



KAMARAJ IAS ACADEMY
Only IAS Academy by Grandson of "Perunthalsivur Kamarajar"

International Yoga Day 2025

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Context

- An **annual global observance promoting yoga as a holistic health practice for mind-body balance, harmony with nature, and sustainable well-being.**
- **Officially recognised** by UNGA resolution 69/131 on Dec 11, **2014.**
- **First celebrated globally on June 21, 2015.**
- **Theme (2025): “Yoga for One Earth, One Health”** — emphasising the link between personal well-being and planetary health, aligned with India’s **G20 One Earth vision.**

Objectives

1. Promote **physical, mental, emotional well-being** through yoga.
2. Foster **global awareness** on yoga’s health and environmental benefits.
3. Encourage integration of yoga into daily life for sustainable living.
4. Strengthen India’s cultural diplomacy

Key Features

IGlobal Movement: **Adopted by 175 UN member states** and participation grown to 24.53 crore globally in 2024.

IMass Participation: **Led by Ministry of AYUSH**, with support from state govts, embassies, UN bodies.

IInclusive Message: Logo and theme **promote unity, harmony with nature, and mind body integration.**

ICultural Diplomacy: **Strengthens India’s image as the cradle of yoga** tradition and global wellness leader.

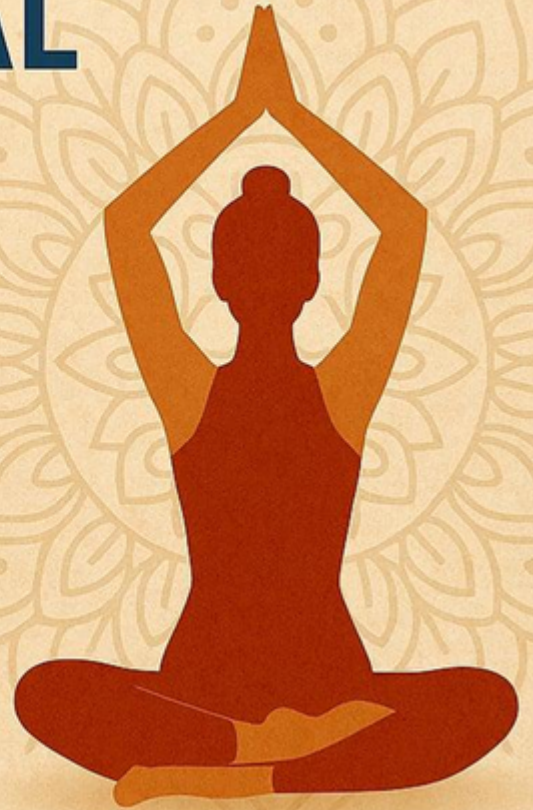
ISustainability Alignment: **Highlights yoga’s role in health**, climate consciousness, and sustainable development.

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Plot A P.127, AF block, 6 th street, 11th Main Rd, Shanthi Colony, Anna Nagar, Chennai, Tamil Nadu 600040

Phone: **044 4353 9988 / 98403 94477** / Whatsapp : **09710729833**

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