



KAMARAJ IAS ACADEMY
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Yoga: India's gift to the world

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Why is in news? Azad Bharat Ki Baat- Akashvani Ke Saath, Yoga: India's gift to the world

All India Radio is celebrating 75 years of freedom with a series, **Azad Bharat Ki Baat- Akashvani Ke Saath**.

It showcases the journey of India since independence in various walks of life through the **story telling of All India Radio**.

The practice of Yoga is believed to have started with the very dawn of civilization.

Sage Patanjali, who compiled the first yoga philosophy, defines yoga as an ability to control random thoughts and achieve a stillness that creates inner harmony.

Yoga, the ancient **physical, mental and spiritual practice** is India's gift to the world which brings about a unison of the body and the consciousness with the surroundings and nature.

At the initiative of Prime Minister Narendra Modi, **United Nations General Assembly took a historic decision in 2014 to declare the 21st of June as the International Day of Yoga**.

Prime Minister Modi, during his maiden address to the **UN General Assembly**, said, Yoga is an invaluable gift of our ancient tradition.

It 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.

Yoga's inclusion as the world's intangible cultural heritage by UNESCO highlights its global significance and benefits for the entire humanity.

It propagates the message - "**Sarve Bhavantu Sukhinah, Sarve Santu Niramaya**" which means, wishing for all happiness and wishing all a disease-free life.

People across the world in **over 170 countries have embraced Yoga in their lives to remain healthy**.

Indian Missions and Posts all over the world have channelized great enthusiasm and interest for yoga in their host countries.

Special events at iconic global locations from the Eiffel Tower to Mount Everest base camp have taken place with the participation of hundreds of thousands of Yoga enthusiasts.

The word 'yoga' itself connotes 'unity' and signifies an integrated vision of human life.

The world today is beleaguered with conflicts, violence, ill health, and ill will, which promotes the message of brotherhood and amity in the finest Indian tradition of **Vasudhaiva Kutumbakam**.

Kamaraj IAS Academy

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