physical and mental as well as spiritual. It is never too late, however, and Nepal wholeheartedly welcomes the adoption of this resolution by the Assembly later today, with the unprecedented strength of its sponsorship. The sacred mountains and Himalayas in Nepal have been a sanctuary for all seekers of peace and benevolence as well as great practitioners of yoga and various forms of meditation, from South and Central Asia and beyond, since ancient times. Nepal is also home to Lumbini, the birthplace of Siddartha Gautama, the Shakyamuni Buddha, himself a great practitioner of meditation. Nepal would like to underline some important aspects of our way forward with respect to the International Day of Yoga in the coming years.

First, yoga is about practicing, so the observance of the International Day of Yoga would enrich our understanding of various aspects of yoga, with a focus on practice.

Secondly, genuine ways need to identified in the longer run to distinguish distorted and commercialized versions of yoga from the yoga we embrace here as a connector of the self and the environment at large and as a great energizer of global health, especially in the prevention and control of non-communicable diseases, at minimum to no cost to the practitioner.

Thirdly, yoga should be at the core of networking all our populations for this good cause. Encouraging such bona fide networking should be part of all our foreign policy in support of a holistic approach to health and well-being.

 Last but not least, while the cost of all activities that may arise from the implementation of this draft resolution will be met from voluntary contributions, it is important to start earmarking part of our development budget in the health sector towards unleashing the full potential of yoga, so as to help realize global health as a long-term health objective through the exchange of best practices over time. In conclusion, I would like to encourage one and all in the Hall today, and throughout the United Nations system, to start allowing the invaluable practice of yoga to permeate their own lives and help create an affordable, eco-friendly and sustainable health system in the world of the future. We believe that will profoundly benefit the global health and foreign policy initiative, which Nepal fully supports.

Mr. ANGELO ANTONIO TORIELLO (**Sao Tome and Principe**)... said the International Day of Yoga would not only promote health and evolution, but also clarity of vision and action. That, in turn, could help prevent contradictions, which often generated confusion while making rules and promoting laws. The Day should be fully supported and yoga should become a part of daily life for all.

Mr. Toriello (Sao Tome and Principe): Among the many important issues and the draft resolutions that we have before us today, which Sao Tome and Principe supports fully, we would like to focus on the declaration of the International Day of Yoga as a means of promoting health and evolution, if I may use that word. It is not only a matter of health; it is a matter of having clarity of vision through the mental approach that yoga can provide. In fact, it is not only the body that we must cure and improve, but mainly the mental system through which human beings make rules and laws. I believe that yoga is a very important medium in providing clarity of vision. And if there is clarity of vision, there is clarity of action. When we have clarity of vision and action, that can help us to prevent the incongruities and contradictions that, normally, every institution experiences. In fact, there are contradictions that can sometimes generate a lot of confusion in the making of rules and promoting laws. Therefore, it is very important that the International Day of Yoga be fully supported, that it becomes part of our daily lives and helps us to have clearer vision and action in life.

PALITHA T. B. KOHONA **(Sri Lanka**)... On the draft text on yoga, he said the practice had a holistic effect. As the world struggles with challenges of modern life, yoga could achieve a needed balance. He said he hoped the intrinsic beauty of yoga would not be diluted by sheer commercialization in Western countries.

We congratulate India, in particular Ambassador Asoke Mukerji, on the initiative for the United Nations to declare 21 June the International Day of Yoga, a most appropriate concept for the United Nations. The word “yoga” originates from Sanskrit and means to join or to unite. Yoga has a holistic effect and brings body, mind, consciousness and soul into balance. As we struggle with the challenges of modern life, yoga can infuse life with a serene balance.

As a country that shares a millenniums-old cultural, social and religious bond with India, Sri Lanka welcomes this initiative. The declaration of the International Day of Yoga will contribute to raising awareness on gaining greater understanding of ourselves, our strengths, the purpose of our existence and our relationships. Unfortunately, yoga has become a fad — a craze — in the industrialized, developed West. I hope that the intrinsic beauty and strength of yoga will not be diluted by sheer commercialization

In that spirit, Sri Lanka unites with other supporters of these draft resolutions

The Assembly then took action on the draft texts, adopting “L.17” and “L.35” without a vote.

The Acting President : We have heard the last speaker in the debate on agenda item 124. We shall now consider draft resolutions A/69/L.17 and A /69/L.35. The Assembly will first take a decision on draft resolution A/69/L.17, entitled “International Day of Yoga ”. I give the floor to the representative of the Secretariat. Mr. Botnaru (Department for General Assembly and Conference Management): I should like to announce that **since the submission of the draft** resolution, in addition to those delegations listed in the document, the following countries **have also become sponsors of draft resolution (see A/69/L.17/Add.1**.

**The Acting President** : May I take it that the Assembly decides to adopt draft resolution A/69/L.17?

***Draft resolution A/69/L.17 was adopted (resolution 69/131)***

ÁLVARO MENDONCA E MOURA (Portugal), Vice-President of the General Assembly, delivered a statement on behalf of General Assembly President Sam Kutesa (Uganda), saying that the resolution on yoga had been **overwhelmingly supported, with more than 170 co-sponsors**. He congratulated India’s Prime Minister Shri Narendra Modi for the initiative to observe the International Day of Yoga, which brought thought and action together in harmony.

“Today’s adoption of a resolution on the International Day of Yoga (resolution 69/131) with overwhelming support, as shown by the more than 170 Member States that sponsored it, demonstrates how both the tangible and the unseen benefits of yoga appeal to people around the world.“I congratulate the Honourable Shri Narendra Modi, Prime Minister of India, for this initiative whereby the international community will observe the International Day of Yoga on 21 June each year.“For centuries, people from all walks of life have practiced yoga, recognizing its unique embodiment of unity between mind and body. Yoga brings thought and action together in harmony while demonstrating a holistic approach to health and well-being.“I commend the Indian delegation for its work on this initiative and look forward to celebrating the first International Day of Yoga next June.”

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